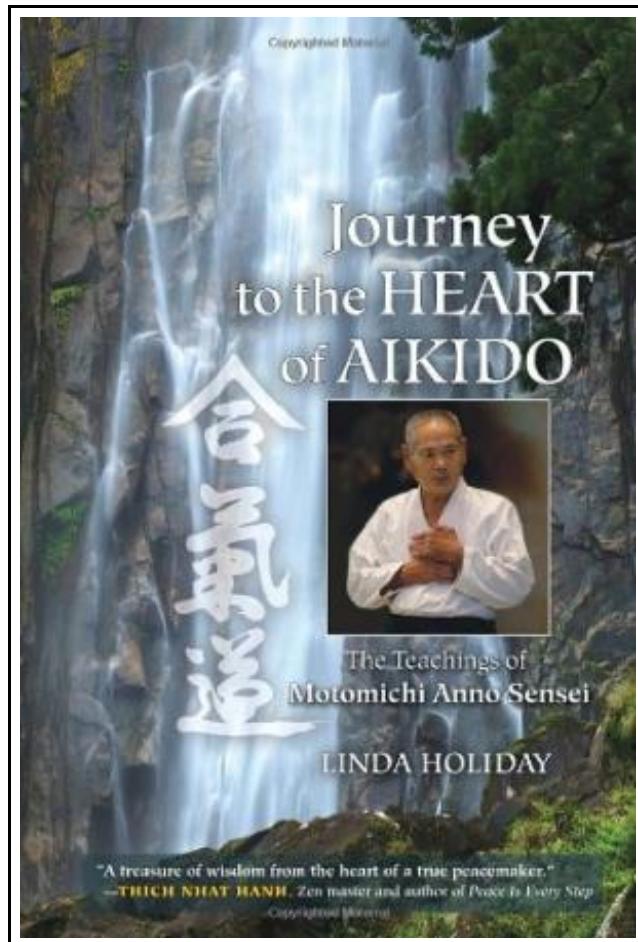


## Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei



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