

Heian Sandan

Bruce D. Clayton

Heian Sandan Steven A. Wilson, Jr., Jennifer E. Wilson, 2015-01-01 Shotokan Karate-Do Heian Sandan reference.

Shotokan Kata 1: Heian Shodan in Daoist Eyes
Adam Dobrzynski, 2021-01-01 My book contains grammatical mistakes, and for that I am deeply sorry. This is the first book in a series, which is intended to examine the links between Shotokan Karate and the three teachings - Daoism, Confucianism and Buddhism. The book deals with Heian Shodan (aka Pinan Shodan) and the rest of Heian katas. We can learn a lot from the Chinese origins of Karate. Daoism (Taoism) in particular has been forgotten in modern times, as a tool for understanding Karate and improving it. There are very practical conclusions that we can come to, using Daoism. In order to achieve that, we must develop a deep understanding of the Heian katas using Chinese philosophy. The book explains how Yin and Yang and the Five Elements (Wuxing) theories are connected to the Heians. We especially concentrate on the Wood Element, which is the element of Heian Shodan, and has profound implications on the kata. Topics from Traditional Chinese Medicine (TCM) are brought up, including the relations between the basic katas and the organs and meridians. Then we turn to Emotional Karate, and observe the psychological benefit, that one could derive from Karate. Karate can contribute to our mental well-being. And our state of mind, as proven, effects our body - including chronic pains. After understanding the distinguishing qualities of Heian Shodan, we can

understand why it is a particularly good kata for releasing a repressed anger. As for other issues: Some techniques are presented, in order to improve the kata and our benefit from it. We also learn how other katas may recuperate Heian Shodan. A mathematical formula of the five Heians is suggested, with an application to Heian Shodan's movements. Other Shotokan katas are also mentioned - as well as specific Karate moves and stances. Finally, we warn about excessiveness, and explain how to prevent it. By the way, several interesting topics are discussed: the far and the relatively modern history of Karate and of other martial arts, our Karate ancestors and even Chinese and Japanese characters and words. In conclusion, although the book deals with Chinese philosophy, it has many very applicable sides.

Shotokan's Secret Bruce D. Clayton, 2004 Reveals the origins and purpose of the art of shotokan. This book describes how karate was invented by the world's only unarmed bodyguards to protect the world's only unarmed king, the king of Okinawa, against Americans.

KARATE KUDOS Tamanna Mishra, 2020-09-18
Fitness... Mapped! This book takes you inside the world of martial arts on a fantastic journey of overall fitness. Karate is a form of self-defence technique that requires a good balance between the body and mind. The word 'karate' means playing 'empty-handed'. So apart from physical power, one needs to learn various playing tactics to have a cutting edge over the others. Through this book, one can learn the basic ways of playing karate and the rules governing it. The 'Enjoy being a

Karateka' section covers a comprehensive research on Karate tactics, and it is sufficient enough to make you understand the basic moves and enjoy the game. 'Youth's choice of Karate' section provides insights about 21st-century expectations for a 360-degree makeover. Discover karate, kata, kihon, kumite, food, technology, career and much more through this book. Use the grid system where every square content has a unique message coordinating with the subject to ensure that your journey is exciting, educative and fun. You can also use the websites to expand your knowledge and motivate you towards healthy living. The book also has amazing facts, texts, images, infographics, statistics and theories, written and checked by experts. Draw the progress and achievements of karate. The topics covered in this book are Karate Fundamentals, Karate History, Fitness, Karate Organisation and Karate Ingredients.

