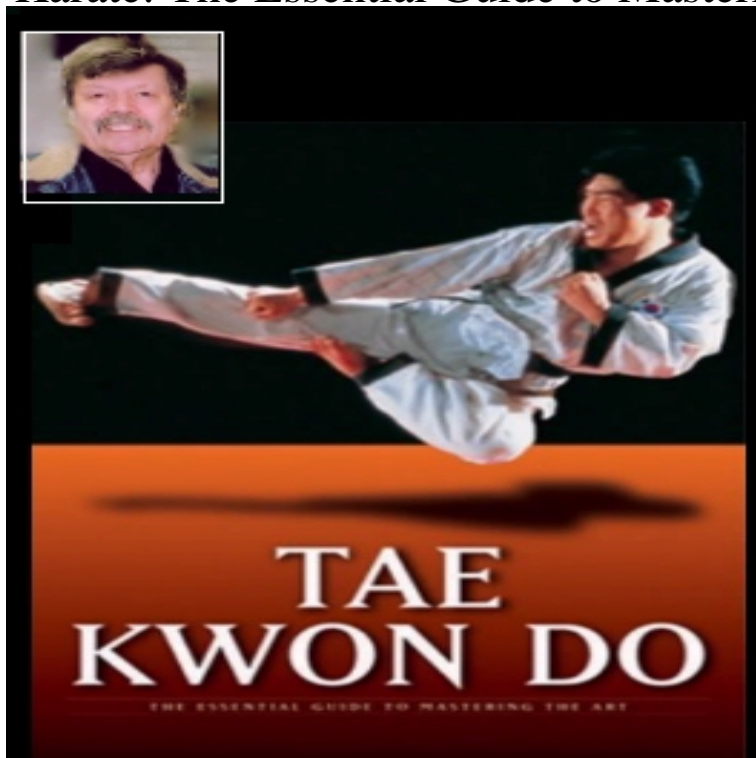


# Karate: The Essential Guide to Mastering the Art (Martial Arts)



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