#include

#include

char s[10];

char b[40][40];

int d[40][40][10];

int main()

{

FILE \*dict = fopen("dict.txt", "r");

long long ans = 0;

int n, m, t, l, k, i, j;

scanf("%d%d", &n, &m);

for (i = n; i >= 1; i--)

scanf("%s", b[i]+1);

ans = 0;

for (t = 0; t < 2265; t++)

{

fscanf(dict, "%s", s+1);

l = strlen(s+1);

for (i = 0; i <= n; i++)

for (j = 0; j <= m; j++)

d[i][j][0] = 1;

for (k = 1; k <= l; k++)

for (i = 1; i <= n; i++)

for (j = 1; j <= m; j++)

{

d[i][j][k] = d[i-1][j][k]+d[i][j-1][k]-d[i-1][j-1][k];

if (s[k] == b[i][j])

d[i][j][k] += d[i-1][j][k-1]+d[i][j-1][k-1]-d[i-1][j-1][k-1];

}

ans += d[n][m][l];

}

printf("%lld\n", ans);

return 0;

}