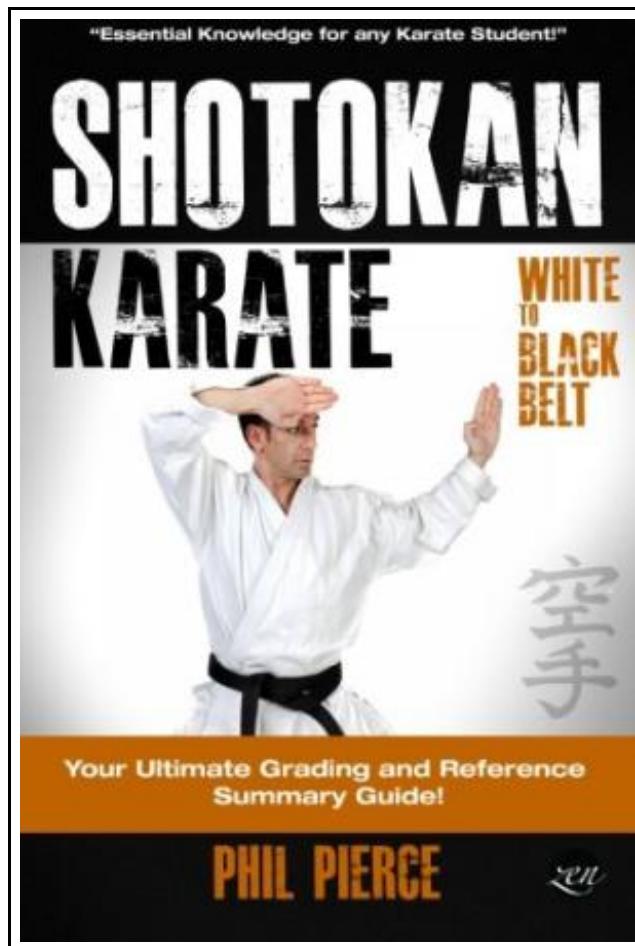


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(Lexie Paucek PhD)

SHOTOKAN KARATE: : YOUR ULTIMATE GRADING AND TRAINING GUIDE (WHITE TO BLACK BELT)

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