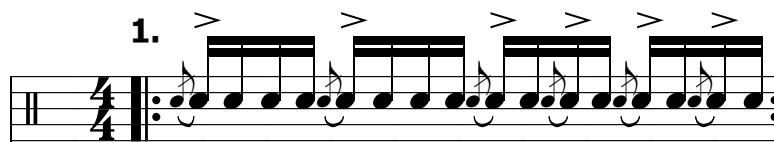
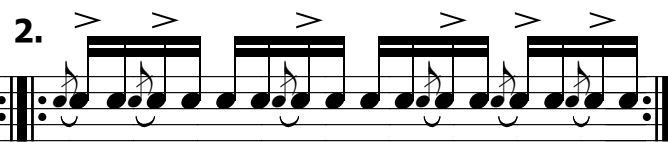
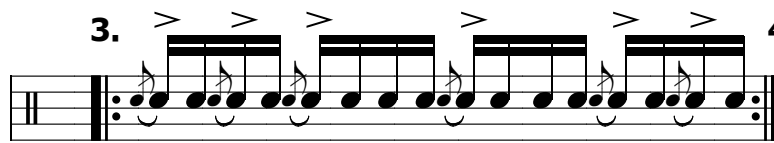
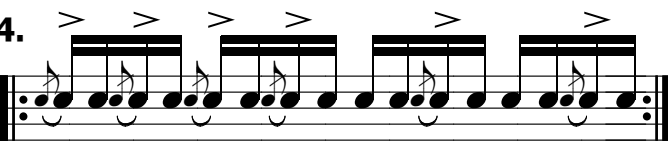


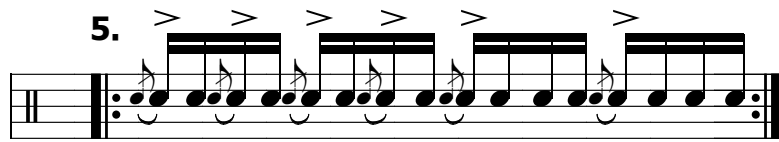
GYAKORLATOK FLAM PARADIDLE ÉS FLAM TAP KÉZRENDEKKEL

1.  2. 

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3.  4. 

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