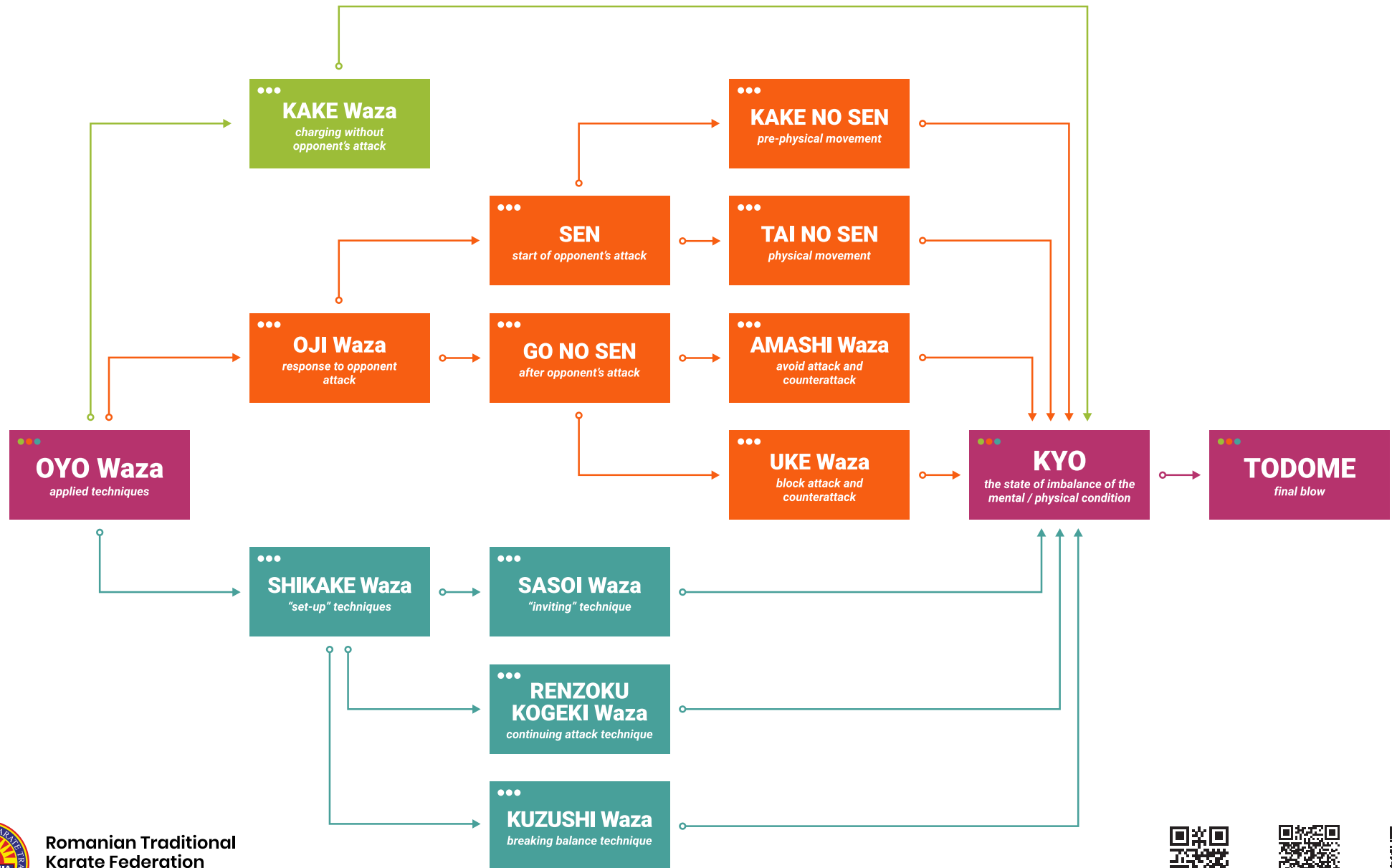


KARATE TIMING

"Traditional Karate Coach's Manual" by Hidetaka NISHIYAMA



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