

Wong Shun Leung Through My Eyes

This book has been compiled to aid advanced Wing Chun students further their knowledge of the weapons of Wing Chun taking your skills to the next level.

It is not uncommon for people to take martial arts lessons for years and still not be able to use their arts in real situations outside the training hall. This book is about the author's journey to overcome this problem through years of trial and error, the discovery of universal principles that have nothing to do with style and the questioning of the assumptions we have for the nature of conflict itself.

Wing Chun (Ving Tsun) kung fu is one of the most admired and practical martial systems in the world; Alan Gibson is one of the foremost authors in the method and presents us here, with an investigation through the form and function of this very popular Chinese art. This is a comprehensive and functional reference that gets right to the heart of Wing Chun. The Works is an updated collection of Alan's pragmatic, Why Wing Chun Works series of books, packed with exiting new writing, philosophy, diagrams and photography, all laid out in a straightforward manner. Written in his familiar, easy reading style, Alan's friendly coaching voice is constantly backed up with concise and dependable information from respected experts. We are taken on an elegant journey through all six Wing Chun forms and each one is discussed in detail through concepts, application and training effect. In 1998 Alan published 250 copies of his first book, Why Wing Chun Works, he has been consistently updating and improving his learning resources ever since. His books are now published internationally and two have been translated into German and Russian. This book is a celebration of twenty years of Alan's organisation The Wing Chun Federation; as well as being an updating and consolidation of some of his most popular written work. This volume is one that any fan of the martial arts will surely benefit from reading and one that they really cannot do without.

Sifu Cliff Au Yeung is the Principle Instructor at the Ving Tsun Martial Arts Institute in Hong Kong and Co-Founder of the Wong Shun Leung Ving Tsun Kuen Hok Association of Canada. He began his Ving Tsun training under the late Sifu Wong Shun Leung who was the disciple of Ip Man (Yip Gai-Man); a master teacher of many students including one of the most famous, Bruce Lee. Wong Shun Leung Through My Eyes is a journey into Wong Shun Leung Ving Tsun and chronicles some of the intimate details of Sifu Cliff Au Yeung's martial arts life, including his insights about Ip Man (Yip Gai-Man) and Bruce Lee. Do you want to start your journey into Wong Shun Leung Ving Tsun? If you are teaching WSL Ving Tsun, do you understand Sifu Cliff Au Yeung's martial arts experience? This book was written to give you that unique insight.

Weight loss, in the context of medicine, health, or physical fitness, refers to a reduction of the total body mass, due to a mean loss of fluid, body fat or adipose tissue or lean mass, namely bone mineral deposits, muscle, tendon, and other connective tissue. Weight loss can either occur unintentionally due to malnourishment or an underlying disease or arise from a conscious effort to improve an actual or perceived overweight or obese state. "Unexplained" weight loss that is not caused by reduction in calorific intake or exercise is called cachexia and may be a symptom of a serious medical condition. Intentional weight loss is commonly referred to as slimming.

Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. With the fame of Bruce Lee, the conditions in Hong Kong, and the hard work and effort of many of his classmates, the Wing Chun of the late master Yip Man became one of the most well-known and popular Chinese martial arts in the world. Although this gave Wing Chun international recognition, it also led to a lot of misconceptions. Due to a lack of authentic information, many mistakenly came to assume that the renowned Yip Man was the sole inheritor of the style and that his Wing Chun was the lone version of the art. In fact, there are several different and distinct systems of Wing Chun. Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few—until now. Profusely illustrated with over 300 historical photographs, Complete Wing Chun: The Definitive Guide to Wing Chun's History and Traditions presents seldom seen information on a dozen branches of the Wing Chun art. It offers the reader side-by-side comparison of these arts by outlining each system in terms of Wing Chun history, principles, basics, and training methods: Yip Man Wing Chun Yuen Kay-San Wing Chun Kuen Gu Lao Wing Chun Kuen Nanyang Wing Chun Kuen Pan Nam Wing Chun Kuen Pao Fa Lien Wing Chun Kuen Hung Suen Wing Chun Kuen and more!

