

# Wing Chun Wooden Dummies

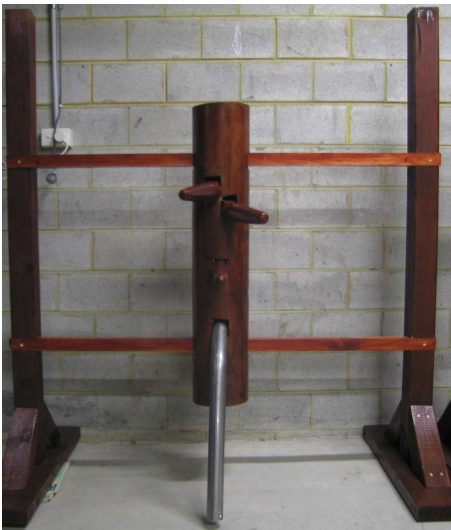
## Sales and Lessons

Made by Wing Chun Instructor  
Sifu Michael Nightingale

For more information, call 0417 438 043

[www.sydneywoodendummies.com.au](http://www.sydneywoodendummies.com.au)

### **Why are wooden dummies so important to our training?**



1. They teach us correct footwork which is one of the most important elements of any fighting or Self Defence System.
2. They enable students to put combinations of hand movements together. i.e. blocking and striking with correct footwork.
3. Whenever you want to do some training, your wooden dummy is waiting for you.
4. New or junior students must not try to hit the wooden dummy too hard or fast. Just concentrate on correct technique otherwise you may injure yourself and develop bad techniques that can be very hard to correct.