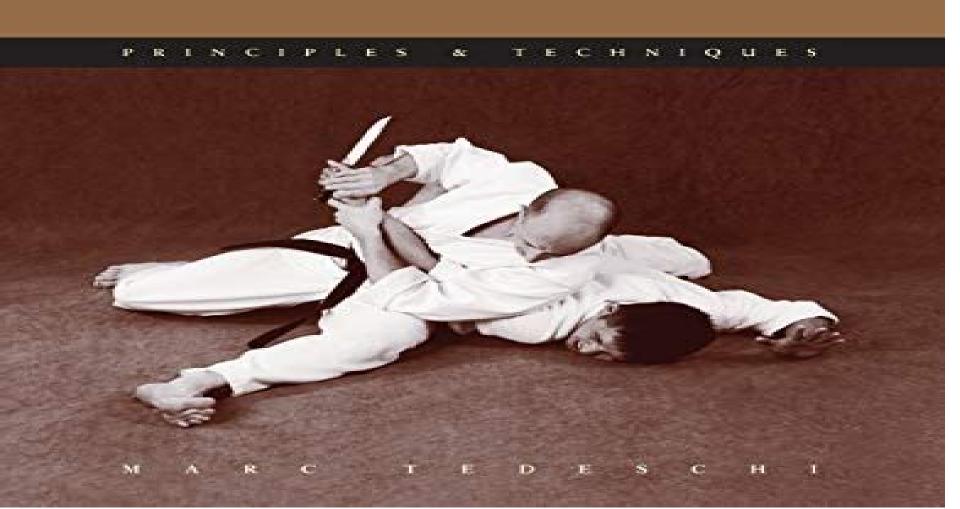
# The Art of HOLDING



# **The Art Of Holding Principles And Techniques**

**Chao Zhang** 

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