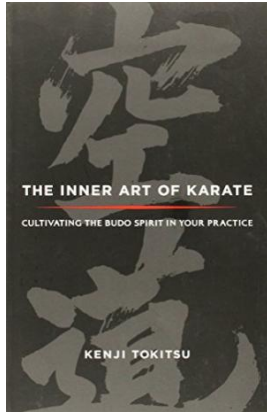


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THE INNER ART OF KARATE: CULTIVATING THE BUDO SPIRIT IN YOUR PRACTICE



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