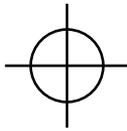


white



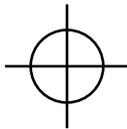
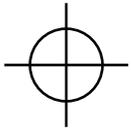
THOUSANDS
OF TRAINING

HUNDREDS OF

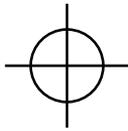
OF SWEAT

***COUNTLESS BUMPS
AND***

***BLACK
BELT***



green



OF

hours

CLASSES

years

bruises

one

