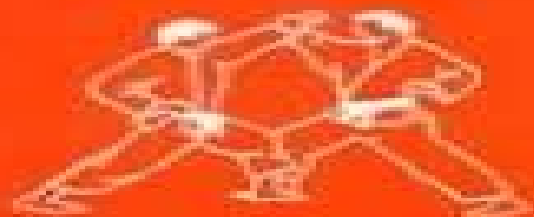




# ***KARATE*** ***TRAINING*** ***GUIDE***

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



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# Karate Training Guide

**Jin-Ying Zhang**



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