

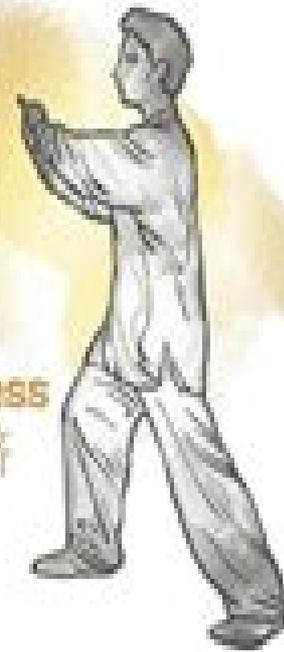
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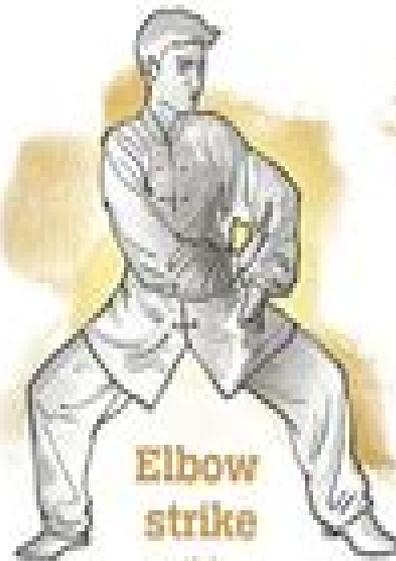
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# Martial Arts Manual Quick Start

**Arthur James Wells**



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