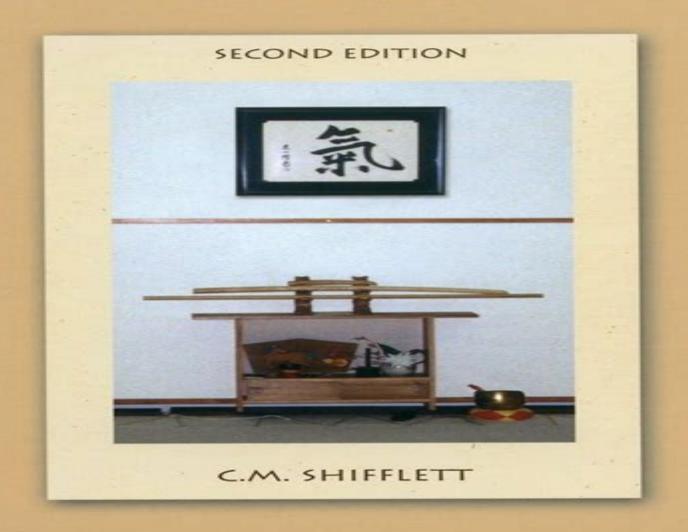
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### A SAMPLER OF KI EXERCISES



## Ki In Aikido Second Edition A Sampler Of Ki Exercises

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