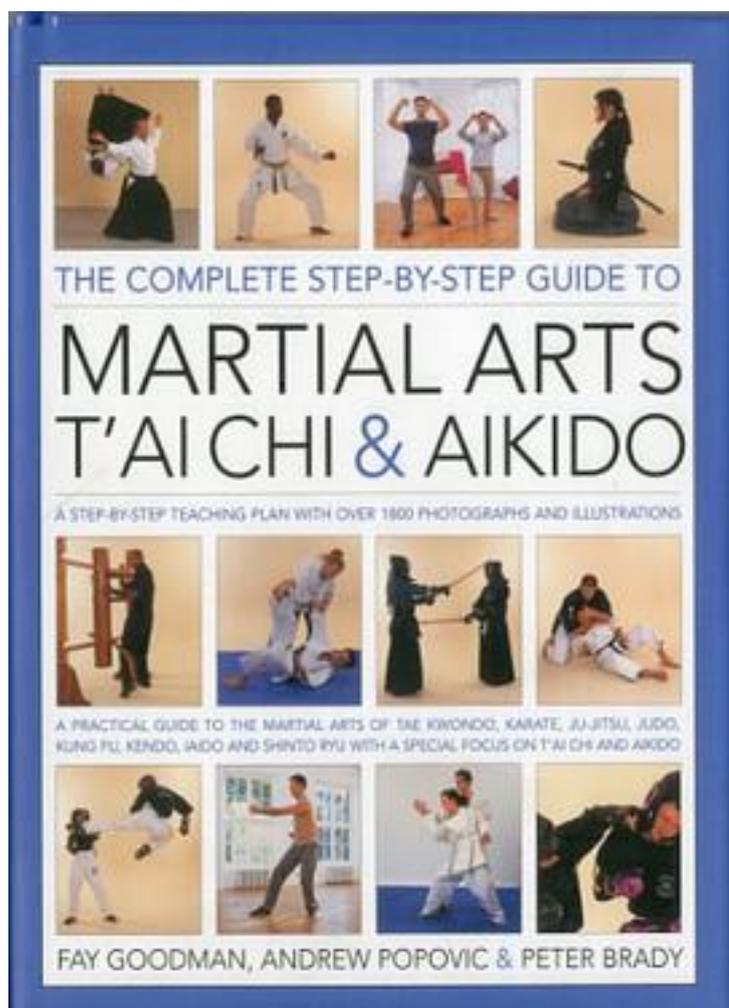


The Complete Step-by-step Guide to Martial Arts, Tai Chi and Aikido



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