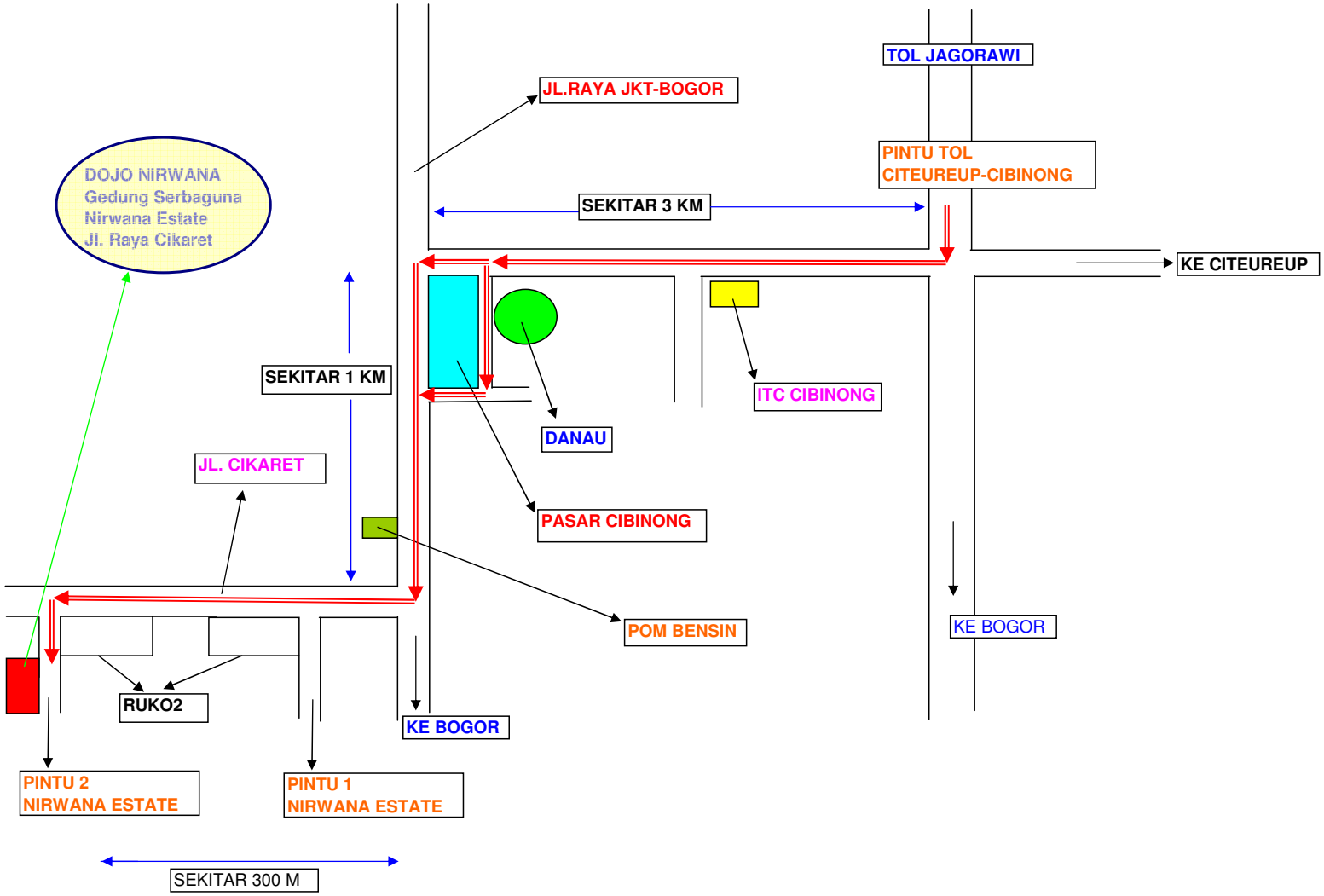**PEMBINAAN MENTAL KARATE**
KYOKUSHINKAI KARATE-DO
**INDONESIA**
**CABANG NIRWANA - CIBINONG**