The Shotokan Karate Bible 2nd edition Ashley P. Martin, 2016-05-05 An authoritative text supporting the newcomer to karate with all they need to know, up to black belt level. Packed with photographs detailing techniques and kata (the combinations of techniques students need to master to progress through the belts) this book is designed to take the student step by step through the progression of Shotokan Karate, taking each belt in turn. Photographs and clear instructions take you step by step through the kata. Karate is a martial art that focuses on the application of strikes using predominantly the hands and feet. It originated in Japan and has become popular throughout the world. There are many styles of karate but the most

widely practised outside of Japan is Shotokan Karate. Training in karate is normally divided into three sections: the basic technique; kata, or sequencing of techniques to imaginary opponents; and kumite, the sparring done with an opponent. In total there are ten gradings to be passed in order to get a black belt - this, on average takes a student four years to attain. This book covers all the training needed to attain a black belt. This new edition includes brand new material on partner work, more grading tips to help you avoid making common mistakes, and new footwork diagrams to help you understand the movements better. An indispensable guide.

The Heian Kata Bunkai Phenomenon Christian Wedewardt, 2020-05-19 Kata is the Boss! The Heian-Kata-Bunkai learning series offers Karateka the opportunity to systematically deal with possibilities and alternatives in order to be able to defend themselves in certain situations. With this book I want to contribute to a better understanding of the WHY within the traditional Heian-Kata-Forms. The reader, from beginner to blackbelt, will be training and performing this Kata with a new and defense-realistic awareness.

Essential Karate Book Graeme Lund, 2015-12-29 The Essential Karate Book is an illustrated, informative guide to the techniques, philosophy and practice of karate With 20 chapters covering practically every aspect of karate, this in-depth reference will assist students and instructors as they plot their course through karate instruction, benefiting those at all levels. The Essential Karate Book contains 200 diagrams mapping out

moves, 300 color photographs, and downloadable video, making it a comprehensive general karate reference for Western audiences. Readers of this karate guide will learn about: The origins and history of karate Required behavior, clothing and etiquette, as well as the fundamentals of karate and the different styles that share them Stances, blocks, strikes and kicks Preparing your body through warm ups, stretching, and conditioning through karate-specific exercises Kata grading and fighting (kumite) techniques and competition rules Martial arts weapons (kobudo), and MMA (Mixed Martial Arts) applications The Essential Karate Book is a must-have for any martial arts enthusiast, from beginners to black belts!

Karate-dō Kyōhan Gichin Funakoshi, 1973

Adam's Karate Dictionary: A Professional Glossary of Shotokan Terms Adam

Dobrzynski, 2023-10-27 This heavy-duty Shōtōkan encyclopedia, dictionary, lexicon, glossary, and linguistic tool: ✓ Teaches how to analyze and understand karate vocabulary. ✓ Breaks the Karate terms into their building blocks and puts an emphasis on the basic main building blocks of the karate language. ✓ Systematically analyses over a 100 of basic Karate Kanji for deep understanding of the terms, names, and concepts. ✓ Corrects many conceptual and linguistic common mistakes. ✓ Provides links between different Karate expressions. ✓ Presents different translations from Japanese to English. ✓ Presents different Japanese writings. ✓ Includes phonetic spelling. ✓ Refers to important sources. ✓ Addresses the Chinese origins. ✓ Includes Comprehensive index. ✓

Includes Wide-ranging bibliography. ✓ Includes 500 values | 1,800 cross-references | 175 kanji. ✓ Includes special bonuses. ✓ Perfect for both beginners and senior instructors. ✓ Perfect for English speakers. ✓ Perfect for a clearer and deeper understanding of the Karate vocabulary, substantively and linguistically. --- More information: This robust Karate lexicon of over 500 carefully selected representative values and references: Key words, core commands and general vocabulary such as postures, stances, Kata names, techniques, moves, thrusts, punches, strikes, blocks, kicks, body parts, styles, people, places, and other topics related to traditional Japanese Shōtōkan Karate and other Funakoshi Karate organizations such as Shotokai. A perfect gift for your Karate instructor, fellow Karate practitioners, or your Karate students. Language: English Paperback: 325 pages Item Weight: 1.25 pounds Dimensions: 7 x 0.74 x 10 inches --- Presentation: Karate jargon is integral to everyday practice. Without solid understanding of the Karate vocabulary, it is easy to fall into technical and conceptual errors. The purpose of this Shotokan dictionary is to bring the reader closer to the Karate terminology we so often use, but so rarely explore. This book can be described as a Japanese-English Shotokan dictionary, as well as a heavy-duty professional glossary of Karate terms related to Funakoshi styles. It can also be defined as a Shotokan encyclopedia or as a Karate lexicon, which focuses on the linguistic aspects of Karate phrases. Through the language, we dive into Karate itself. Although planned for senior

