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Graeme Lund is the author of Essential Karate Book (4.00 avg rating, 1 rating, 0 reviews, published 2014) and The Essential Karate Book (0.0 avg rating, register;

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Graeme Lund fell in love with karate as a young man and pursued every martial arts course that he came across; from body guarding to body conditioning.

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Morne Swanepoel is the author of Essential Karate Book (4.00 avg rating, 1 rating, 0 reviews, published 2014) and The Essential Karate Book

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