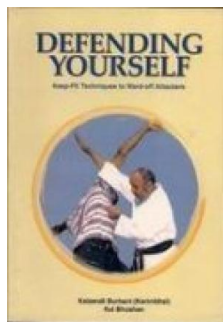


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## DEFENDING YOURSELF KEEP-FIT TECHNIQUES TO WARD OFF ATTACKERS



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- Authored by Kaizerali Burhani (Karimbhai) And Kul Bhushan
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