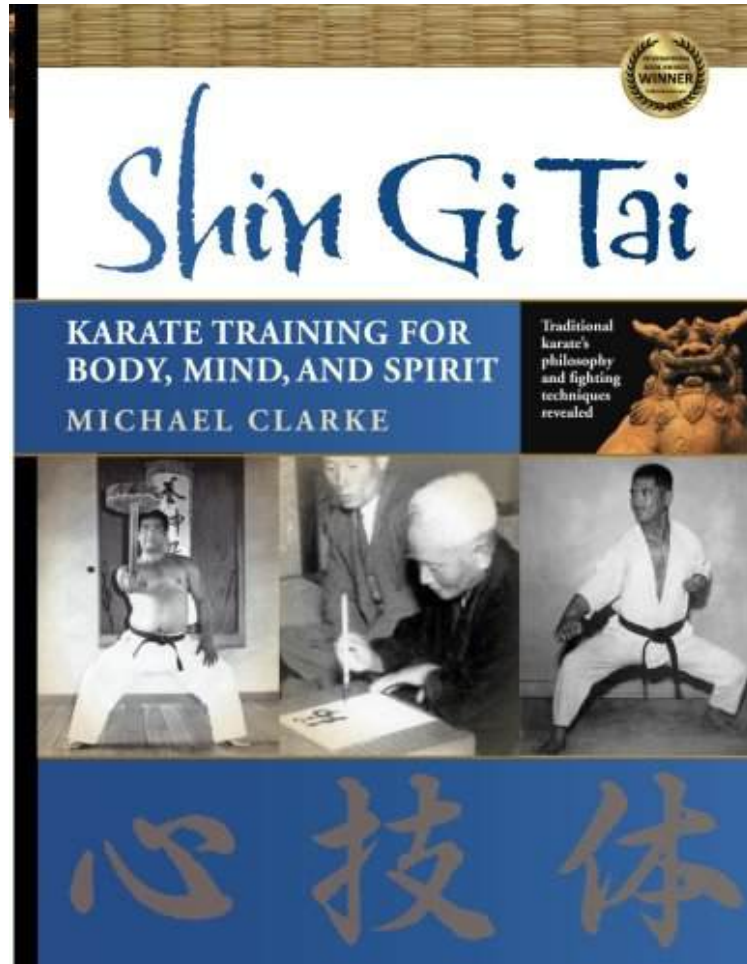


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Shin Gi Tai: Karate Training for Body, Mind, and Spirit

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