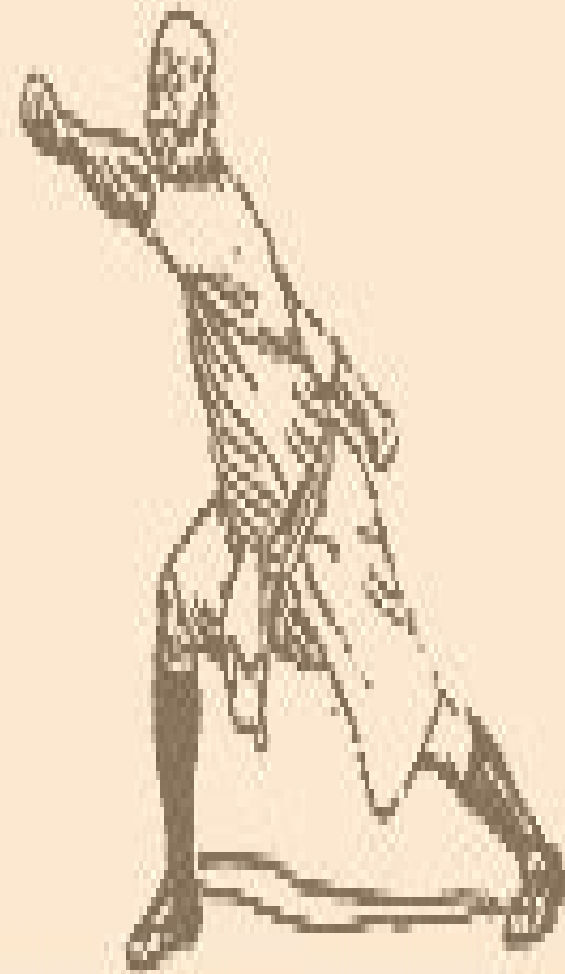


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Kung Fu Training Manual

Bruce Lee

A red circular graphic with a gradient, appearing as a stylized sun or a punch, is positioned to the right of the Bruce Lee text bar.

Kung Fu Training Manual:

Chinese Martial Arts Training Manuals Brian Kennedy, Elizabeth Guo, 2008-01-08 Secret training manuals magic swords and flying kung fu masters these are staples of Chinese martial arts movies and novels but only secret manuals have a basis in reality Chinese martial arts masters of the past did indeed write such works along with manuals for the general public This collection introduces Western readers to the rich and diverse tradition of these influential texts rarely available to the English speaking reader Authors Brian Kennedy and Elizabeth Guo who coauthor a regular column for Classical Fighting Arts magazine showcase illustrated manuals from the Ming Dynasty the Qing Dynasty and the Republican period Aimed at fans students and practitioners the book explains the principles techniques and forms of each system while also placing them in the wider cultural context of Chinese martial arts Individual chapters cover the history of the manuals Taiwanese martial arts the lives and livelihoods of the masters the Imperial military exams the significance of the Shaolin Temple and more Featuring a wealth of rare photographs of great masters as well as original drawings depicting the intended forms of each discipline this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture *Bruce Lee's Basic Kung-fu Training Manual* Claude St. Denise, Jacques Anton, Bruce Lee, 1976 *Kung Fu Elements* Shou-Yu Liang, Wen-Ching Wu, 2001 **Authentic Iron Palm** Phillip Starr, 2020-03-10 An advanced training course for developing a strong striking hand to deliver powerful blows using the Iron Palm martial arts technique A comprehensive guide for experienced practitioners of Chinese martial arts including kung fu karate and taekwondo with over 200 instructive images Iron Palm is a set of martial art conditioning skills dating back to the Shaolin Temple of 5th century China whose purpose is to strengthen the hand while empowering the fighter to strike with force and precision Training is focused and incremental requiring the guidance of an experienced master Author instructor and 5 time US National Chinese martial arts Champion Phillip Starr provides the definitive guide to Iron Palm meticulously outlining the 3 sequential steps of training hardening limbs developing technique engaging Qigong for coordinating breath and mind The end result is a more powerful and precise strike that can impact the target's viscera with no trace on the outer body Lavishly illustrated with more than 200 images this book is ideal for experienced martial arts practitioners **Complete Martial Arts Training Manual** Ashley Martin, 2012-04-16 The Complete Martial Arts Training Manual is a complete guide for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques The Complete Martial Arts Training Manual is a solid

