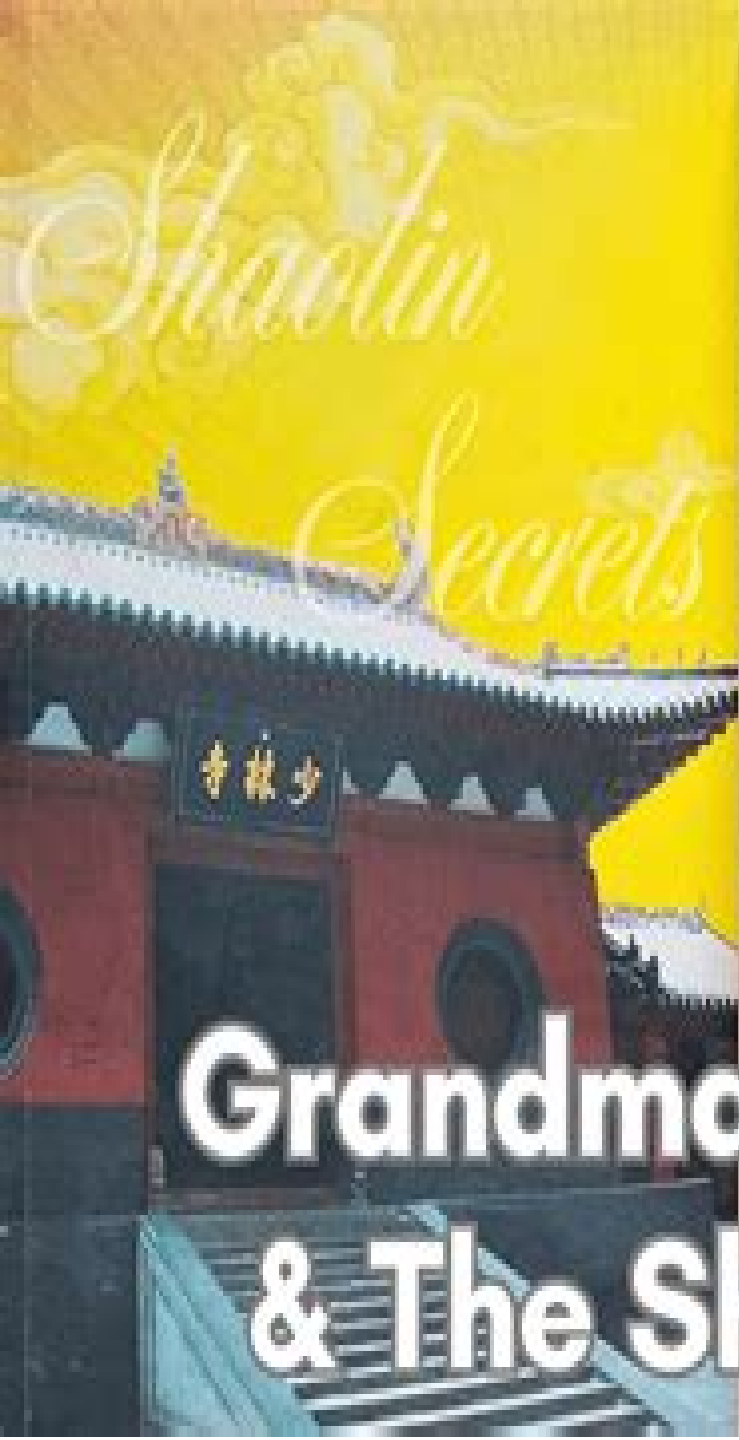
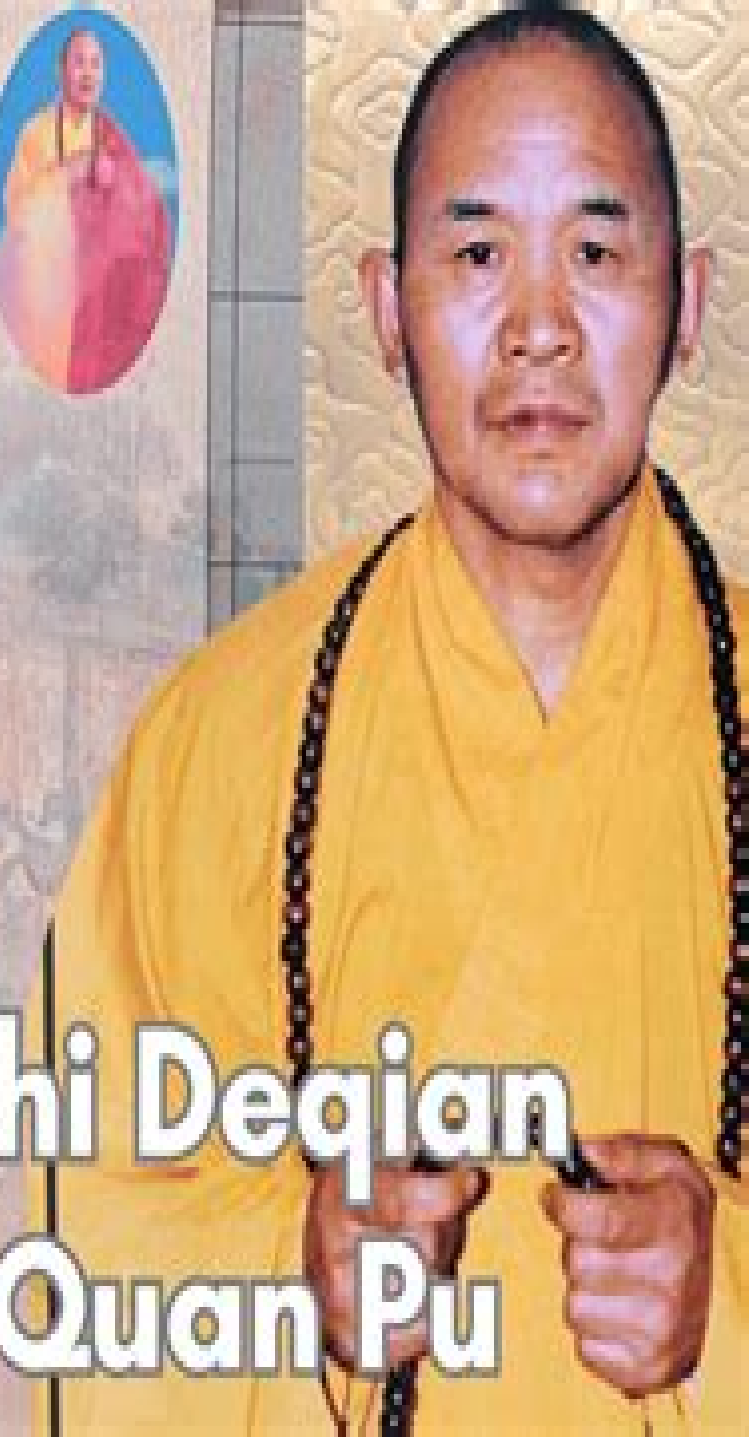
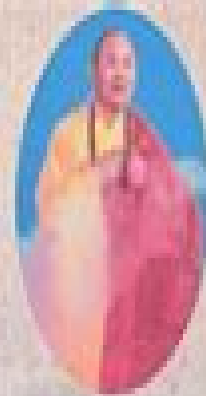




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Grandmaster Shi Deqian  
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Shaolin Shaolin Kung Fu Academy

# Shaolin Training Manual

**Ian Pickup**



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