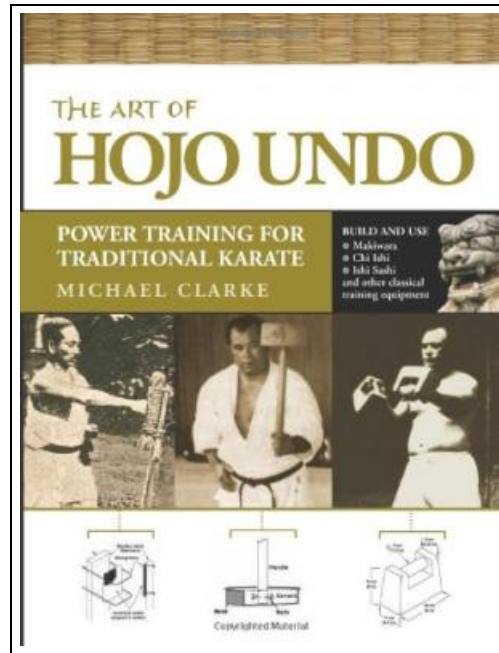


## The Art of Hojo Undo: Power Training for Traditional Karate



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