foundation of martial arts for beginners and a key supplement for the veteran martial artist **The Complete Martial Arts Training Manual** Ashley Martin,Ashley P. Martin,2010-05-10 The Complete Martial Arts Training Manual is a book DVD combo designed for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent s defenses In expanding his own martial arts knowledge Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques With an instructional DVD included The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist Chapters include Learning the Aspects of Fighting an introduction The Way of the Warrior definition of a martial art limitations of ground fighting a complete martial artist A Catalog of Martial Arts Kung fu Jujutsu or jiu jitsu Aikido Judo Karate Kickboxing Taekwondo Boxing Wrestling and more Combat Basics fighting ranges reflex training basic combat techniques Hand and Elbow Strikes jabbing punch hook punch uppercut superman punch and more Defenses slip duck block two handed defense Foot and Knee Strikes front kick roundhouse tornado kick flying knee strike Break Falling front break fall back break fall side break fall front rolling break fall break falling myths Takedowns hip throw shoulder throw side sacrifice throw the sprawl Locks and Choke Holds arm lock Americana rear naked choke cross choke Ground Fighting shoulder hold chest hold guard passing the guard Stretching for the Martial Artist leg flexibility arm flexibility Nutrition for the Martial Artist food pyramid pre exercise nourishment reducing body fat weight gain program **Shaolin Temple Kung Fu Manual** Thomas F Smith,1996-05-03 Shaolin Kung Fu Manual Description Table of Contents Summary Description of Shaolin Kung Fu and benefits of training Shaolin Kung Fu history timeline and influences of its originators including Bodhidharma and Priest Yue The Six Paramitas the Five Perfections Genealogy Chart Historical Map The Influence of the Original Five Animal Methods of the Shaolin Tradition Learning Methods and Goals Training Methods in Shaolin Kung Fu Chi Kung energization methods breath work crane breath and cobra breath stretching training preparation tan tien expansion sequence meditation mudra chi kung in forms training San Zan The Ancient Wisdom of the Three Battles Pai She Chuan Form of the Ancient Wisdom of the White Snake Pai He Chuan Form of the Ancient Wisdom of the White Crane Sui Shi No Kon staff form chi kung version Training Methods in Martial Shaolin Kung Fu Training in stance footwork technique combinations self defense strategies energy delivery Martial forms Yue Chia Hsing I Yue Chia Hsing Er Yue Chia Hsing San Yue Chia Hsing Si Yue Chia Hsing Wu Wu Sattva Chuan Sui Shi No Kon staff form martial version The Mystical Meaning of the Movement Mudra and Names of the Movements within the chi kung forms San Zan Pai She Chuan Pai He Chuan Symbolism and use of each of the most common Shaolin Mudra