“The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate” (The New York Times Book Review). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

Ip Man Wing Chun, Understanding Si Lim Tao. Wing Chun Kung Fu is now a famous Chinese Martial Art system used worldwide for self defence and is commonly known for its simple but effective direct lines of attack and defence, as well as attention to detail in all areas, including; fight science; body structure; self development, and good health. Ip Man, through his Wing Chun Kung Fu lineage, is well known today thanks to his most famous student, Bruce Lee, following his rise to fame in the film industry. This full colour book contains a complete guide on the first form Si Lim Tao, Ip Man Wing Chun. Using notes taken directly from seminars and private lessons over a 10 year period both in the U.K. and China, from some of the most senior practitioners alive today, Combining over 200 years' experience on the Si Lim Tao form. It is a complete and detailed reference of the form as a step by step guide, all applications, theory and science are included, bringing a unique and complete detailed picture of both the internal and external benefits of Si Lim Tao practise, all together for students of any lineage to benefit from in one place. A look inside the book, Si Lim Tao, also known as little idea form, overall it means to focus on what you're doing at that time with a calm mind, be in the moment, develop a focus or mindfulness known as Lim Tao (Thinking Head) with the ability to problem solve calmly and logically even when under extreme pressure, like when you are in a fight for example or trying to close a difficult sale or business deal. The little idea, however is the main focus in the form and that is, on using Lim Tao to tap in to the Fascia kinetic system of the human body harnessing its power and to

develop the correct elbow engine through that and what that feels like, including developing it, learning to identify it, understanding what your feeling and maintaining that skill as the internal core of the Ip Man Wing Chun System. This is so it can be used to generate structural strength or power generation for attacking as and when needed, using the body for combat in the most efficient way possible. A famous student of Ip Man's, Chu Shong Tin, was known before his passing in 2014 as the King of Si Lim Tao, under his lineage today their main focus is still on the development of Lim Tao to develop the correct Gong Lik. Although they now refer to it as Nim Tao to develop Nim Lik and the form as Si Nim Tao instead of Si Lim Tao. Another famous student to Ip Man was the late Wong Shun Leung who passed in 1997. He was known as the king of talking hands or King of Chi Sau, it's interesting to note that he also pointed out the importance of the correct development and understanding of the first form Si Lim Tao, as have many other well-known greats of the Wing Chun world around this time as a result of Ip Man's teaching methods. Sigong Ip Chun (son of Ip Man) said at a seminar we attended in China in 2012, that "If you get Si Lim Tao right you can get the rest of the forms and the system right too, but if Si Lim Tao is incorrect, nothing will be correct" This is something I still personally think about all the time. In the same seminar I asked Sigong Ip Chun, "If Ip Man was still alive today, what would he want me to preserve from the system in my school the most?" his answer was that he felt it would be the idea of little energy being able to overcome big force and again developing and understanding that which comes from correct Si Lim Tao practice.

An Expose' on Wing Chun Kung Fu delves into the mysteries of this beautiful but deadly Chinese system. It gives an in-depth explanation on the concepts, principles and theories behind the intricate art of Wing Chun Kung Fu. The training methods behind the Sil Lim Tao form are revealed. The book also covers a variety of diverse and complex training methods unique to the Wing Chun system, with photos showing the exact training sequences. An exciting book for any martial artist who would like to understand the science behind the Art of Wing Chun more deeply. Palmer, a long-time friend of Bruce Lee and one of his youngest martial arts students, recounts Lee's early years, when he would train a multicultural group of local toughs in empty parking lots and backyards around Seattle. Palmer spends a summer with Lee and his family in Hong Kong and provides fascinating insight into Lee's personality, from his silly sense of humor and love of practical jokes to his uncanny ability to learn from different fighting traditions to hone his skills. Palmer's stories paint a picture of a fun-loving, intense young man who worked hard to excel at his craft.

Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements, and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

With over 50 years of experience in Wing Chun Kung Fu, Sifu Francis Fong is recognized as one of the top Wing Chun instructors and martial artists in the world. A Path of Mastery contains lessons taught to Senior Instructor Jim Brault through thousands of hours of training over more than two decades. These lessons can no doubt help you to improve your martial arts ability. Perhaps more importantly, they will also improve your life. This book is your opportunity to learn from one of the great teachers of our time.

Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been handed down from teacher to student for more than three hundred years. Until now, no one has ever stepped back and taken a critical look at why this art's techniques are presented and performed the way they are. This book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically, based on the laws of physics, human nature, and biomechanics. It was also designed with economy, efficiency, and productivity in mind. Unlike other martial arts, Wing Chun doesn't focus on making a person larger, more rugged, acrobatic or animal-like; rather, it focuses on making optimal use of one's own bodily structure and power potential by applying the sciences of biomechanics and physics. Thus, it is possible for males and females of all ages and sizes to excel in this art. The Tao of Wing Chun provides a readable, authoritative means of cultivating personal protection skills, enhanced flexibility, improved coordination, greater stamina, and physical and mental fitness while simultaneously cultivating humility, focus, determination, self-confidence, character, camaraderie, and deep inner strength. Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by forty-eight full-color illustrations, The Tao of Wing Chun will fascinate, educate, and entertain a wide range of readers—from beginner to master.

Sixteen-year-old Regina is very different from the Regina known by fans of ABC's "Once Upon a Time." She seeks romance, adventure, and approval. Of course, getting approval from a mother like Cora is next to impossible. For Regina, friendships have always been a rare commodity. Could it be that Regina has finally found a true friend? Or is it too good to be true? As Regina struggles to find her own identity and create her own destiny, she discovers that her fate might just be to become everything she despises.

This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.

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The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

Looks at southern Chinese martial arts traditions and how they have become important to local identity and narratives of resistance. This book explores the social history of southern Chinese martial arts and their contemporary importance to local identity and narratives of resistance. Hong Kong's Bruce Lee ushered the Chinese martial arts onto an international stage in the 1970s. Lee's teacher, Ip Man, master of Wing Chun Kung Fu, has recently emerged as a highly visible symbol of southern Chinese identity and pride. Benjamin N. Judkins and Jon Nielson examine the emergence of Wing Chun to reveal how this body of social practices developed and why individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the start of the nineteenth century until 1949, the authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over

time, and its ultimate emergence as a global art form.

In this second volume, a martial arts expert continues his study of Wing Chun, a popular system of kung fu, demonstrating how it can be used to improve your mental and physical health. Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of *The Wing Chun Compendium* offer a complete guide to the discipline, from theory and philosophy to drills and forms. In this second volume, author Wayne Belonoha takes students to the next level, focusing on the final three and most advanced forms of the Wing Chun system and their associated skills: the "Mook Yan Jong" or wooden man; the "Lok Dim Boon Quan" or six-and-a-half point long pole; and the "Baat Cham Dao" or eight-cut sword form, demonstrated here for the first time by Grandmaster Sunny Tang. Also included are distance and angle improvement drills, fighting strategy and training, instruction on proper body mechanics, and "Sticking Hands" techniques. While intended for the serious practitioner, *The Wing Chun Compendium, Volume Two* also teaches the basics of body movement, psychological components of practice and performance, and how to use martial arts for overall self-improvement—factors that can help any martial artists seeking to enhance their physical and mental development. The book includes hundreds of tips and techniques as well as 400 photographs.

Discusses the history and philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

Through conversations with many historical Wing Chun figures such as the Grandmaster Yip Man's sons; Yip Ching and Yip Chun, and other top disciples of his like Wong Shun Leung, Willian Cheung, Victor Kan, Leung Ting, etc...the information in this book has never appeared anywhere before. The author, Jose M. Fraguas proudly presents "Wing Chun Masters," with an amazing repertoire of great masters and teachers of the art of Wing Chun Kung Fu. In this volume, interviews with the world's top masters like the "Kaiser of Wing Tsun," Keith R. Kernspecht, and leading world instructors like Augustine Fong, Samuel Kwok, Francis Fong, Jim Lau, Gary Lam, Stephen Chan, etc, have been gathered to present an integrated and complete view of the "Beautiful Springtime" Chinese art of fighting, philosophy, and self-defense. The late Master Jim Fung and outstanding world teachers like David Peterson, Robert Chu, Tony Massengill, Leo Au Yeung, Randy Williams, Chow K. Chung, Gorden Lu and legendary fighter Emin Boztepe, amongst others, explain the many concepts and principles of the art in a clear manner that everyone can understand. Packed with dynamic photographs, this book presents the ins-and-outs of the philosophy of the art of Wing Chun. This volume contains intriguing thoughts, fascinating personal details, hidden histories, and inspiring philosophies, as each master reveals his true love for the art and a deep understanding of every facet associated with the practice and spirit of the Chinese art of Wing Chun Kung Fu as a way of life. This invaluable reference book is a "must have" addition to your personal library.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

An Approach to Ip Man Style Wing Chun is a practical new beginner's guide to Wing Chun by a certified instructor in the Ip Man lineage. Pan American Triple Gold Medalist Wayne Belonoha provides the fundamentals of the art as a comprehensive mind/body training program. Written in accessible language and including more than 400 full-color photos, the book emphasizes benefits including weight reduction, stress management, personal defense and safety, and self-discipline through meditation. From the Trade Paperback edition.

