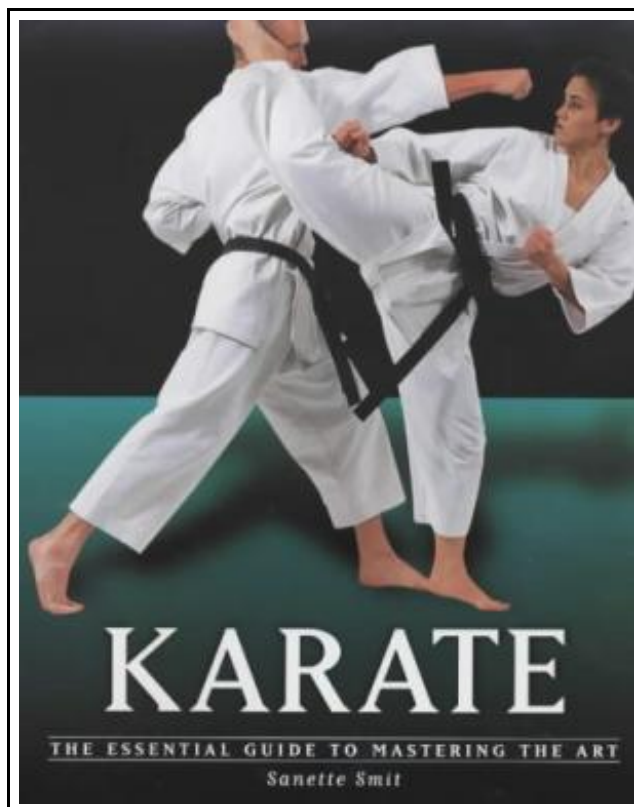


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KARATE: THE ESSENTIAL GUIDE TO MASTERING THE ART



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