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BRUCE TEGNER'S
COMPLETE BOOK OF
KARATE

TWO COMPLETE COURSES:
1. SELF-DEFENSE KARATE:

A COMPLETE MANUAL OF PRACTICAL KARATE —
EFFECTIVE STREET DEFENSES

2. SPORT KARATE:

STEP-BY-STEP ILLUSTRATED SPORT KARATE
FROM BEGINNER TO BLACK BELT
1000 PHOTOS



Complete Book Of Karate Bettxt

S Marginson



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