Part of the Bruce Lee's Fighting Method series, this book teaches how to perform jeet kune do's devastating strikes and exploit an opponent's weaknesses with crafty counterattacks like finger jabs and spin kicks.

WSL Ving Tsun Kuen Hok is the legacy of the late Sifu Wong Shun Leung, one of the most famous and formidable students of Ving Tsun (Wing Chun) Gung Fu patriarch, Grandmaster Ip Man. In this volume, Sifu David Peterson, author and student of the late Wong Shun Leung, presents a detailed overview of the entire WSL Ving Tsun Kuen Hok method in the form of individual essays that explore the forms, concepts, techniques and drills that comprise the legacy of his teacher, as well as an exclusive look at the life of Sifu Wong and his teacher, Grandmaster Ip Man. The book also discusses the very important connection between Sifu Wong and the late Bruce Lee, to whom he was a mentor, teacher and friend. Fully illustrated, in both colour and black-and-white, with never-before-published photos, along with an extensive appendix containing extra references for the reader, *WSL Ving Tsun Kuen Hok: An Overview in the Form of Essays* is a book that all practitioners of Ving Tsun should have in their reference collection.

This particular anthology on wing chun features only two authors: Dr. Joyotpaul Chaudhuri and Master Jeff Webb. Their academic and practical experience bring a rich text for anyone interested in this unique art, famed for its specialized training methods, combative efficiency, and noted associations with Yip Man, Bruce Lee, and the kung fu film industry. Wing chun is a southern Chinese system, so usually terms are written to reflect Cantonese, often using different romanization systems or mixtures of these systems. On top of this hodgepodge, politics among leading wing chun figures have brought preferences for specific spellings to reflect their unique branches in the wing chun evolutionary tree. Because of this, I have not standardized the romanization in this anthology, as it does not greatly effect the reading. In chapter one, Dr. Chaudhuri analyzes the keys to motion in the second empty-hand form of wing chun: the bridge seeking routine. The focus is on the proper maintenance of the body's central axis and its motions, which helps with developing the foundations for delivering power. In the following chapter, Jeff Webb discusses the structure and body mechanics of punching techniques, plus various training methods employed for developing power. Also, punching strategy is shown as the greatest factor in differentiating these punches from those of other styles. Chaudhuri then analyzes the structure and function of the primary stance in wing chun's first form (sil lim tao), which instills the relational structure of bone, ligament, joint, tendon, muscle, line and angle, while also teaching the inner virtues of softness, stillness, sinking and emptiness. Two following chapters are by Jeff Webb. The ability to apply martial art techniques at a high rate of speed is essential to overall fighting effectiveness. By looking beyond the physical to the conceptual, he details wing chun's theories that reveal proper timing to be a significant multiplier. His final piece describes both the fundamental and complex methods of "sticking hands" training in detail. It also explains the rationale and theories behind this method as well as discusses a variety of factors that can either improve or retard the acquisition of tactile reflexes. The final two chapters by Chudhuri and Webb presents some of their favorite techniques. The content of these chapters explain wing chun rationale and unique fighting methods, plus provides logic and advice to benefit the practitioner.

Apply and defend against all manner of kicks, sweeps, leg locks, leg checks and kick checks by learning to master the lost study of plum flower posts. It's time to rediscover the forgotten

secrets to harnessing and wielding the power of the plum flower posts in combat. The missing link for training the Wing Chun stance, this book helps intermediate students and practitioners reach the highest levels of proficiency, teaching leg skills, sticking skills, good positioning, and checking and immobilization skills. The plum flower posts consist of 11 posts--10 wooden gerk jong, or legwork posts, and one mok yan jong, or wooden man post. Together, they complete a set called the moy fa jong. The wooden dummy trains practitioners to protect the upper centerline by applying hard techniques with proper distance, position, and leg control, while the gerk jong are designed and placed to train all elements of legwork and manage the lower centerline. A valuable training tool for any and all styles and families of Wing Chun, mastering the posts ensures that you never lose a fight due to lost balance or bad positioning; fall from leg sweeps, leg locks, or leg checks; or miss the knockout because of poor distance or knockout power. Comprehensively written and supplemented with 180 full-color illustrations and photos, Wing Chun Plum Flower Posts is an essential resource for Wing Chun students, practitioners, and teachers looking to expand their knowledge base and skill set.