used in Shaolin Kung Fu Shaolin Kung Fu teacher certification requirements and grading methods Glossary of terms and concepts Overview The modern view of Shaolin Kung Fu is based on incomplete second hand information and an overwhelming influence of the Chinese communist government These influences have eliminated much of the self defense methods and strategies much of the physical health training and maintenance methods and nearly all of the spiritual awareness development concepts and training methods This book breaks the norm of modern Shaolin Kung Fu manuals in that it presents and explains these missing Shaolin influences Pages 181 8 5 x 11 Illustrations 47 Maps 1 Charts 1 Instructional DVDs are available from the publisher *Basic Wing Chun Training* Sam Fury,2015-07-05 Teach Yourself Wing Chun Adapted for the Streets This is Wing Chun martial arts training as modern self defense It starts with Wing Chun techniques for beginners and advances up to sticky hands Wing Chun Chi Sao Anyone interested in martial arts will learn from these Wing Chun training techniques Those who will benefit most are People who are thinking about learning Wing Chun Kung Fu but first want an insight Those who want to know basic principles and techniques before joining a Wing Chun dojo Beginners who want to supplement their training Anyone that wants to learn how to adapt classic Wing Chun to the streets of today Teachers of Wing Chun Kung Fu who want some ideas on training beginner students Anyone that wants to self train in Wing Chun Kung Fu You ll love this Wing Chun training manual because it adapts a proven martial art to the streets of today Get it now Jam packed with Wing Chun Training Techniques The legendary Wing Chun punch Arm locks Wing Chun strikes including punches kicks elbows knees and the chop Trapping and grabbing Interception and counter attack Repeating punches Defending against common attacks and combinations and much more Contains 42 Wing Chun Lessons and 97 Training Exercises Basic Wing Chun theory is embedded into practical lessons Conditioning exercises to give your body the strength to do the techniques Basic footwork for speed and balance The Centerline Principle a core concept in Wing Chun Wing Chun training drills for developing lightning fast reflexes The direct line principle Use of training equipment Correct body alignment and weight distribution for greatest stability speed and power Learn Traditional Wing Chun Hand Techniques Tan Sau Dispersing Hand Pak Sau Slapping Hand Bong Sau Wing Arm Lap Sau Pulling Hand Kau Sau Detaining Hand Fut Sau Outward Palm Arm Gum Sau Pressing Hand Biu Sau Darting Hand Limited Time Only Get your copy of Basic Wing Chun Training today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more This Wing Chun book is perfect for self defense It does not rely on strength or physical size to be effective Discover how you can adapt classic Wing Chun to the streets because the traditional stuff doesn t work in a brawl Get it now **Kungfu Basics** Paul Eng,2011-12-20 Get your training off to a great start from basic kicks to training and tournaments this book is a perfect introduction to kung fu for beginners It s everything you need to get started in kung fu Are you eager to learn kung fu but don t know where to begin Are you intimidated by the unfamiliar terms or the variety of styles With Kungfu Basics you ll become an expert in this Chinese martial art in no time Whether you

are considering taking up this martial art or you've already started Kungfu Basics offers an easy yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about The origins of kung fu philosophy history and different styles. What really happens in a kung fu class invaluable tips on choosing the right school getting ready for your first class and basic training methods. The essential elements of the style stances footwork kicks and hand techniques with tips on common mistakes and how to get the most power out of each move. Drill and conditioning exercises exercises to compliment your training. Effective ways to improve your kung fu technique traditional teaching advice of Chinese masters. Resources help further develop your knowledge and understanding of kung fu. Chinese Gung Fu Bruce Lee, 1987. This new edition of Bruce Lee's classic work rejuvenates the authority insight and charm of the master's original 1963 publication for modern audiences. It seamlessly brings together Lee's original language descriptions and demonstrations with new material for readers martial arts enthusiasts and collectors that want Lee in his purest form. This timeless work preserves the integrity of Lee's hand drawn diagrams and captioned photo sequences in which he demonstrates a variety of training exercises and fighting techniques ranging from gung fu stances and leg training to single and multiple opponent scenarios. Thought provoking essays on the history of gung fu the theory of yin and yang and personal first edition testimonials by James Y Lee the legendary Ed Parker and jujutsu icon Wally Jay round out this one and only book by Lee on the Chinese martial arts from back cover. **The Book of Five Arts: Martial Arts Training Manual** Al

Case, 2019-02-08. From Al Case inventor of Matrixing Martial Arts Technology comes the ultimate Martial Arts book. The Book of Five Arts. Five martial arts including forms two man forms matrixing charts showing how the martial arts evolve from had to soft Myamoto Musashi centuries ago wrote the Book of Five Rings. It has become the standard for martial arts strategy. In The Book of Five Arts Al has described five arts enabling the reader to actually go through the martial arts and see the whole picture. This will enable them not to just read about a strategy and wonder how it works but experience the strategy and KNOW how it works. There are matrixing charts and procedures throughout the book. These charts take out all the blank spots enabling the reader to see how to make a martial art perfect. The reader will be able to use this data to fix his own martial art. Most important the reader will finally see the complete procedure for making the martial arts into one art how they fit together and why. The book is 164 pages with over 300 illustrations. Arts include Matrix Karate Shaolin

