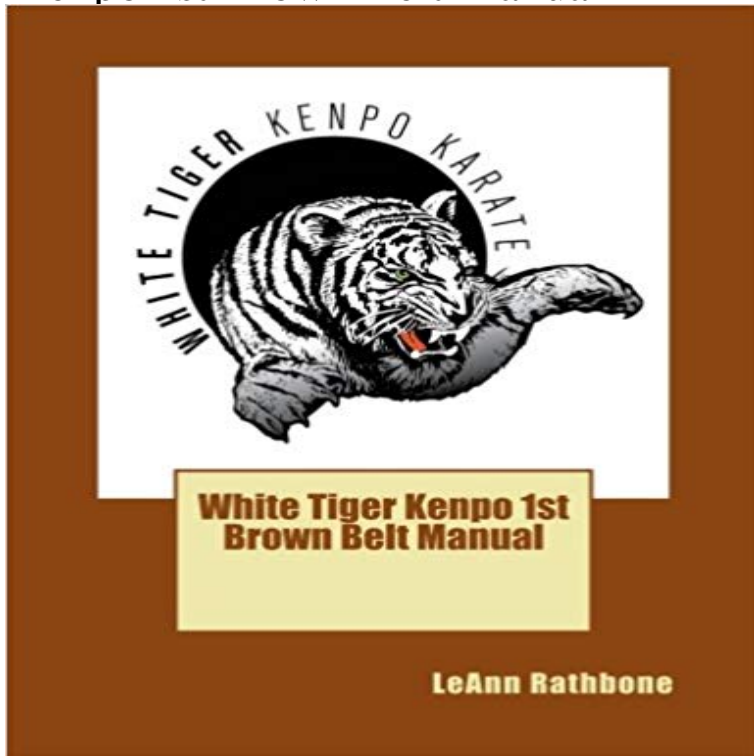


Kenpo 1st Brown Belt Manual



1st Brown belt manual: this manual covers the 30 self defense techniques required for 1st Brown belt. It has step by step instructions along with pictures to help you learn your belt

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