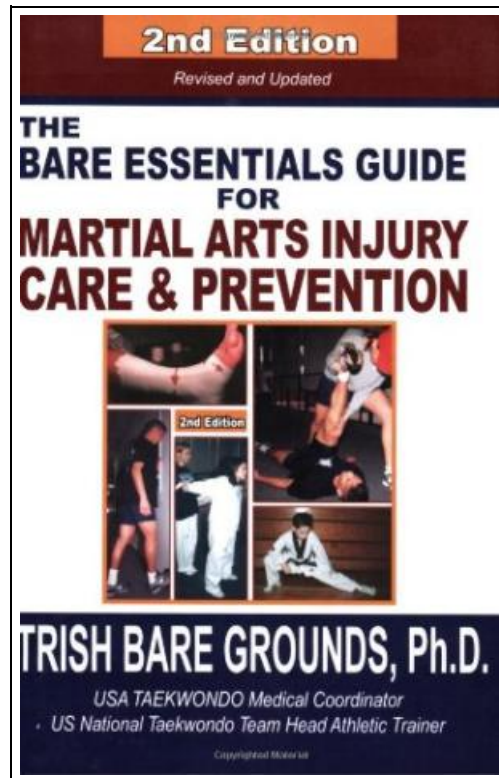


## The Bare Essentials Guide for Martial Arts Injury Care and Prevention



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