



116 Wooden Dummy Techniques (Muk-yan-chong-fat)

Ting Leung

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116 Wing Tsun Dummy Techniques is finally back in print and written by Master Yip Chun the son of Master Yip Man who taught Bruce Lee. This is an awesome book for those who study the Chinese Art of Wing Tsun. 130 pages filled with easy to follow photos and as well a poster that folds out for you to follow. The techniques are performed by the Master himself Yip Man so what you will learn is the same basics as Bruce Lee learnt from the him.

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