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Monaten 17 Minuten 11.757 Aufrufe Here I will demonstrate some basic moves/usage with the Rattanring. In Part II <https://youtu.be/kIS5ynVAQ-g> I will demonstrate ...

[10 Minute Wing Chun Workout Exercises - Routine #1 - Punching and Moving](#)

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Techniques don't work without intent - Wing Chun, Kung Fu Report - Adam Chan von Adam Chan vor 9 Monaten 4 Minuten, 13 Sekunden 13.962 Aufrufe No matter how good a , technique , is, if you do it without the proper intent, it will not work. Don't look for it, handle it when it comes.

[Wing Chun Training - Default Hands - Kung fu Techniques](#)

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