

Fight Quest S01E01 Wushu & Sanda

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Episode 1.1: China (Wushu; Sanda)

Aired: 12/28/07

Location: Dengfeng, China

Masters: Shi De Yang, Shi De Cheng

Features: Hands, Feet, smashing things

Jimmy and Doug head to China's legendary Songshan mountains to learn the "mother" of all martial arts: Kung Fu.

<https://>