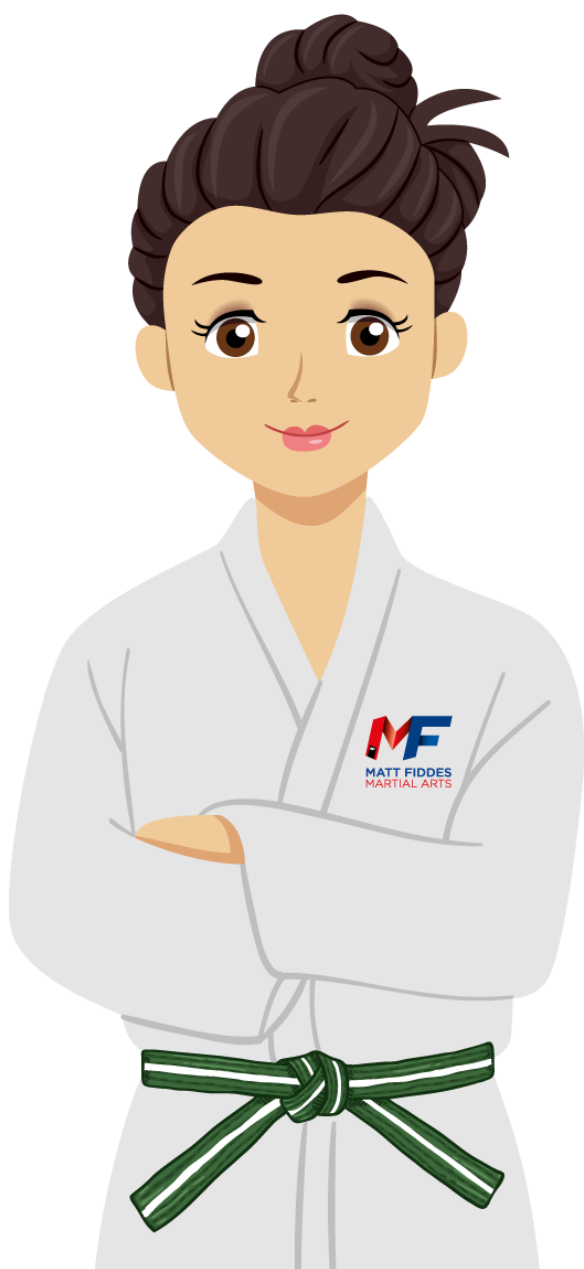


MF GREEN STRIPE BELT PHILOSOPHY

3 Rules of Concentration

1. Focus your eyes
2. Focus your mind
3. Focus your body



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