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Michael Janich Wooden 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 correctly for their size.

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In this article, we'll discuss how to build a wooden dummy. We'll answer some of the most common questions asked when making a wooden dummy and we'll provide a number of wooden dummy plans (in images and PDFs) from different lineages. The Wing Chun wooden dummy is one of the quintessential aspects of good Wing ... How to Build a Wooden Dummy (w/ Plans & FAQs) Read More »

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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 ...

BOOKS — Martial Blade Concepts

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

A low-cost, hand-made PVC dummy. By popular demand, we decided to publish the assembly instructions (measurements, materials, montage, etc.) of the PVC version of the classic wooden dummy of Wing Chun (Muk Yan Jong or Mu Ren Zhuang). Before proceeding, it is important to underline a few premises...

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Mook Jong Construction Manual : Building Modern and ...

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 ...

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