https://www.youtube.com/watch?v=gvNF1n7yBVI&t=38s

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https://www.youtube.com/watch?v=gpTUOvAoQQI

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http://www.youtube.com/watch?feature=player_embedded&v=8jBS9Ww3Qp0

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http://www.youtube.com/watch?v=id1rtdC9l8s#at=37

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http://www.youtube.com/watch?v=6w779MjUAlA

http://www.youtube.com/watch?v=xv0h_RlhJ_0

http://www.youtube.com/watch?v=U0oPN0_zKX8

http://www.youtube.com/watch?v=Tcf4P3mPe7c

http://www.youtube.com/watch?v=Ib3MESATeLQ

http://www.youtube.com/watch?v=IiwVFjRUs_M

http://www.youtube.com/watch?v=Jqpb_Lk9JW8

http://www.youtube.com/watch?v=oOE9a48aYiI

http://www.youtube.com/watch?v=XilqDUEXHFQ

Ицюань - урок 1

http://www.youtube.com/watch?v=oGAd5D4zXdU

http://www.youtube.com/watch?v=3rzNye_bJdc

http://www.youtube.com/watch?v=ZtLipqVligY

http://www.youtube.com/watch?v=eb5UJgLVz84

http://www.youtube.com/watch?v=sGeAgCoSWPs

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http://www.youtube.com/watch?v=TIjCTiO1SN8

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http://www.youtube.com/watch?v=LFyUuMLYh7o

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http://www.youtube.com/watch?v=KI6mBkAtQYQ

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http://www.youtube.com/watch?v=V2MYRlh7aQE

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http://www.youtube.com/watch?v=-cJKloRPMGo

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http://www.youtube.com/watch?v=kwarO-pOzds

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http://www.youtube.com/watch?v=hQ6j2vXA6kk

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http://www.youtube.com/watch?v=L2xXHAgxsx8

http://www.youtube.com/watch?v=ow5LdOZnYr4

http://www.youtube.com/watch?v=P9kR8tExKvU

http://www.youtube.com/watch?v=ajryMHdbZuU

http://www.youtube.com/watch?v=0eLIPHTwW4c

http://www.youtube.com/watch?v=xnSwaJbswJw

http://www.youtube.com/watch?v=qs3LntUTx1g

http://www.youtube.com/watch?v=F6u1XIXeFsE

http://www.youtube.com/watch?v=7eJw1FZTJRU

http://www.youtube.com/watch?v=sI60pHE_73U

http://www.youtube.com/watch?v=m7A4iC9tFmo

http://www.youtube.com/watch?v=qFoEhPUZaKA

http://www.youtube.com/watch?v=xdfpWqhY04o

http://www.youtube.com/watch?v=XB9g9t7u1mA

http://www.youtube.com/watch?v=AyK5kgFc3ds

http://www.youtube.com/watch?v=dGVbLiRcXN4