Following on from the success of Simply.....Wing Chun Kung Fu and Wing Chun Kung Fu - The Wooden Dummy, Sifu Shaun Rawcliffe presents a thorough guide to the weapons forms in Wing Chun Kung Fu. The Knives and Long Pole forms provide advanced classroom training for the Wing Chun student and instructor. Weapons training focuses on core elements of power usage and precision, improving stance, structure and strength. Mastering control of the weapons focuses on the need for total body control and absolute accuracy of movement. Covers the principles of the forms for Baat Cham Dao (the eight slashing or chopping knives form) and Luk Dim Boon Kwun (six and a half point pole). Gives clear, concise explanations of the shape, structure and movements of the weapons forms, and applications where appropriate. Illustrates each section of the forms in detail with step-by-step photographs. Provides an essential training checklist to each key technique within the forms. Examines the benefits of training in the weapons forms. A comprehensive and valuable guide to the weapons forms in Wing Chun Kung Fu. Concise explanations of the shape and movements of the weapons forms are given. Aimed at advanced Wing Chun students and instructors. Each section of the forms are illustrated in detail with approximately 350 colour photographs. Sifu Shaun Rawcliffe is one of the most highly qualified and certified Wing Chun instructors in the world.

Develop explosive power for health and combat. Cultivate the network of "Iron Wires" within you and turn your body into a series of interconnected high tensile steel springs. Control your opponent like a puppet on strings. TENSIONMETRICS is the revolutionary new way of functional strength training. By combining advanced traditional Eastern methodologies with the latest development in anatomy, physiology, biomechanics, neuroscience, and cognitive science, Tensionmetrics took two decades of research and rigorous testing to develop. The method is practical, direct, and effective. It will forever change the way you generate power and control the body. With more than 185 photos, diagrams and illustrations, PRACTICAL TENSIONMETRICS: POWER DEVELOPMENT FOR HEALTH AND COMBAT is a clear and concise guide to the fundamental concepts in Tensionmetrics. It covers the distribution and methods in developing your "Iron Wire" network, the opponent's anatomy, applications and control, Mind-Body connections, physics of interactions, and advanced energetics. It is suitable for Martial Artists of any level, athletes, healthcare professionals, and self-help practitioners.

Wing Chun is a logical, scientific yet simple Chinese martial art system, which was developed purely for practical and effective self-defence for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. Topics include: the fundamental principles of the hand and leg techniques; detailed explanations of the shape, structure and movements and a checklist for each technique; a detailed analysis and explanation of each of the 'empty hand' forms; an in-depth explanation of the principles and concepts behind Chi Sao, Wing Chun's 'sticky hands'; a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.

'This belting read pulls off the nifty trick of making the kung fu legend's spiritual and combat ideas accessible' Maxim 'Truly gets under the skin of this iconic figure' Film Review In the 1970s Bruce Lee emerged as the world's greatest fighting star - an accolade he has kept ever since. He battled to succeed in America in spite of the racial prejudice that denied him a starring role, eventually making films in Hong Kong that turned him into a star - the highest-paid movie star of his day. His controversial death, at the age of thirty-two when he was at the height of his powers, has given him a James-Dean style enduring appeal. In Bruce Lee - Fighting Spirit, Bruce Thomas has written a complete account not only of Lee's life and death, but of the fighting philosophy he developed (jeet kune do) which made him the greatest exponent of martial arts in modern times. In this updated edition he reassesses Lee's skills and examines the enduring impact of his legacy - on action films and martial arts today. As an icon Bruce Lee's popularity continues to grow and this book is a fitting tribute to an extraordinary man whose achievements have never been surpassed. 'An endlessly stimulating account of Lee's life and times' Loaded

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