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Chris spanos | ewingchun - ultimate wing chun

1970-77 Jui-Jitsu (Armidale police boys club. NSW) From 1975-1980 I started training Wing Chun one-on-one with sifu Junno Chung. He also taught me a Dragon style kung

Wing chun wing tsun tutorial - slow motion -

Jan 09, 2012 Wing Chun tutorial and training. In this video we can see some tactics of Wing Chun / Wing Tsun in slow motion so you can practice and understand better each

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Wing chun kung fu

Wing Chun Training is a site dedicated to the oriental martial art of Wing Chun Kung Fu which was developed in southern China over 300 years ago.

Wing chun training

Wing Chun Kung Fu Training Elements. There are so many elements to the Wing Chun system that make it such an effective, complete and unique art.

Shadowhand wing chun kung fu health & fitness

Power, Speed and Flexibility Manual. Shadowhand Wing Chun Power, Speed & Flexibility Manual The Power, Speed and Flexibility Manual, written by SiFu Doc Savage

Comprehensive theory and applications of wing chun

Comprehensive Theory and Applications of Wing Chun Sui Lum Tao - Training Manual Volume 2 [Jason G Kokkorakis] on Amazon.com. *FREE* shipping on qualifying offers.

Wing chun training: body conditioning (part 1)

Manual Neck Resistance Training This website chronicles my Wing Chun training and offers my perspective to other Wing Chun practitioners.

Basic wing chun training: wing chun kung fu

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Official Wing Chun Kung Fu website for Sam Kwok's, Ip Man lineage Wing Chun. The site contains lots of info on the Martial Art Wing Chun. Find classes, buy equipment

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Wing chun manual - an expose on wing chun kung fu

Jul 10, 2015 Sifu Linda from Shaolin Jee Shin Wing Chun describes the concepts and principles of Traditional Wing Chun Kung Fu in this easy to read and understand book

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Wing chun (tsun) kung fu | techniques | martial

Wing chun (aka ving tsun; Mandarin: yong chuin) is a Chinese martial art that arose soon after the burning of the Song Shan Shaolin Temple circa 1735.

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