

## [MARTIAL ARTS WOODEN DUMMY](#)



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### **Home Martial Arts Wooden Dummy**

Wing Tsun was Leung Ting s way of recording his art style, and Wing Tjun, Wing Tsjun, Wing Tzun, etc. they are all students of that lineage who separated and still teach. Weng Chun is an older lineage of art that is taught in China, and Vinh Xuan is the Vietnamese lineage.

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### **VARNISHED COLOR CHERRY MODEL Martial Arts Wooden Dummy**

Dummy made of removable pine wood. Hand painted with ecological varnish without solvents. Manufacture respectful with the environment. Perfect for practicing martial arts like the WING CHUN. Dimensions of the box: 80x60x35cm Total dummy height: 176cm Total dummy weight: 65kg All the Dummies are handmade by me.

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### **Karate Wooden Dummy 10 Steps with Pictures**

This Instructable will show how to make a wooden dummy; a centuries old training aid for martial arts to develop powerful blocks and hand speed. While originally from the Wing Chun style, this version is slightly tweaked to make it more applicable for Karate's straight in techniques.

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