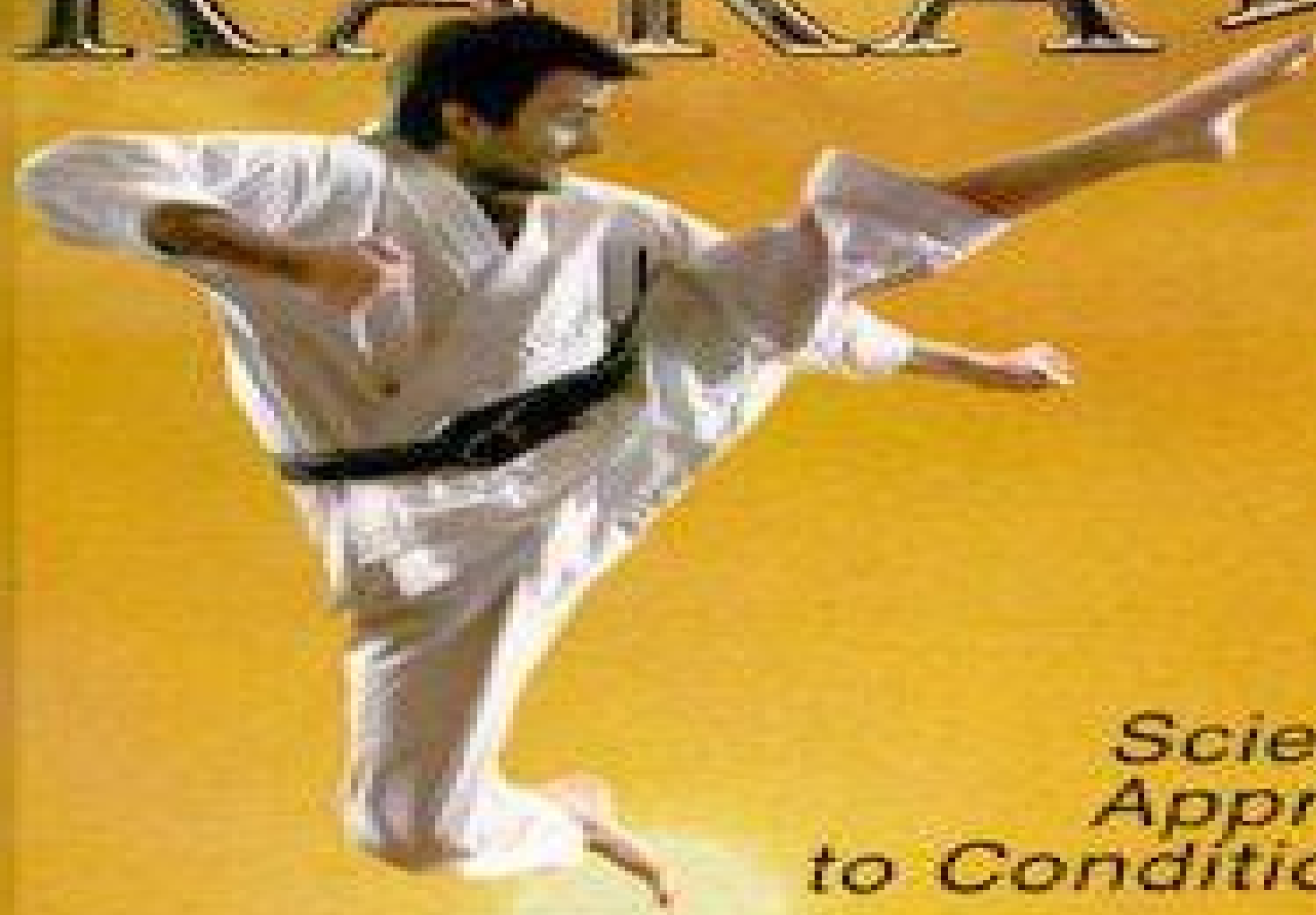


# MODERN KARATE



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*Scientific  
Approach  
to Conditioning  
and  
Training*

# Modern Karate Scientific Approach To Conditioning And Training

**Ava Thompson, AI**



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