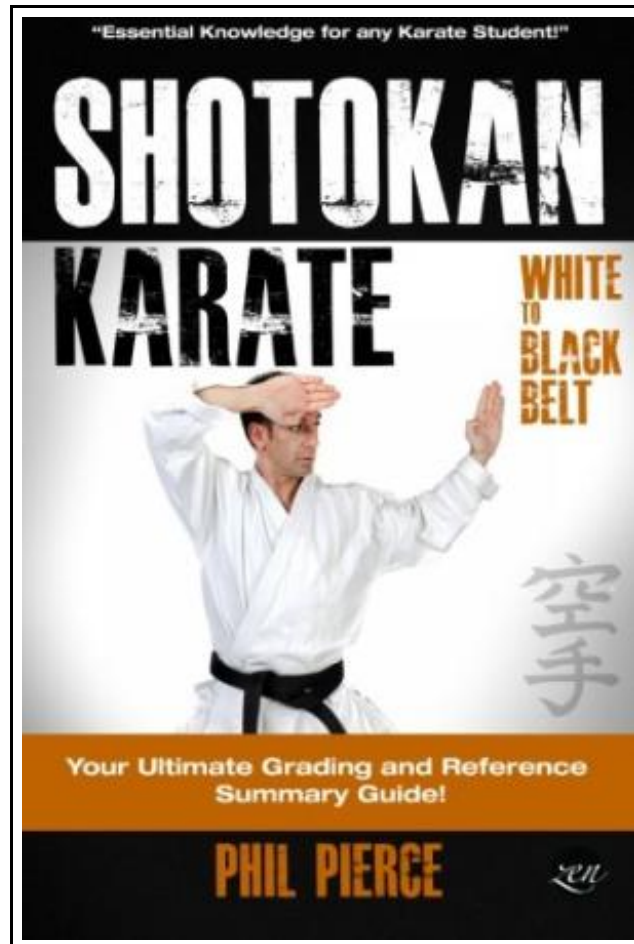


## Shotokan Karate: : Your Ultimate Grading and Training Guide (White to Black Belt)



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