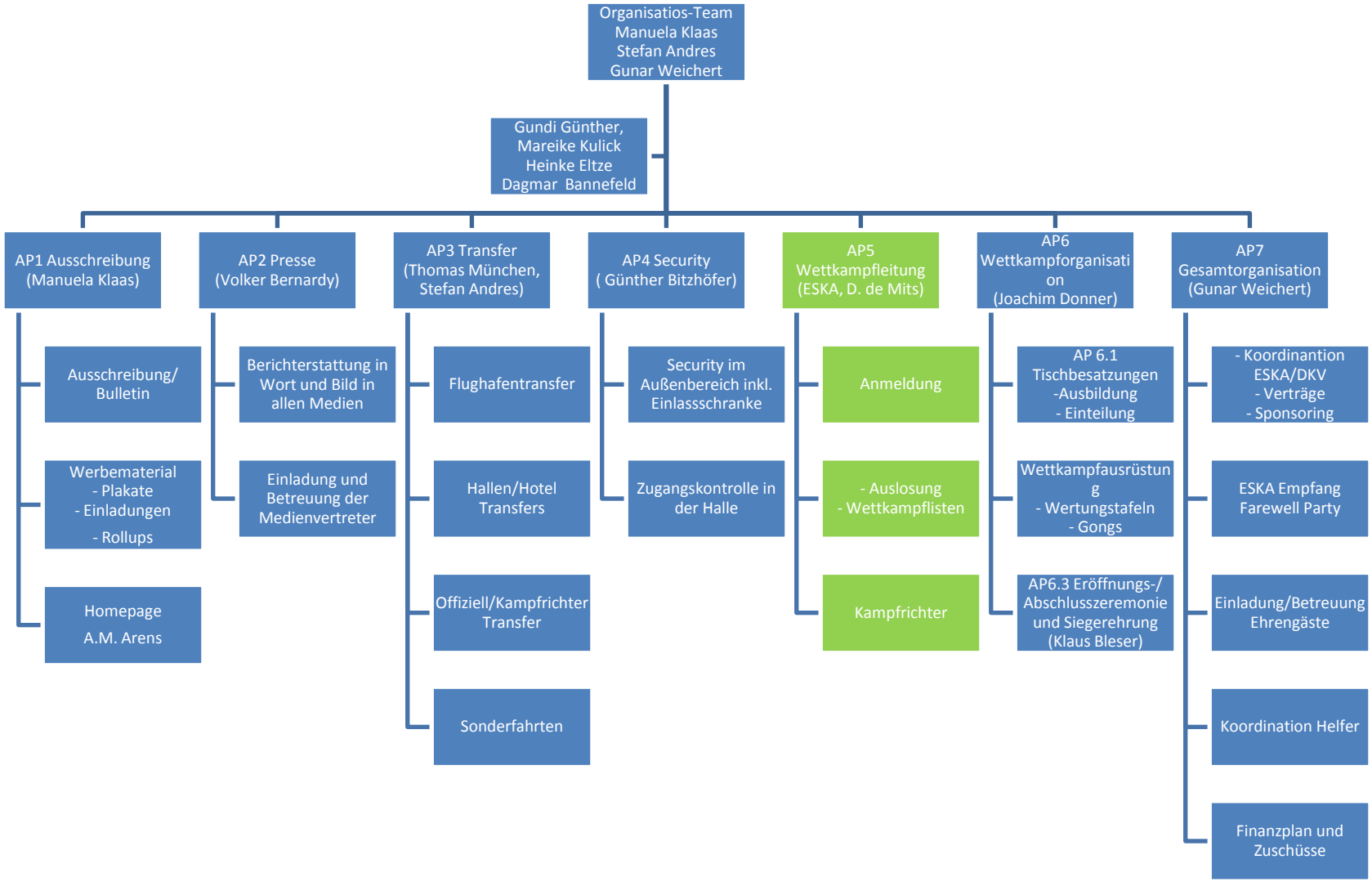European Shotokan-Cup 2010