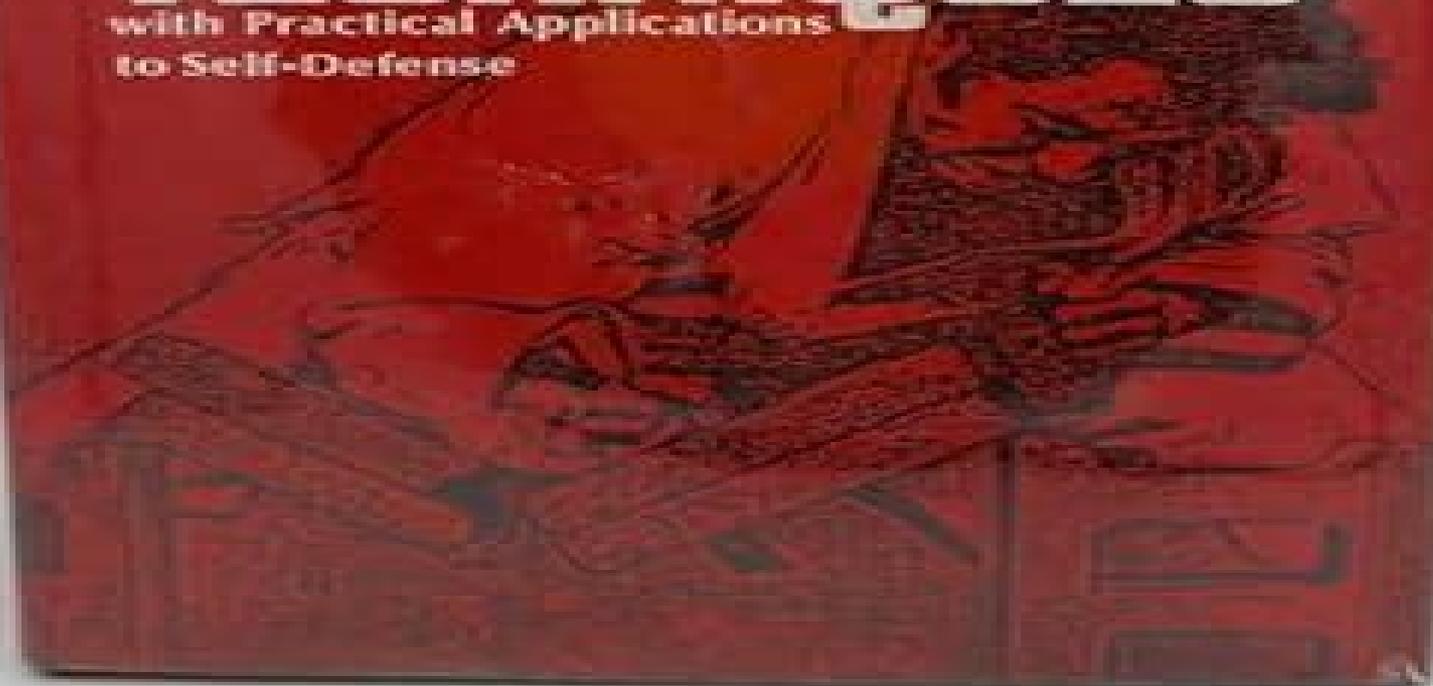


JACK HIBERN

KARATE BREAKING TECHNIQUES

with Practical Applications
to Self-Defense



Karate Breaking Techniques With Practical Applications For Self Defense

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