Karate instructors, absolute beginners may also benefit from this Karate wordlist. As for its content, the main goal – naturally – is to translate from “Karate language” to English. The book offers various English definitions of the Japanese technical terms, making it a powerful Japanese-English dictionary of the terms used in Karate. Sometimes the Karate meaning does not overlap with the general meaning of a word. If the common, or general, Japanese translation of a Karate term may be relevant, we bring it as well. It was Seneca who said: “If one does not know to which port one is sailing, no wind is favorable”. If we were to achieve a high standard of execution, we cannot afford not to understand – literally - the Karate commands. A clear understanding of the Karate terms is indispensable. Breaking down Karate expressions into their building blocks, does seem to achieve a deeper understanding of them. This Karate glossary puts a special emphasis on the important Kanji, including thorough Kanji-analysis and relevant cross-references. Deep meanings of important Shotokan expressions are sought, and their links to other Karate words are drawn. In our opinion, the references are this book’s greatest virtue, and we urge our dear readers to be diligent and to follow them – especially when it comes to the Kanji that compose the value. A large part of this Shotokan glossary is devoted to pronunciation issues. This Karate wordbook presents different Kanji readings, which may be very important in the case of several terms that have a common Kanji. Critical phenomena in Japanese phonology, such as

the rendaku rules, are addressed too. Besides transliterations of Japanese and Chinese into the Latin alphabet (romanization, Rōmaji), the advanced user will find logographic Kanji and syllabic Kana. Often, alternative writings are presented, so the reader can make better use of other sources – especially Japanese sources. ---

Introduction During a Gasshuku (合宿) (training camp) that took place in Israel in 2022, Yaniv Murciano Sensei was correcting his disciples' Kankū-dai. Talking about the finishing double kick, he asked everyone what Nidan-geri means. When the practitioners said that it means a double kick, the Sensei's response was: "so You should kick twice, not once". Indeed, Nidan-geri (p. 184) is not Tobi-geri (p. 245). The former is less about flying. The name reminds us to perform the technique better. Our words affect our insights, and our perceptions determine the words we are using. FUNAKOSHI Sensei and other masters had profound knowledge, not only of the Chinese classics[i] and the Japanese culture, but also of the Japanese language[ii]. The names that we use in our Karate trainings were not chosen lightly nor accidentally. As for us, those names have great significance. "What's in a name? That which we call a rose by any other name would smell as sweet", says Juliet in William Shakespeare's Romeo and Juliet. In Karate's case, we humbly prefer Confucius's[iii] approach. In the words of the Chinese philosopher Feng Youlan (1895 – 1990)[iv]: Every name possesses its own definition, which designates that which makes the thing to which the name is applied be that thing and no other. In

other words, the name is that thing's essence or concept. What is pointed out by the definition of the name 'ruler,' for example, is that essence which makes a ruler a ruler. In the phrase: 'Let the ruler be ruler,' etc., the first word, 'ruler,' refers to ruler as a material actuality, while the second 'ruler' is the name and concept of the ideal ruler. Take the example of the name Jitte (p. 111). If a day comes, when they debate about how many hand movements there are in the opening of the Kata, the name of the Kata will be there to help. Some are going to realize, that there are Ten Hands - meaning ten palm strikes - up to the first Kiai; this understanding will derive from the name of the Kata. Some of the ten hand strikes are simultaneous. So, the right answer, they will hopefully conclude, is three. But why Japanese, one asks; You can say Double Kick or Ten Hands in any language. First, it is a tradition. Second, we feel connected to something bigger than our Dōjō[v]. And indeed, in mutual training, correspondence, etc., we can communicate well with people that do not speak our language. The Japanese parts of our Karate-pidgin are a common ground. But most importantly, studies show that language influences the way we think[vi]. The Chinese philosopher Dong Zhongshu (179–104 BC) used etymology as a hermeneutic tool[vii]: The present generation is ignorant about human nature, giving various teachings about it. Why do they not try to examine the name "nature"? Does not the name "nature" (xìng 性) mean "birth" (shēng 生)? The capacity that one naturally has at birth is what is called the "nature". The nature is one's mere