Butterfly Butterfly Pa Kua Chang Matrix Tai Chi Chuan Monkey Boxin **Bruce Lee's Jeet Kune Do** Sam Fury, 2015-07-25. Teach Yourself Jeet Kune Do. Bruce Lee's Jeet Kune Do is more than a bunch of martial arts techniques. It is a usable Jeet Kune Do training manual covering all aspects of Bruce Lee's fighting method. Unlike other martial arts Bruce Lee developed Jeet Kune Do to be a practical form of self defense. Use these techniques and strategies to beat your opponent as quickly as possible. Discover one of the most street effective martial arts ever invented because this is Bruce Lee's Jeet Kune Do. Get it now. Bruce Lee's Jeet Kune Do Includes Offensive and defensive Jeet Kune Do techniques. Learn a martial art made for street

fighting Train in the way of the intercepting fist Learn Jeet Kune Do foundations and fighting strategy Increase personal fitness Become lightning fast Increase power in all your strikes Easy to follow descriptions with clear pictures Progressive lessons so you can learn at your own pace Develop the ability to instinctively escape react to any situation and much more Train in the Way of the Intercepting Fist The fundamental lead straight punch and all the important lessons that go with it How to deliver punches your opponent will never see coming Simple explanations of the principles of economy of motion Details the 5 ways of attack and how to apply them in your fighting strategy Learn about the centerline and how to use it to your advantage The On Guard Position Development of power and speed The fastest strike you can do and how to make it and all other strikes as fast as possible The most powerful strike you can do and how to make it and all other strikes as powerful as possible Jeet Kune Do footwork including the shuffle quick movements circling bursting etc A modified Jeet Kune Do version of Chi Sao Offensive and Defensive Jeet Kune Do Techniques Evasive movements Parries Counterattacks Trapping Jeet Kune Do kickboxing skills including punches kicks and combinations Interception Sliding leverage Knees and elbows Learn Jeet Kune Do Fighting Strategy Discover the use distance in fighting Includes simple explanations of fighting measure closing in the four ranges etc Understand the use of broken rhythm cadence and other timing concepts These will give an otherwise slower person the upper hand Learn how to create openings in your opponent's guard using feints false attacks and more Breaks down the 5 ways of attack for complete understanding and use in fighting strategy A Perfect Accompaniment to The Tao of Jeet Kune Do The Tao of Jeet Kune Do is Bruce Lee's own book on his fighting art It has techniques strategy and philosophy but it is not a Jeet Kune Do training manual Unlike other Jeet Kune Do books this one fills that gap Limited Time Only Get your copy of Bruce Lee's Jeet Kune Do today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more Teach yourself how to fight like the legend himself because this training manual covers all aspects of Bruce Lee's Jeet Kune Do Get it now

Nanquan Training Manual LIANG WEI. HAO, 2025-07-21 This training manual presents the traditional Southern Fist martial arts system as practiced for generations in southern China Developed for real combat situations the methods focus on practical techniques that work regardless of strength or size The book covers fundamental stances powerful strikes effective defenses and combat strategies tested through centuries of use Readers will find a complete system for developing fighting skills that can be applied in modern self defense situations The material explores the unique characteristics that distinguish Southern Fist from other martial arts including its emphasis on low stances close range combat and direct attacks Detailed explanations break down the Five Animals system and how each animal's attributes contribute to a well rounded fighting ability Traditional conditioning methods like Iron Wire training are presented with clear instructions for developing real power The techniques are shown as they were originally intended for practical self protection rather than sport or performance Historical context throughout the book demonstrates how the art evolved to meet the needs of villagers farmers

and militia fighters in southern China The training methods reflect the harsh realities of life during turbulent periods when effective self defense was often a matter of survival Readers will understand how environmental factors like terrain and climate shaped the development of techniques that work in confined spaces and against multiple attackers This background gives meaning to the movements and explains why they remain effective today With straightforward language and practical advice this manual makes traditional Southern Fist accessible to modern practitioners The techniques are presented progressively from basic stances to advanced applications allowing readers to build skills step by step Training tips emphasize safety while maintaining the art s combat effectiveness Whether for self defense physical conditioning or historical interest this book offers a genuine representation of Southern Chinese martial arts as they were traditionally taught and practiced

