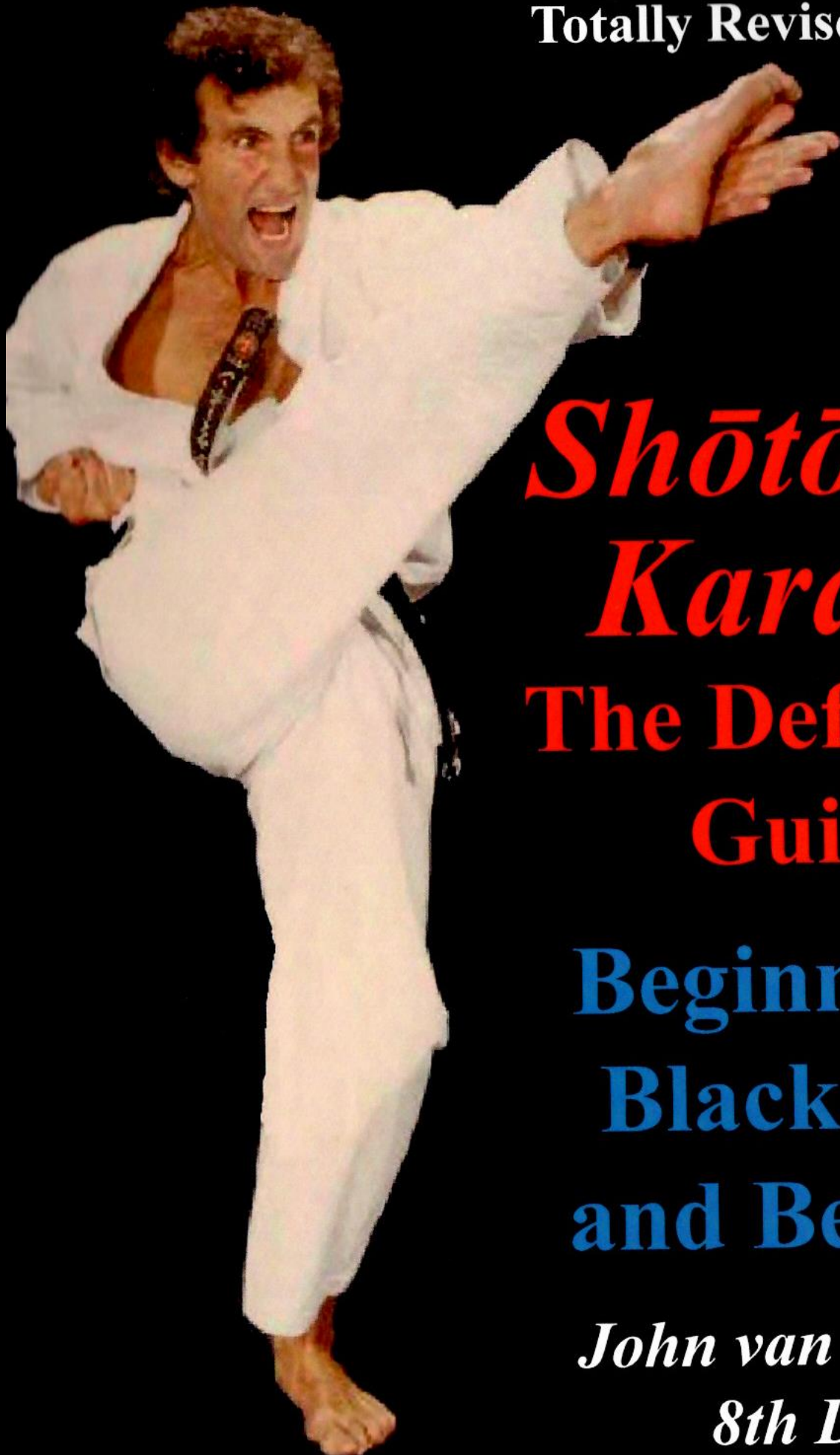


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***Shōtōkan
Karate-
The Definitive
Guide***

**Beginner to
Black Belt
and Beyond**

*John van Weenen
8th Dan*