potential. Accordingly, if we want to understand what it means to be a warrior, we should look at the Kanji for warrior. That is what the Chinese King Zhuāng of Chǔ (7th century B.C.) did. The Kanji for warrior is 戦 (p. 45). If one looks carefully, one can see that this Compound Logogram is composed of the Radical 立 (p. 271) which could mean to stop – just as in our yame {{立止}} (p. 270), and from the Stem 殳 (dagger-axe). We should never look at the command Yame in the same way again. Putting an end to violence is indeed the highest level of the art of war; that was the King's conclusion, based on the Logogram[viii],[ix]. For us, the language and the Sino-Japanese Logograms are indispensable for understanding Karate, from technique to spirit. --

- The back cover text: Front cover: Shōtōkan symbol's ancient forefather. Karate is analogous to a tree. We are sitting on a very high branch. Sometimes we are looking down at the stem beneath us, and sometimes not. Anyways, the important and interesting things are in the roots, which are invisible to the average instructor. We do not even know where our symbol came from. In all my writings, including the dictionary you are holding, I do my best to shed light on those roots. Here, we try to get a clearer and deeper understanding of linguistic aspects. I hope you will find this book informative and useful, and wish you a pleasant read. Adam Dobrzyński ---

TAGS: JKA gift Shotokan gift Karate gift Shotokan basics Shotokan textbook Karate terminology Karate vocabulary Karate lexicon Japanese encyclopedia terminology vocabulary language jargon lexicon

karate basic words karate advanced terms karate
basic terms key words and commands shotokan key
terms

Fundamental Karate B/W Allen Woodman, 2012-03-29
Fundamental Karate is the first in a series of
books written by Renshi Sensei Allen Woodman on
the traditional art of Shotokan Karate Do. Trained
in Japan for over 25 years, Sensei Allen brings
the art of Japan to the masses in the U.S.A. As an
internationally noted instructor he has traveled
the world to teach the ancient art of Karate Do.

Channan Elmar T. Schmeisser, 2004 Unlocking the
secrets of the Karate Kata, Elmar Schmeisser
meticulously explores the core of Shotokan's Heian
Kata. This text is a must-have for any serious
karate student who wants to truly understand how
Kata works and where real applications seem
hidden.

Karate Vocabulary Clay Boutwell, Yumi
Boutwell, 2022-04-19 Do you have a passion for the
martial arts and would like a deeper understanding
of the terms and names used? If so, this book is
for you. We have gathered common martial art terms
and names that come from Japanese. Will it help
you with your forms or give extra power to your
kick? No, not at all. Will it help with
pronunciation and understanding of the language
you hear in the dojo? Absolutely. - Covers 300
essential words and phrases - Understand the
meaning behind common words like dojo or even
karate. - Includes a FREE download of MP3s of the
Japanese for each word.

Karate Toyama Katsuro, Karate is not merely
about physical prowess; it is a holistic

discipline that encompasses the mind, body, and spirit. Throughout the pages of this book, you will delve into the rich history and philosophy of Karate, gaining a deeper understanding of its principles and values. From the ancient origins of Karate to its evolution into modern self-defense practices, each chapter offers a blend of traditional wisdom and contemporary approaches. The essence of Karate lies in its emphasis on technique, precision, and control. Through detailed explanations, accompanied by illustrations and photographs, you will learn the fundamental stances, strikes, blocks, and kicks that form the foundation of Karate. Additionally, practical tips and pointers will help you refine your movements, develop speed and agility, and harness your body's natural power for maximum effectiveness. Self-defense is not solely about physical confrontation; it also entails situational awareness, conflict resolution, and mental resilience. Thus, this book goes beyond mere techniques to explore strategies for recognizing and avoiding potential threats, managing fear and adrenaline, and responding decisively in high-pressure scenarios. By cultivating a proactive mindset and honing your instincts, you can enhance your ability to protect yourself and others from harm.