The Shaolin Butterfly (The Book) Al Case,2022-08-06 THE SHAOLIN BUTTERFLY The book Shaolin Kung Fu Training INCLUDES VIDEO LINKS THIS IS A COMPLETE BOOK VIDEO COURSE Learning Shaolin Kung Fu can be long and confusing There are long routines with marginal self defense movements esoteric theories about chi and true histories that everybody argues over If you are familiar with Al Case s work in matrixing you know that he believes in logic and not unworkable theories taught through endless ritual This system of Shaolin Kung Fu The Shaolin Butterfly is derived directly from Fut Ga Shaolin which is often considered to be the oldest form of Shaolin in existence Instead of endless confusing forms there is a specific pattern the Butterfly forms follow This pattern is easy to remember works in all directions and focuses on six specific principles found in Fut Ga The forms are short and incredibly easy to learn to remember and most importantly to use There are a few applications and a series of two man forms and these demonstrate a workability that becomes intuitive almost as fast as the student can learn the form The system has been designed to link to another old system of kung fu Pa Kua Chang This is the first time in the history of Kung Fu that this has been done To insure that there is no confusion Al has provided links to the videos of the original Shaolin Butterfly DVD course If you are serious about learning Shaolin Kung Fu this book is the way to go You will find the forms simple and logical The patterns will be easier to learn You will be able to remember the moves easily Self defense will become intuitive in a very short period of time The concepts will be easy to understand YOU WILL LEARN IN ONE TENTH THE TIME If you require more information please go to Monster Martial Arts Al has been studying the martial arts since 1967 He studied Karate Kung Fu Shaolin Kung Fu Tai Chi Chuan Pa Kua Chang Aikido and many other arts He was a writer for the magazines with his own column in Inside Karate He had written over 100 training manuals and books thousands of articles and blogs and produced 100s of hours of martial arts training videos

[Art of Shaolin Kung Fu](#) Wong Kiew Kit,2022-07-19 The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu from theory to practical application This unique martial arts book by a renowned Grandmaster is a complete and comprehensive introduction to Kung Fu and all other aspects of ancient Shaolin wisdom You will learn the ancient art of the Shaolin monks from the famous Shaolin monastery It will prove invaluable to everyone interested in martial

arts chi kung and meditation showing how Kung Fu and other Shaolin arts can bring you health vitality mental focus and spiritual joy Chapters include What is Kung Fu Four Aspects of Kung Fu The Importance of Force Training Application for Combat and Daily Living Kung Fu Philosophy for Deeper Understanding The Benefits of Kung Fu The Historical Development of Chinese Martial Arts Kung Fu in Prehistoric and Ancient Times The Glorious Han and Tang The Modern Period From Shaolin to Taijiquan Shaolin Kung Fu The Various Styles of Taijiquan Soft and Hard Internal and External A Comparative Study of Kung Fu Contrasting Shaolin and Wudang Kung Fu Xingyi Kung Fu and Taoist Concepts Tanglangquan or Praying Mantis Kung Fu The Spread of Southern Kung Fu Defining Aims and Objectives Setting Aims for Kung Fu Training Personal Objectives Course Objectives The Foundation of Shaolin Kung Fu Inheritance from Past Masters Various Shaolin Hand Forms Basic Shaolin Patterns From Form to Combat Application The Four Directions of Attack The Principles of Effective Combat Specific Techniques Against Kicks Combat Sequences and Set Practice Relieving Injuries Sustained in Sparring Composing Your Own Kung Fu Sets Shaolin Five Animals Understanding Characteristics and Essence The Five Animal Set The Names of the Five Animal Patterns Five Animal Combination Set How to Improve Combat Efficiency Spacing and Timing in Combat The Internal Force of Shaolin Kung Fu The Relationship Between Technique and Force The Compassionate Art of Qin Na The Internal Force of Tiger Claw Tactics and Strategies Using Continuous Attack Effectively A Tactic to Distract Your Opponent Selecting Strategies to Suit Particular Situations Classical Kung Fu Weapons Staffs Whips Knives and Other Weapons Light and Heavy Weapons Understanding and Developing Chi The Various Genres of Chi Kung Lohan Embracing Buddha Abdominal Breathing Shaolin Kung Fu and Zen Cultivating Heart Nourishing Nature Bodhidharma and Taoism in Zen The Shaolin Way to Enlightenment Attaining a Focused Mind Meditation to Train Awareness Shaolin Kung Fu for Spiritual Development

