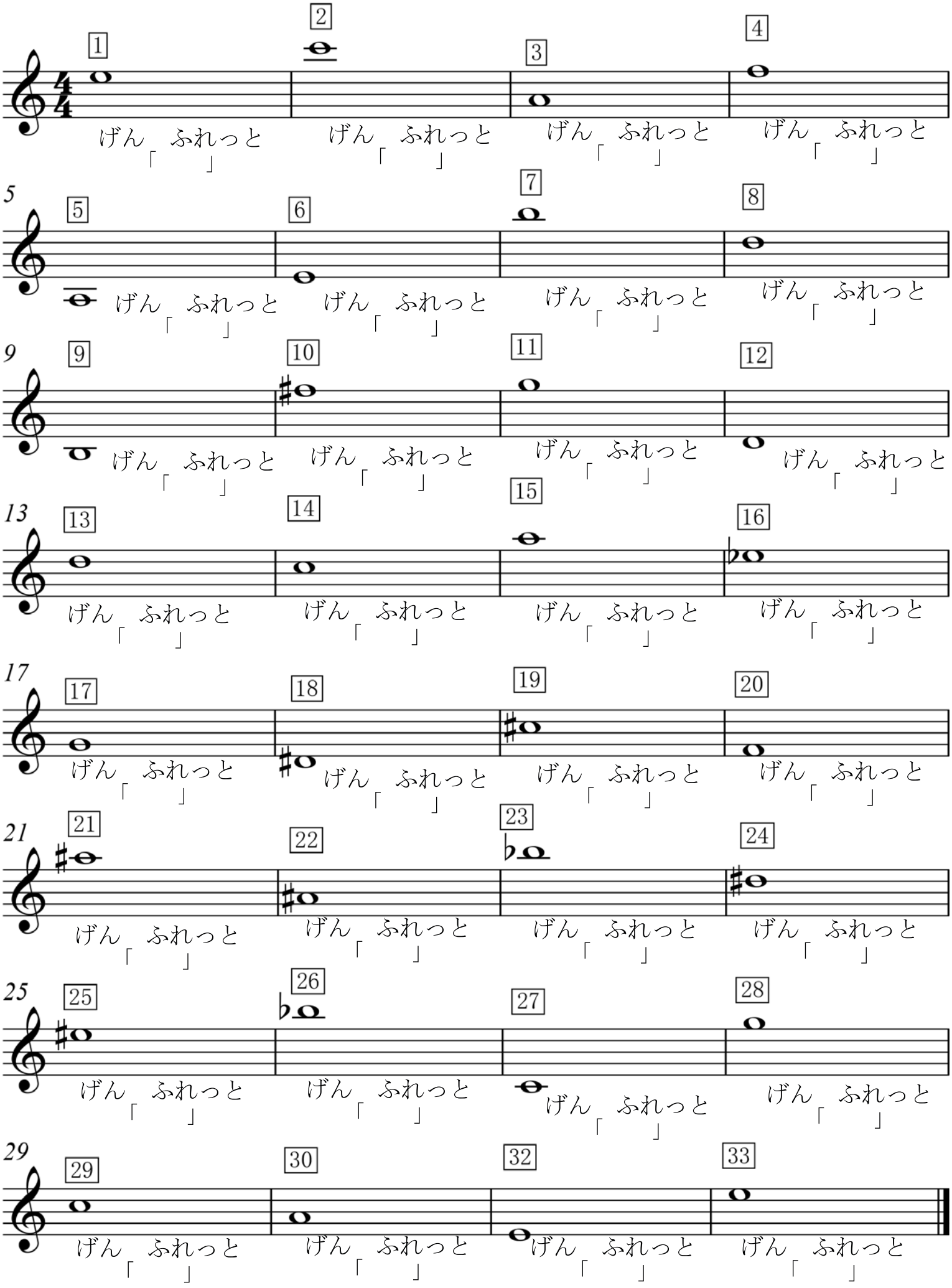5ポジションのべんきょう