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Chris spanos | ewingchun - ultimate wing chun

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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.

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.

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