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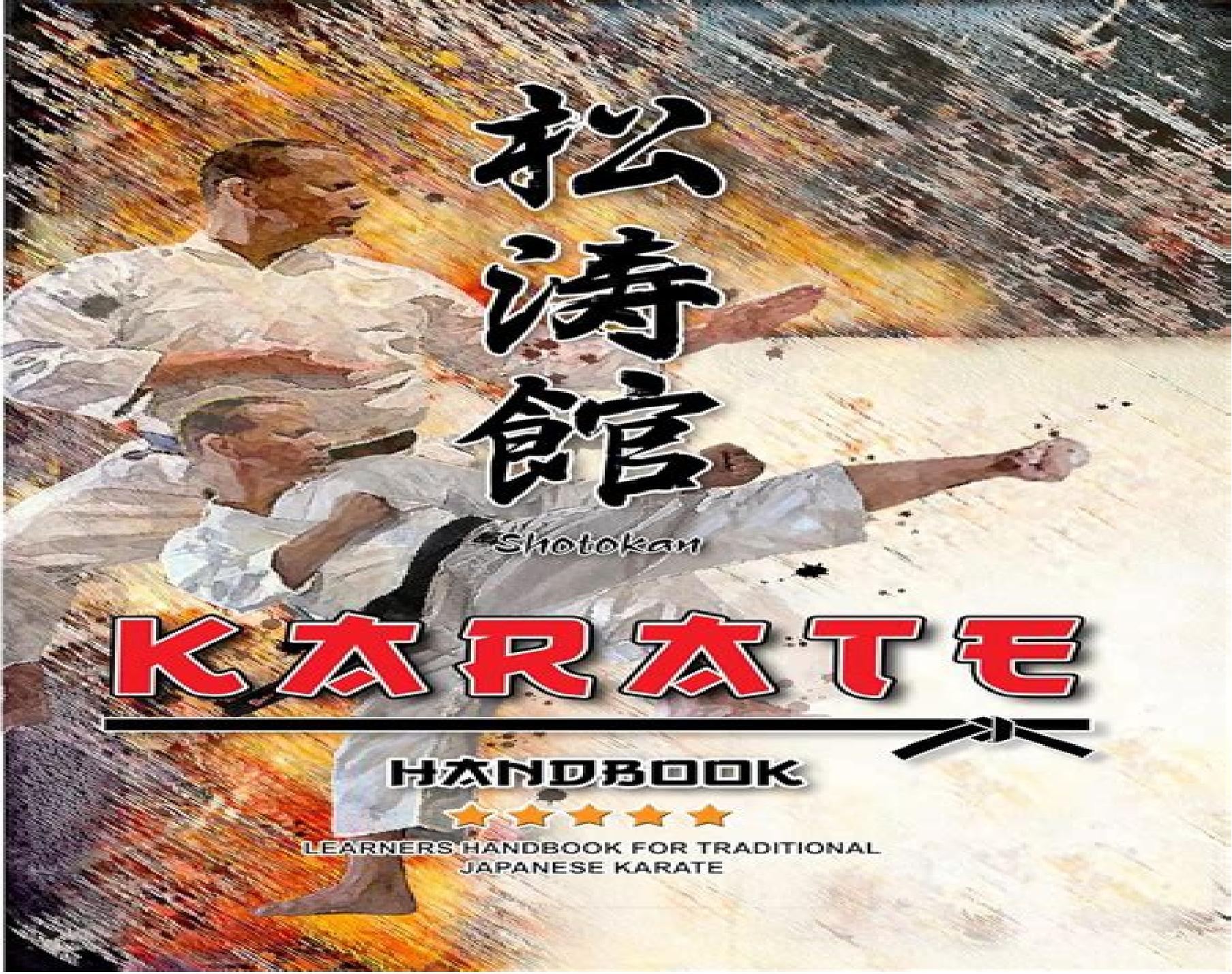
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# KARATE

HANDBOOK



LEARNERS HANDBOOK FOR TRADITIONAL JAPANESE KARATE



# Handbook For Basic Karate

**JL Elias**



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