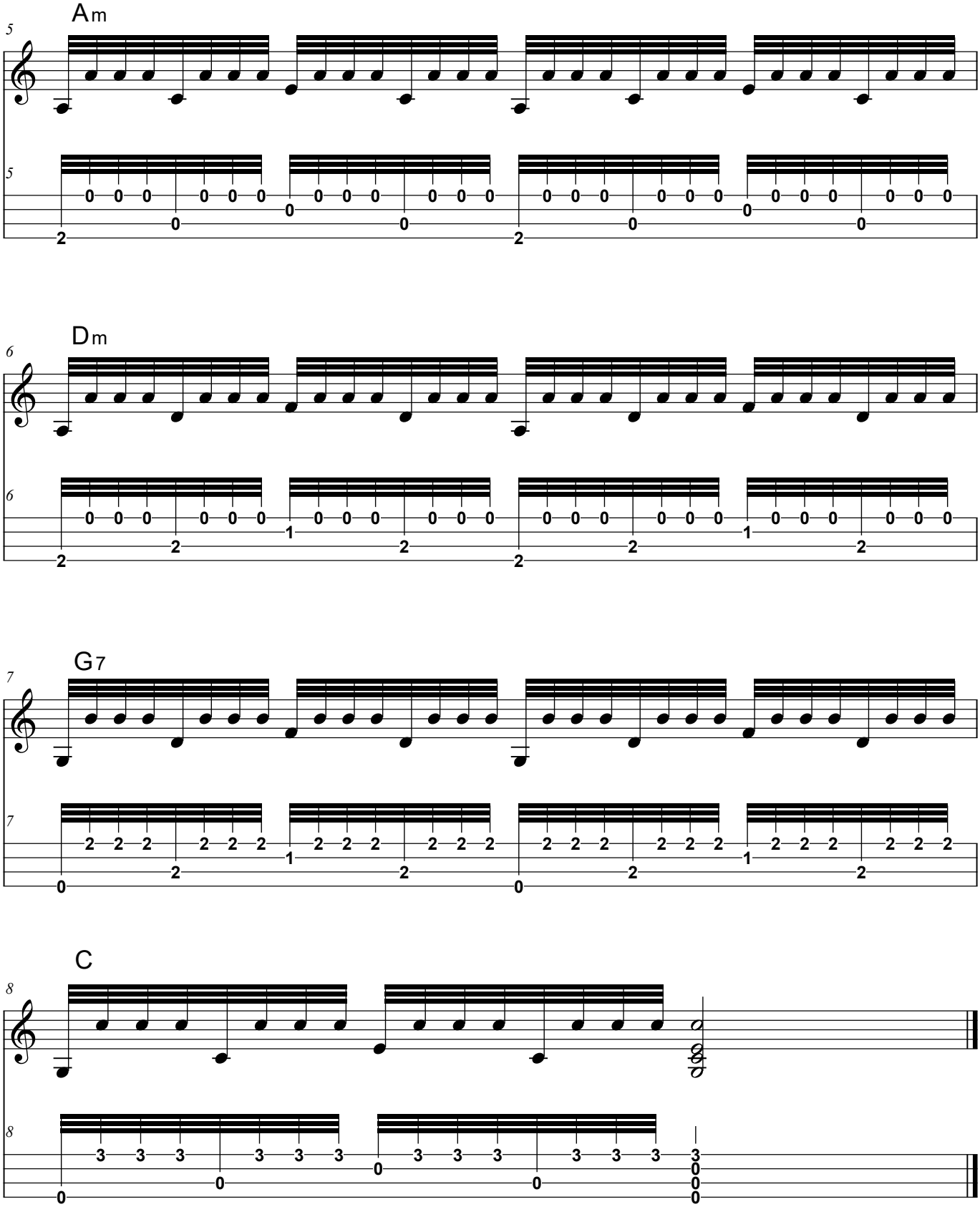練習曲