Wing Chun Kung-Fu Joseph Wayne Smith, Ph.D.,2011-12-10 The essential guide to Wing Chun Kung Fu basic forms and principles fighting and grappling advanced techniques and weapons Featuring over 300 black and white photos and step by step illustrations Wing Chun Kung Fu A Complete Guide offers clear straightforward and authoritative instruction to the Chinese martial art of Wing Chun Kung Fu This Wing Chun book introduces and demonstrates the three empty hand wing chun kung fu forms the combative building blocks of the system including sticky hand and sticky leg fighting chin na and the theory of vital strikes to the weak points of human anatomy dar mak This Wing Chun guide also introduces the wooden dummy form the six and a half pole form and the use of butterfly knives In addition this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in depth understanding of both the practical application of this fighting art and the meaning behind it Other sections include specialized fighting and grappling techniques and instructions on using weapons An additional section is devoted to conditioning stretching power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art

Wing Chun Kung-Fu Joseph Wayne Smith,1992 This is not simply a training manual but a combat survival guide for

the street The techniques introduced in Volume I are now shown in combat situations The real life applications of Wing Chun's sticky hand sticky leg and grappling and throwing techniques are explained in detail with full illustrations Siu-Nim-Tau, a Wing Tsun Kung Fu Form Ralph Haenel, Chris Chinfen, 2016-08-22 It is my pleasure to introduce Chris Chinfen as author to the martial arts world The book you are holding looks at the many facets of an intriguing Kung Fu form delivering detailed training advice notes on history supportive exercises helpful hints and pointers Read about the benefits of the form the concepts behind it Find out about WingTsun ChiKung the health form as well as applications in Chi Sau and Lat Sau Ralph Hanel The Kung Fu Handbook Peter Warr, 2008 Introduces the sport of kung fu discussing such topics as stretching and warm up exercises stance and fist training hand and foot techniques and kung fu for self protection *The Art of Shaolin Kung Fu* Wong Kiew Kit, 2002-11-15 The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu from theory to practical application This unique martial arts book by a renowned Grandmaster is a complete and comprehensive introduction to Kung Fu and all other aspects of ancient Shaolin wisdom You will learn the ancient art of the Shaolin monks from the famous Shaolin monastery It will prove invaluable to everyone interested in martial arts chi kung and meditation showing how Kung Fu and other Shaolin arts can bring you health vitality mental focus and spiritual joy Chapters include What is Kung Fu Four Aspects of Kung Fu The Importance of Force Training Application for Combat and Daily Living Kung Fu Philosophy for Deeper Understanding The Benefits of Kung Fu The Historical Development of Chinese Martial Arts Kung Fu in Prehistoric and Ancient Times The Glorious Han and Tang The Modern Period From Shaolin to Taijiquan Shaolin Kung Fu The Various Styles of Taijiquan Soft and Hard Internal and External A Comparative Study of Kung Fu Contrasting Shaolin and Wudang Kung Fu Xingyi Kung Fu and Taoist Concepts Tanglangquan or Praying Mantis Kung Fu The Spread of Southern Kung Fu Defining Aims and Objectives Setting Aims for Kung Fu Training Personal Objectives Course Objectives The Foundation of Shaolin Kung Fu Inheritance from Past Masters Various Shaolin Hand Forms Basic Shaolin Patterns From Form to Combat Application The Four Directions of Attack The Principles of Effective Combat Specific Techniques Against Kicks Combat Sequences and Set Practice Relieving Injuries Sustained in Sparring Composing Your Own Kung Fu Sets Shaolin Five Animals Understanding Characteristics and Essence The Five Animal Set The Names of the Five Animal Patterns Five Animal Combination Set How to Improve Combat Efficiency Spacing and Timing in Combat The Internal Force of Shaolin Kung Fu The Relationship Between Technique and Force The Compassionate Art of Qin Na The Internal Force of Tiger Claw Tactics and Strategies Using Continuous Attack Effectively A Tactic to Distract Your Opponent Selecting Strategies to Suit Particular Situations Classical Kung Fu Weapons Staffs Whips Knives and Other Weapons Light and Heavy Weapons Understanding and Developing Chi The Various Genres of Chi Kung Lohan Embracing Buddha Abdominal Breathing Shaolin Kung Fu and Zen Cultivating Heart Nourishing Nature Bodhidharma and Taoism in Zen The Shaolin Way to Enlightenment Attaining a Focused Mind Meditation to Train Awareness Shaolin Kung Fu for Spiritual Development

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Kung Fu Training Manual Introduction

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