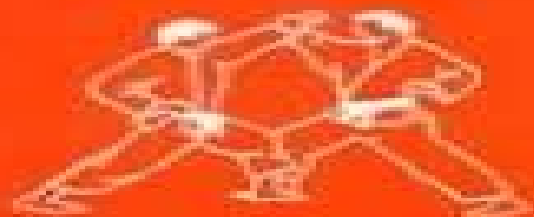




KARATE ***TRAINING*** ***GUIDE***



VOLUME 1 **FOUNDATIONS** **OF** **TRAINING**



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