<embed src="http://img233.imageshack.us/flvplayer.swf?f=Mm86" width="640" height="380" allowFullScreen="true" wmode="transparent" type="application/x-shockwave-flash"/>

<http://img233.imageshack.us/i/m86.mp4/>

<http://img233.imageshack.us/img233/8006/m86.mp4>