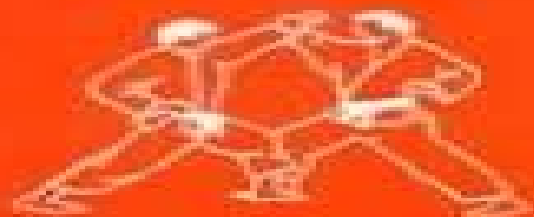




# ***KARATE*** ***TRAINING*** ***GUIDE***

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



**RANDALL G. HASSELL**

# Karate Training Guide

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