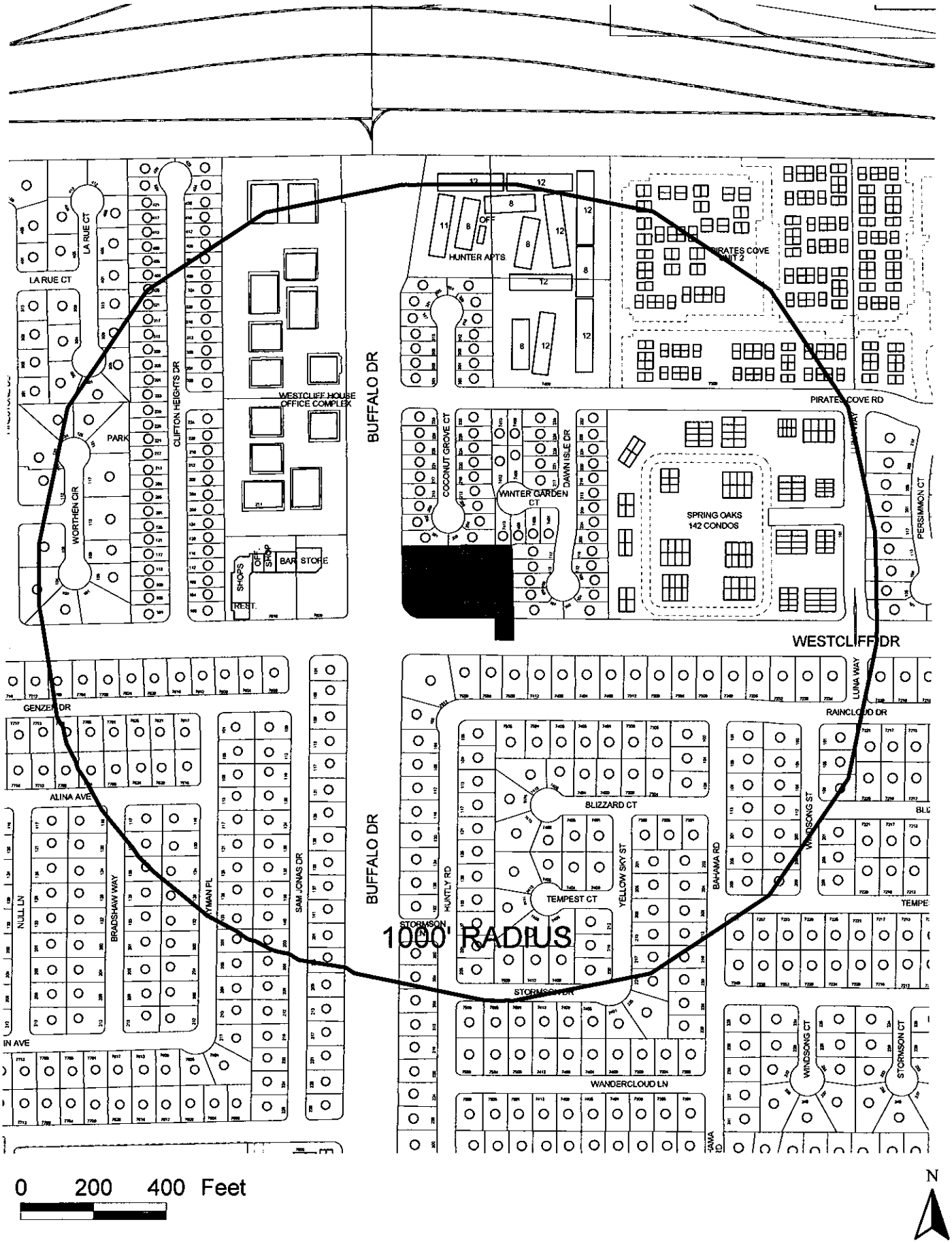MARK LAWRENCE MARTIAL ARTS