

Skills and Glowup

YT

Mike shake channel

SKILLS

All sorts of rubiks

Checkers and chess

Table tennis and air hockey

Pen spinning

Yoyo tricks-no string,dna helix,brain twister

Side skills

Understanding yoruba

3D drawing a ladder

Understanding dark psychology tricks

Ping pong trick shot spinning on the net

Small skills

Sew

Cook all the food i eat

Pay for transport

Know the road

Pen stock channel and other channels on pen spinning

Thumb around

Thimbspin

Index round

Extended thumb around

Tornado

50% of people are always wrong about faked double

Top 5 pen spinning beginner mistakes

Fake double

Infinity extensions or combos

GLOWUP AND SELF IMPROVEMENT

Austin Dunham channel

Teaching men fashion

Excercise

Six abs in 30 days

Home workout

My cloth combo

Long coat

T-shirt

Black felt hat with a feather

Joggers