

# Skills and Glowup



YT

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Mike shake channel

## SKILLS

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All sorts of rubiks

Checkers and chess

Table tennis and air hockey

Pen spinning

Yoyo tricks-no string,dna helix,brain twister

## Side skills

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Understanding yoruba

3D drawing a ladder

Understanding dark psychology tricks

Ping pong trick shot spinning on the net

## Small skills

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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

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Austin Dunham channel

Teaching men fashion

## Excercise

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Six abs in 30 days

Home workout

My cloth combo

Long coat

T-shirt

Black felt hat with a feather

Joggers