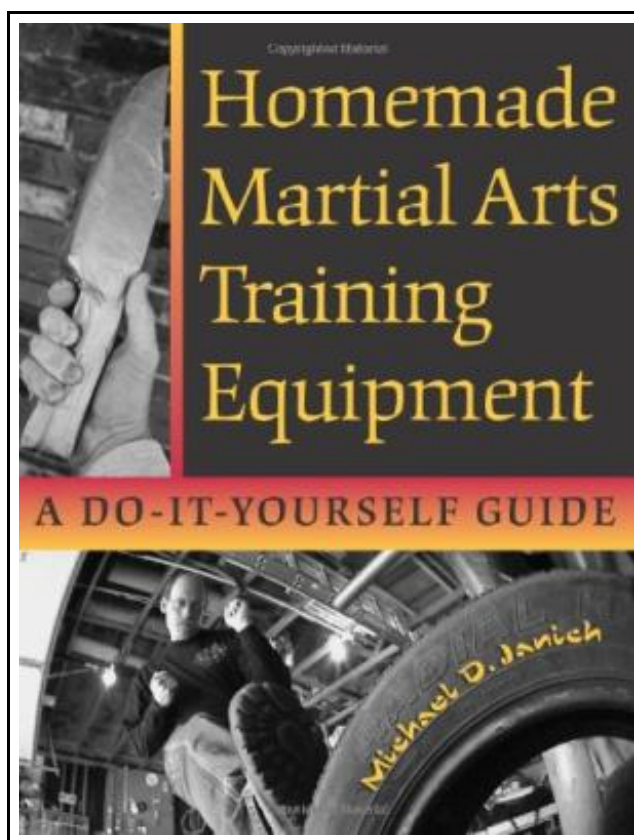


## Homemade Martial Arts Training Equipment: A Do-it-yourself Guide



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