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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

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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.

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.

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CRCA - Close Range Combat Academy Wing Chun Community, Events, Training Equipments, History, Books, Videos, & Complete Gung Fu Martial Arts Guide

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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

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