

## Michael Janich Wooden Dummy

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**How High? Wooden Dummy Height – (Wing Chun Kung Fu) ???, Mok Yan Jang, Wooden Dummy by Sifu Klaus Brand, Wooden Dummy Chi Sao Section 1** **u0026 2 Wing Chun Wooden Dummy Breakdown – Part 1 Wing Chun Muk Jong (Wooden Dummy) Beginners Training Drill Developing One Technique The different Weng Chun/ Wing Chun Wooden Dummy Forms Wing Chun Techniques Glossary for Wooden Dummy Training Wing Chun Wooden Dummy Part 4 (Ip Man Wing Chun Dummy Section 4) WOODEN DUMMY DRILLS – beginners guide step by step Wing Chun WOODEN DUMMY Real Fighting by Yiting Wu Wing Chun Wooden Dummy Training – footwork **Wing Chun Wooden Dummy Techniques for Beginners Top10 freestyle wooden dummy performance Ip Chun (??), 84-year-old Wing Chun legend Learn The Ip Man Wooden Dummy Wing Chun Form Bodybuilder vs Wing Tsun Sifu Wing Chun Wooden Dummy Kung Fu Speed Challenge Complete Wing Chun Wooden Dummy Form Warrior Monk DESTROYS Me with Wing Chun in China****

Good **u0026** Basic Wing Chun Dummy! (Process)**Wing Chun Dummy Intro Preview – Samuel Kwok – Wing Chun Vol 5 – WOODEN DUMMY Wing Chun Wooden Dummy Breakdown (Part 3)** Some important points on the Wooden Dummy for Wing Chun **u0026** Weng Chun Wing Chun Wooden Dummy - Part 2 *Jeet Kune Do Wing Chun Muk Jong (Wooden Dummy) Beginners Training Drill Wooden Dummy Freestyle* Wooden Dummy techniques - Adam Chan - WING CHUN VANCOUVER **Choy Li Fut wooden dummy | Learn in full step by step Wing Chun Wooden Dummy By 8 year old Sabella Caucci Michael Janich Wooden Dummy** Synopsis The mook jong, or wooden dummy, is one of the most versatile and effective martial arts training devices ever developed. Unfortunately, commercial dummies cost anywhere from USD500 to more than USD1,000 - well beyond the reach of the average martial artist.

### Mook Jong Construction Manual: Building Modern and ...

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Mook Jong Construction Manual: Building Modern and Traditional Wooden Dummies on a Budget by Michael Janich. Mu ren zhuang is a wooden dummy used in Chinese martial arts training. It is associated with The Wing Chun version of the muk yan jong has three arms and one leg, which represents an opponent's body in plans for making a dummy · Spanish instructions for Ching Jong · Wing Chun Dummy ...

### Wing chun dummy construction 1 Michael Janich ...

In it, Michael Janich, world-renowned self-defense authority and co-host of the popular The Best Defense television series, takes you step by step through his proven home and personal-protection methods. In the process, he provides specific tips on hardening your home security, developing a family defense plan, practical unarmed self-defense skills, improvised weapons, pepper sprays, edged ...

### BOOKS — Martial Blade Concepts

The Wing Chun wooden dummy is one of the quintessential aspects of good Wing Chun training. The Mook Yan Jong—wooden dummy—is the ultimate solo training partner in Wing Chun, however, it can be very expensive to buy one, have one custom made for you or ship one from China—upwards of \$2,500 in some instances.

### How to Build a Wooden Dummy (w/ Plans & FAQs) - Wing Chun

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Michael Janich has been studying and teaching self-defense and the martial arts for more than 40 years. He has earned instructor's credentials in American Self-Protection (ASP – an eclectic art that includes elements of judo, aikido, boxing, fencing and French Savate), the Filipino art of Serrada Eskrima, and Silat Concepts and has also trained extensively in a wide variety of other ...

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Unfortunately, commercial dummies cost anywhere from \$500 to more than \$1,000 - well beyond the reach of the average martial artist. Now, thanks to this new book, anyone with some simple hand tools can make a wooden dummy for well under \$100. Veteran martial artist Michael Janich takes you step by step through the process of building...

### Mook Jong Construction Manual: Building... book by Michael ...

Michael Janich Wooden DummyWooden Dummy Janich shares several practical shortcuts for building and several modern methods for improving the standard wooden dummy. The only real downside to building the traditional dummy according to these instructions, aside from the massive amount time required is that bigger guys may find the six inch post is a bit small and a little short to mount Page 4/26 ...

### Michael Janich Wooden Dummy - h2opalermo.it

Michael Janich 3.75 · Rating details · 4 ratings · 1 review The mook jong, or wooden dummy, is one of the most versatile and effective martial arts training devices ever developed. Unfortunately, commercial dummies cost anywhere from \$500 to more than \$1,000 - well beyond the reach of the average martial artist.

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Based on Michael Janich's extensive analysis of the Filipino martial arts and many other systems, MBC takes combat-proven tactics and adapts them to modern tools, threats, and legal concerns. The result is a practical, easy-to-learn system that is ideally suited to modern self-defense. Like all real self-defense, MBC tactics focus on "stopping power"—the ability to immediately and ...

### About — Martial Blade Concepts

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