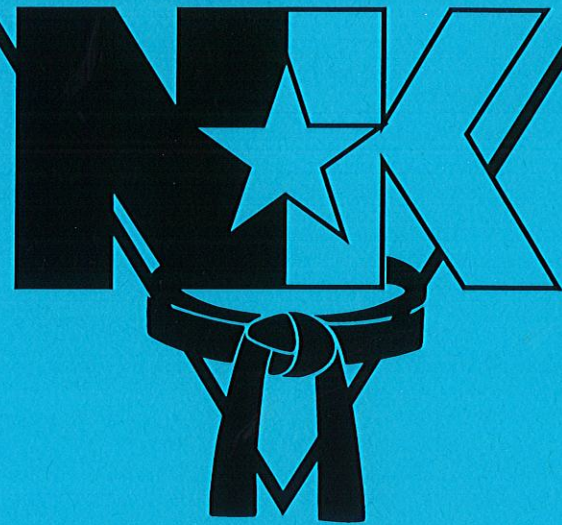


NATIONAL KARATE SCHOOLS

- ▶ GET IN SHAPE
- ▶ INCREASE FLEXIBILITY
- ▶ BUILD CONFIDENCE
- ▶ INSTILL SELF-DISCIPLINE AND RESPECT

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