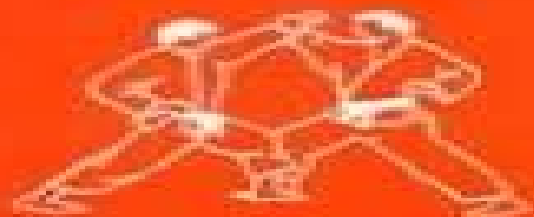




KARATE ***TRAINING*** ***GUIDE***



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



RANDALL G. HASSELL

Karate Training Guide

Lingsheng Yao

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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