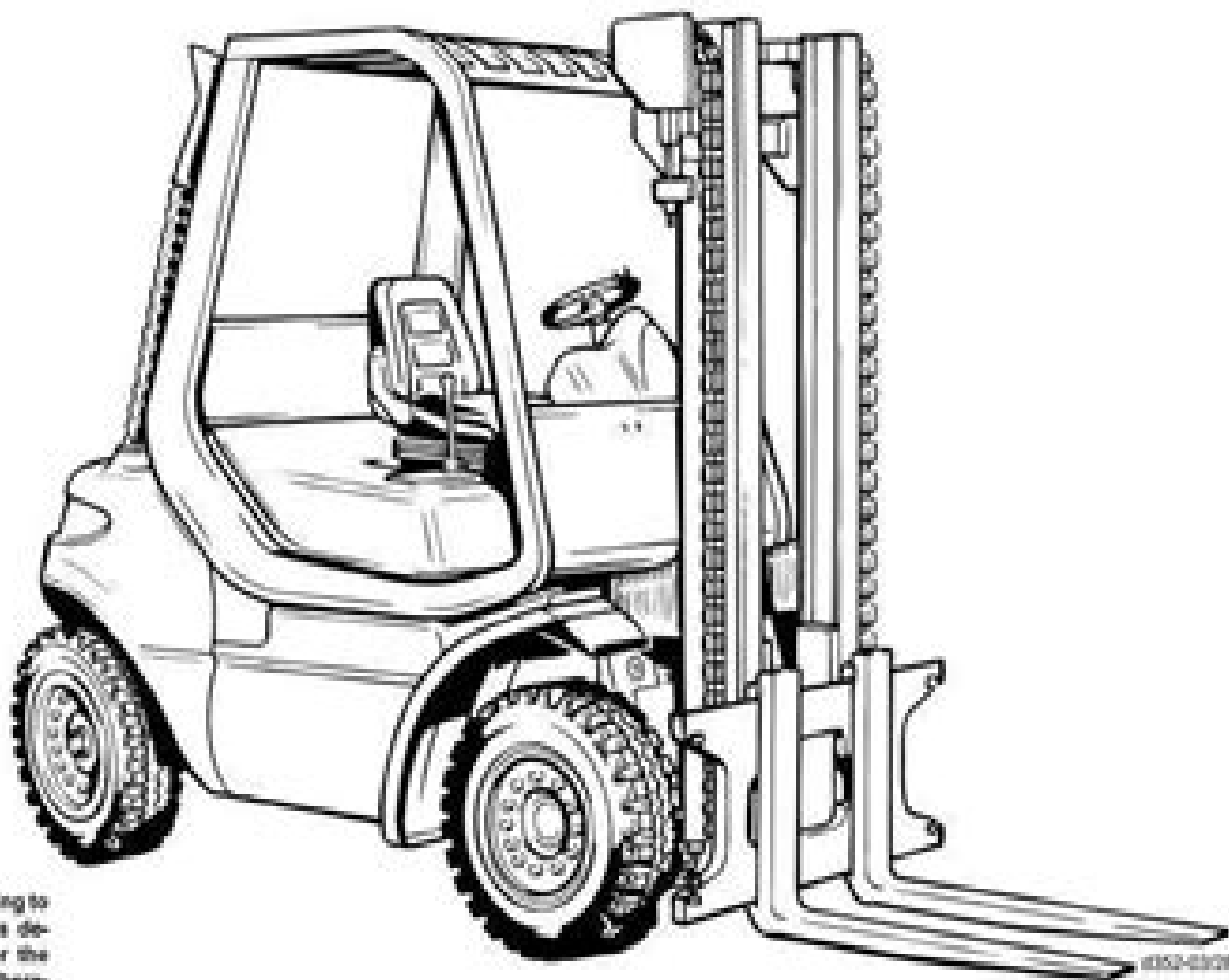


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web the wing chun bamboo ring or jook wan is a rare and lesser known training method used in the system of wing chun kung fu in this volume the details of the sup yat wan