

**The Karate Way**

**By Gary Hellman**

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Karate; Muay Thai; Jiu but the quickest and easiest way to build confidence is through a martial Sensei Gary Hellman and his staff also have an array of

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Gary Hellman, a head instructor at Tiger Schulman's Karate School, reads and signs his new book, "The Karate Way." In it, [http://articles.mcall.com/2001-06-14/entertainment/3353745\\_1\\_gift-certificate-whitehall-macarthur-road](http://articles.mcall.com/2001-06-14/entertainment/3353745_1_gift-certificate-whitehall-macarthur-road)

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