The Karate Handbook Ray Pawlett, 2008-01-15
Explains the history, steps, and training of karate.

A Complete Guide to Karate Stefano Di Marino, Roberto Ghetti, 2017-07-15
Readers will learn about the history of karate and details on

the different styles and belt categories. Charts and tables organize information in a visually appealing and easy-to-grasp way. Detailed step-by-step instructions and accompanying photographs help readers learn the positions and fundamental techniques followed by a demonstration of basic attacks and counterattacks. As the book progresses, the attacks become more and more varied and complex. Formal exercises encourage students to practice what they have learned, keep track of personal progress, and improve their mastery of karate.

Lessons with the Master Paul Walker, 2007-06-19 A detailed and unique training resource, *Lessons with the Master* is a meticulous account of the teaching methods and lesson strategies of world-famous karate master Hirokazu Kanazawa, chief instructor and president of the Shotokan Karate International Federation of Japan. Author and karate instructor Paul Walker spent three years studying karate under the direct guidance of Master Kanazawa and his expert instructors and has now compiled his diary entries of those years into this easy-to-understand reference for all students and instructors of Shotokan karate. *Lessons with the Master* offers ideas, tips, and guidance on the use of authentic Shotokan karate-do to supplement and improve current training and drill-teaching. Using the database of lessons, the additional explanations on lesson components, and the many other instructional tips, students and coaches can design an endless number of coherent and effective workouts and incorporate them seamlessly into their regular karate training. Detailed lesson

notes, a glossary, and Walker's engaging anecdotes make Lessons with the Master an indispensable resource for all karate practitioners.

KARATE Marko Fagerroos, 2023-11-22 A perfect handbook for anyone learning traditional Japanese Karate. Introduction to Basic Techniques, Vocabulary, and Dojo etiquette with clear pictures, illustrations, explanations and learning plans. All you need to start your Karate Journey. The Author is a certified World Karate Federation Coach and accredited National Karate Federation Instructor. This book and its content have been compiled in collaboration and under the supervision of qualified Karate teachers with appropriate expertise and experience following the pathway from ancient Okinawa through modern Japan to the World. The purpose of this book is to familiarise you with the techniques and support your learning at the Dojo under the supervision of qualified instructors with appropriate expertise and experience. Remember, safety first, yours and others. Don't attempt any of the techniques without supervision and advice from a qualified teacher as they might result in damage, cause injury, or hurt. In today's World, 'Karate' and its practitioners form the largest Martial arts family and one of the largest Sports families in the world with an estimated 100 million practitioners. WELCOME TO THE WORLD KARATE FAMILY!

Martial Arts Toyama Katsuro, This bundle of books consists of 11 titles, which are the following Aikido Capoeira Judo Jujutsu Karate Kickboxing Krav Maga Kung Fu Taekwondo Tai Chi Thai Boxing

Black Belt ,1987-01 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Black Belt ,1987-04 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Heian Sandan** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

Table of	Contents Heian	Sandan
-----------------	-----------------------	---------------

1. Understanding the eBook Heian Sandan
 - The Rise of Digital Reading Heian Sandan
 - Advantages of eBooks Over Traditional Books
2. Identifying Heian Sandan
 - Exploring Different Genres
 - Considering Fiction vs.

- Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Platform
 - User-Friendly Interface
4. Exploring eBook Recommendations from

- Heian Sandan
 - Personalized Recommendations
 - Heian Sandan User Reviews and Ratings
 - Heian Sandan and Bestseller Lists
5. Accessing Heian Sandan Free and Paid eBooks
 - Heian Sandan Public Domain eBooks
 - Heian Sandan eBook

Subscription Services	Features	Online Reading Communities
◦ Heian Sandan Budget-Friendly Options	7. Enhancing Your Reading Experience	◦ Participating in Virtual Book Clubs
6. Navigating Heian Sandan eBook Formats	◦ Adjustable Fonts and Text Sizes of Heian Sandan	◦ Following Authors and Publishers Heian Sandan
◦ ePub, PDF, MOBI, and More	◦ Highlighting and Note-Taking Heian Sandan	9. Balancing eBooks and Physical Books Heian Sandan
◦ Heian Sandan Compatibility with Devices	◦ Interactive Elements Heian Sandan	◦ Benefits of a Digital Library
◦ Heian Sandan Enhanced eBook	8. Staying Engaged with Heian Sandan	◦ Creating a
	◦ Joining	

Divers e Readin g Collec tion Heian Sandan	Goals Heian Sandan ◦ Carvin g Out Dedica ted Readin g Time	eBooks for Skill Develo pment ◦ Explor ing Educat ional eBooks
10. Overcoming Reading Challenges ◦ Dealin g with Digita l Eye Strain ◦ Minimi zing Distra ctions ◦ Managi ng Screen Time	12. Sourcing Reliable Informatio n of Heian Sandan ◦ Fact- Checki ng eBook Conten t of Heian Sandan ◦ Distin guishi ng Credib le Source s	14. Embracing eBook Trends ◦ Integr ation of Multim edia Elemen ts ◦ Intera ctive and Gamifi ed eBooks
11. Cultivatin g a Reading Routine Heian Sandan ◦ Settin g Readin g	13. Promoting Lifelong Learning ◦ Utiliz ing	Heian Sandan Introduction Heian Sandan Offers over 60,000 free eBooks,

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Heian Sandan :

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 art dance music
 drama poetry
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 jung s active
 imagination** -
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 your dreams by
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 transcending
 the past
 dreaming
 understand your
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 jung s active
how to use carl
 jung s active
 imagination
 technique to
 find answers -
 Oct 13 2023
 web jul 24 2020
 what is
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imagination
 active
 imagination is
 a way of using
 dreams and
 creative
 thinking to
 unlock the
 unconscious
 mind developed
 by carl jung
 between 1913
 and 1916 it
 uses images
 from vivid
 dreams
active
 imagination 4
 tips on how to
 practice it
rafal reyzer -
 Jul 30 2022
 web oct 3 2023
 according to
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 imagination is
 distinct from
 fantasy meaning
 that the images
 encountered in
 active
 imagination
 have a life of
 their own and

that the
 symbolic events
 develop
 according to
 their logic
**the active
 imagination
 technique a
 quick guide for
 beginners** - Nov
 02 2022
 web jun 22 2019
 active
 imagination is
 a process in
 jungian
 psychology used
 to bridge the
 gap between the
 conscious and
 unconscious
 minds opening
 oneself to the
 unconscious and
 giving free
 rein to fantasy
 while at the
 same time
 maintaining an
 active
 attentive
 conscious point
 of view the
 process leads

to a synthesis
that contains
both
perspectives
**active
imagination
wikipedia** - Jul
10 2023
web april 2021
active
imagination
refers to a
process or
technique of
engaging with
the ideas or
images in one s
imagination and
is used as a
mental strategy
to communicate
with the
subconscious
mind in jungian
psychology it
is a method for
bridging the
conscious and
unconscious
minds
**jung on active
imagination
semantic
scholar** - Aug

31 2022
web jan 23 1997
7 excerpts
inner voices
the shadow and
other inner
personalities r
robertson
psychology 2013
this article
develops the
concept that we
each possess
personified
emotional
components
within it
presents a
variety of
examples in
order to
illustrate the
complexity of
the issue it
begins with
expand 1 2
excerpts
**jung on active
imagination by
c g jung
goodreads** - Apr
07 2023
web jan 1 2001
4 46 309

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reviews all the
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