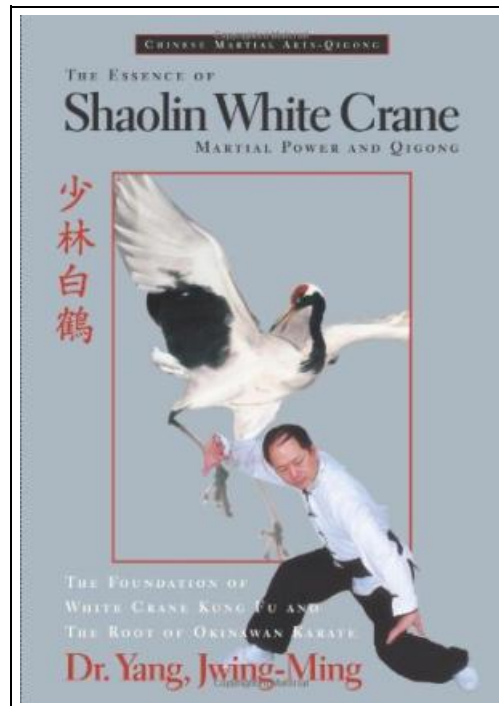


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## THE ESSENCE OF SHAOLIN WHITE CRANE: MARTIAL POWER AND QIGONG



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