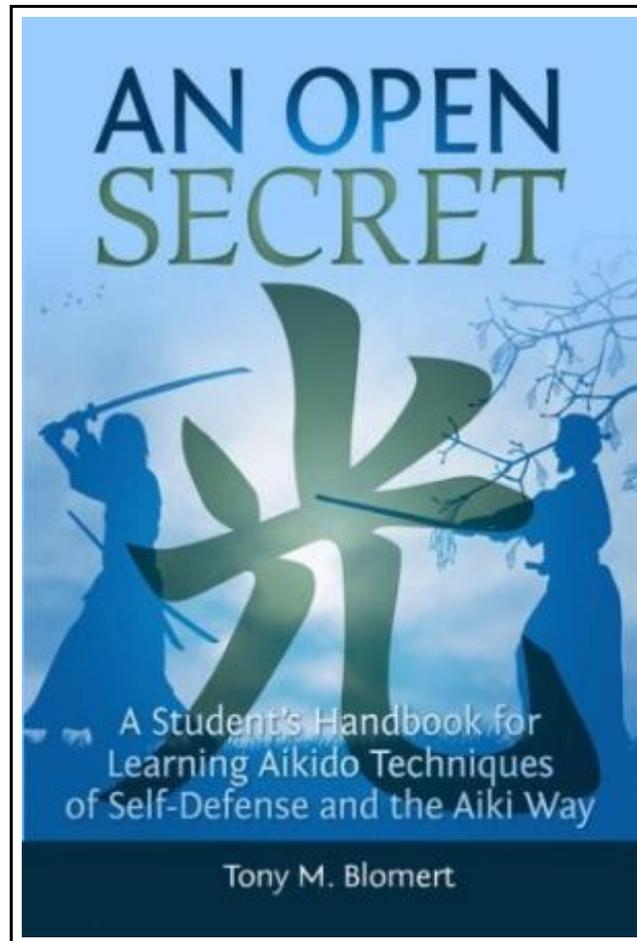


## An Open Secret: A Student's Handbook for Learning Aikido Techniques of Self Defense and Aiki Way



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