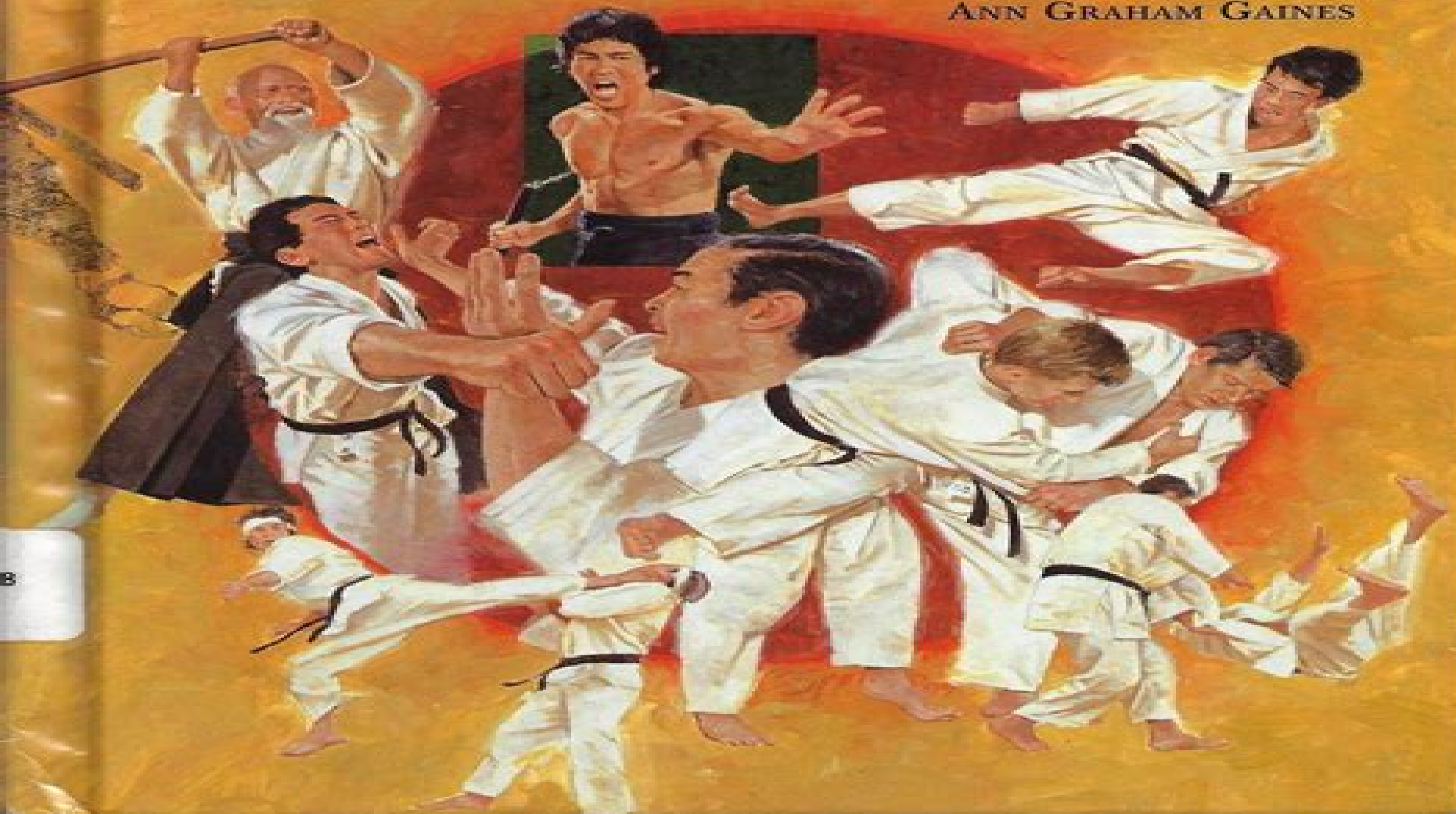


THE COMPOSITE GUIDE TO

MARTIAL ARTS

ANN GRAHAM GAINES



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