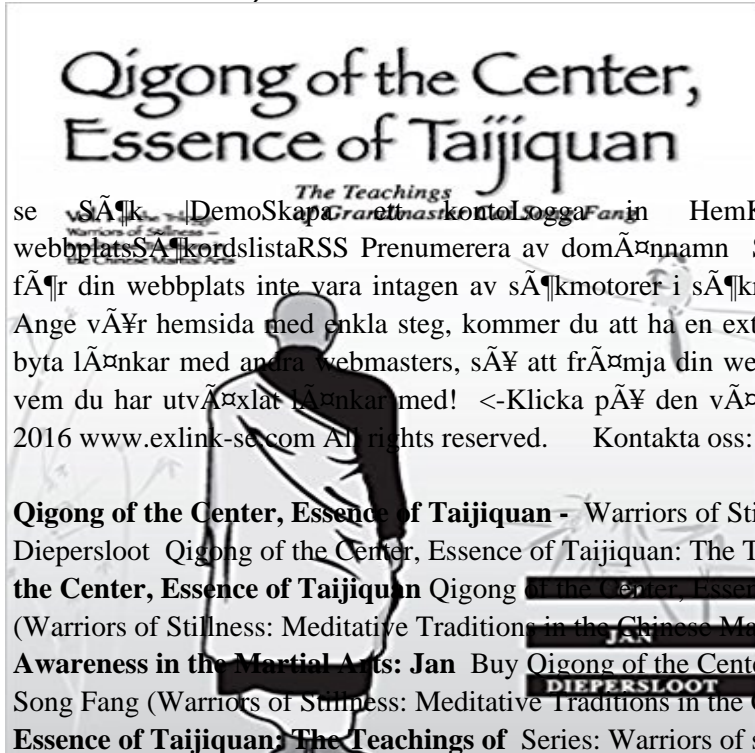


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An examination of the mental and physical aspects of Chinese martial arts.

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