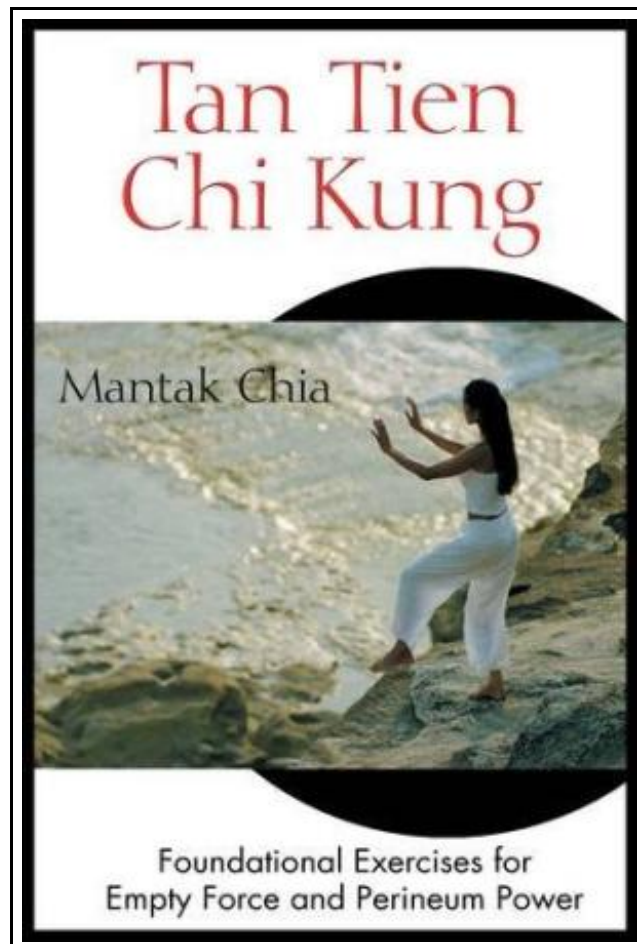


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TAN TIEN CHI KUNG: FOUNDATIONAL EXERCISES FOR EMPTY FORCE AND PERINEUM POWER

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