

[WING CHUN TRAINING DUMMY](#)



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Wooden Dummies Wing Chun Dummy Mook Yan Jongs

Wooden Dummies The Mook Yan Jong (a.k.a. the wood man post or wooden dummy) is the classical Wing Chun training device that helped make the art famous. Used in place of a training partner to develop precision, form and greater power, a dummy is a must for any serious practitioner of Wing Chun.

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Wing Chun Wooden Dummy Training Udemey

Nothing compares to the sound of someone working on the Wooden Dummy in an martial arts school. I remember it was the first thing that I noticed when I first walked into a Wing Chun school.

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Let's Improve Your Wing Chun Dummy Training

Wing Chun Dummy Form on the Portable Wing Chun Dummy. Do you need a Wing Chun dummy for training? The great thing about the Wing Chun dummy form is that you can practice the form on the dummy or with just your hands in the air.

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Training Equipment Wing Chun Wooden Dummies Butterfly

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Wing Chun Dummy Mook Jong Wooden Dummies Warrior

Warrior Martial Art Supply is proud to be serving the Wing Chun and JKD community for over 14 years now. All of our dummies are hand made to order right here in the United States. We specialize in custom Engraved and Airbrushed dummy trunks and are unsurpassed in our quality and designs.

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Best Wing Chun Wooden Dummy Guide with Reviews

For optimal timing, accuracy and a wooden dummy to enhance your training, you need to learn the lessons of the wooden dummy and integrate it into your wing chun training. A well-known story believes that approximately 3 centuries ago, the Shaolin Temple had a large room with 108 bespoke wooden dummies for the practitioner to train with until he

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Wooden Dummy Plans Ip Man Wing Chun Kung Fu

You are here: home > training tips > wing chun articles > wooden dummy plans Wooden Dummy Plans . Article by Dan Knight added on 29 Aug 2012. Last updated on 16 Oct 2012. Technical Drawings. The technical drawings bellow can be used to create your own Wooden Dummy for training Wing Chun.

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