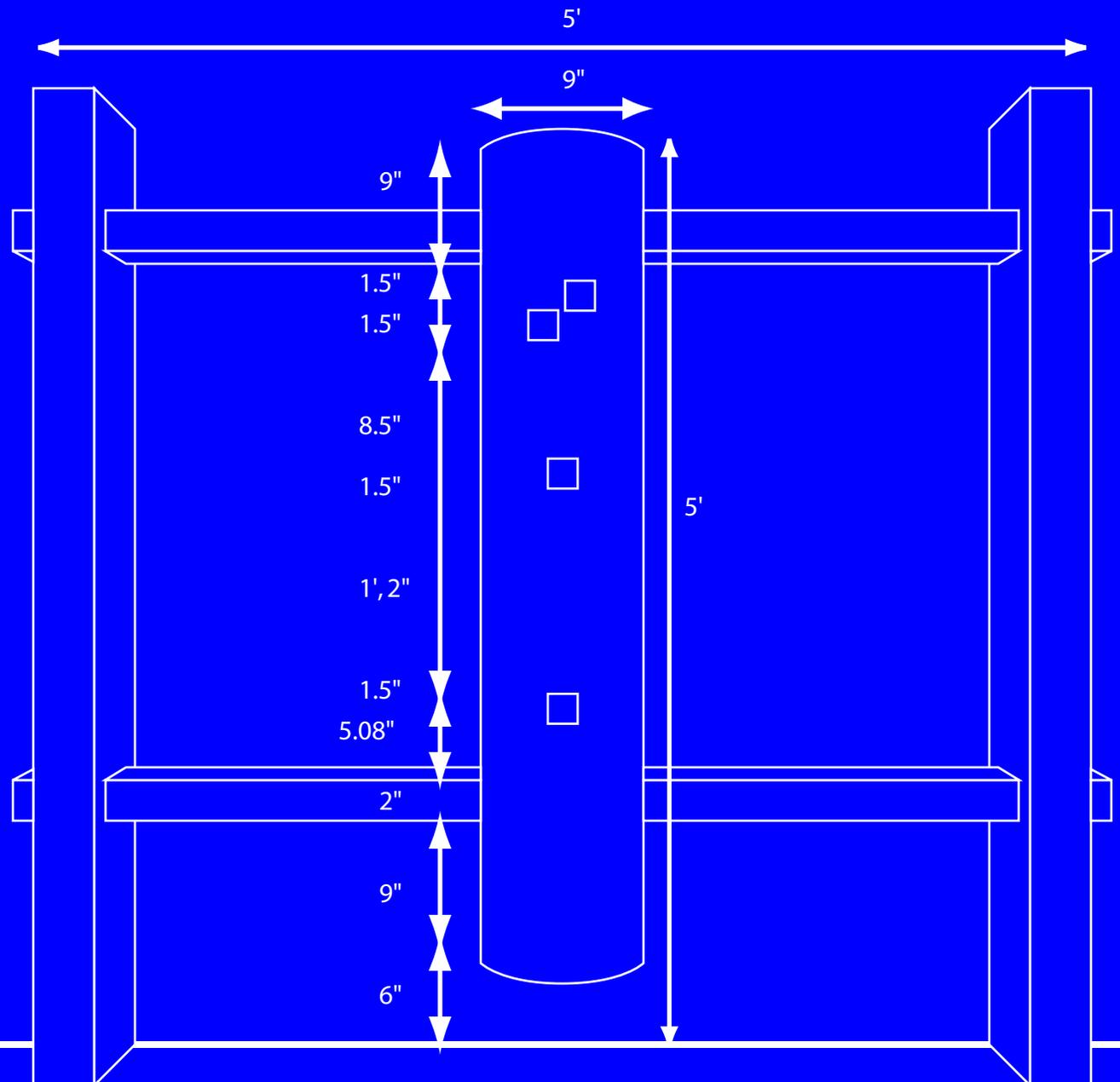


Wooden Dummy Front View

Mook Yan Jong - literally translates "wood man post", but is generally called a "wooden dummy" in English, or "jong" for short. The dummy consists of a body with two upper arms at shoulder level, a lower arm at stomach height, and one leg, suspended on a framework by two crosspieces. As easy as it might look to make a real wooden dummy is an extremely difficult task. For some this task has an incredible end result, a training partner with your sweat, blood and qi.



WOODEN DUMMY BLUEPRINTS

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