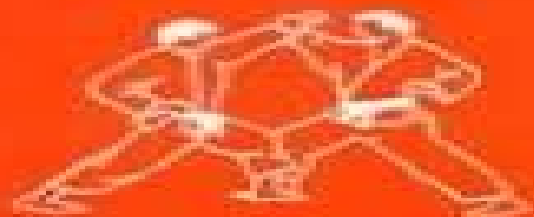




KARATE

TRAINING

GUIDE



VOLUME 1

FOUNDATIONS

OF

TRAINING



RANDALL G. HASSELL

Karate Training Guide

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