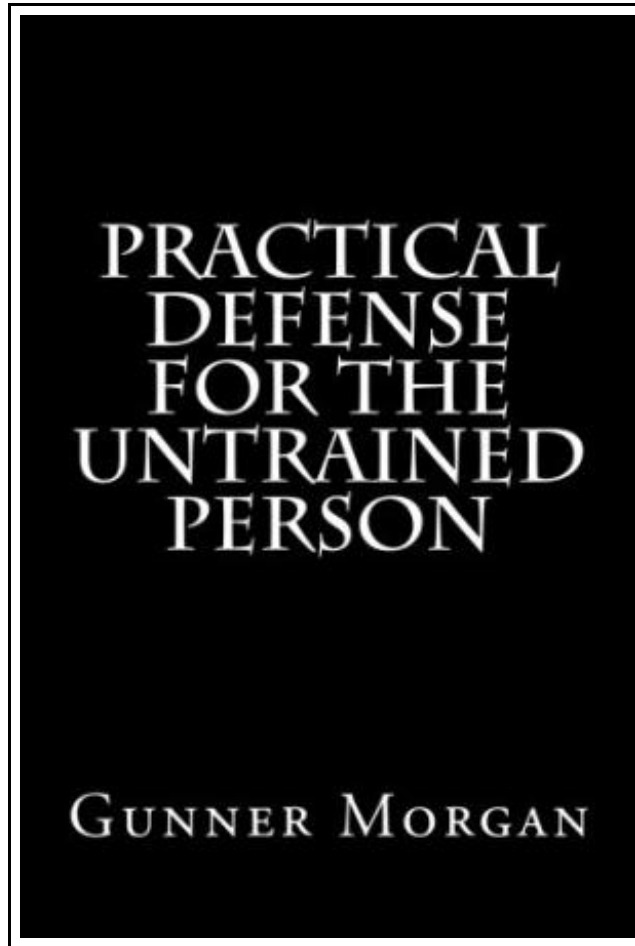


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PRACTICAL DEFENSE FOR THE UNTRAINED PERSON



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