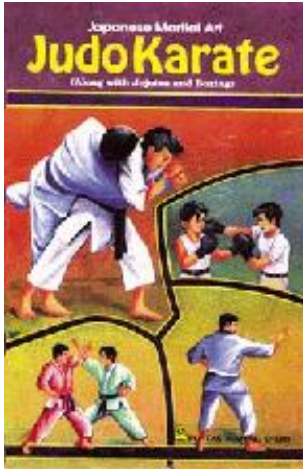




## Judo Karate



**Author:** S.c. Kapoor  
**Format:** Paperback  
**ISBN:** 8122300960  
**Code:** 8870D  
**Pages:** 126  
**Price:** Rs. 60.00 US\$ 3.00

**Publisher:** Pustak Mahal  
Usually ships within 15 days

In the normal course of life we just tap a fraction of our total physical and mental energies. With certain disciplines, however, we can tap our potential to a great extent.

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