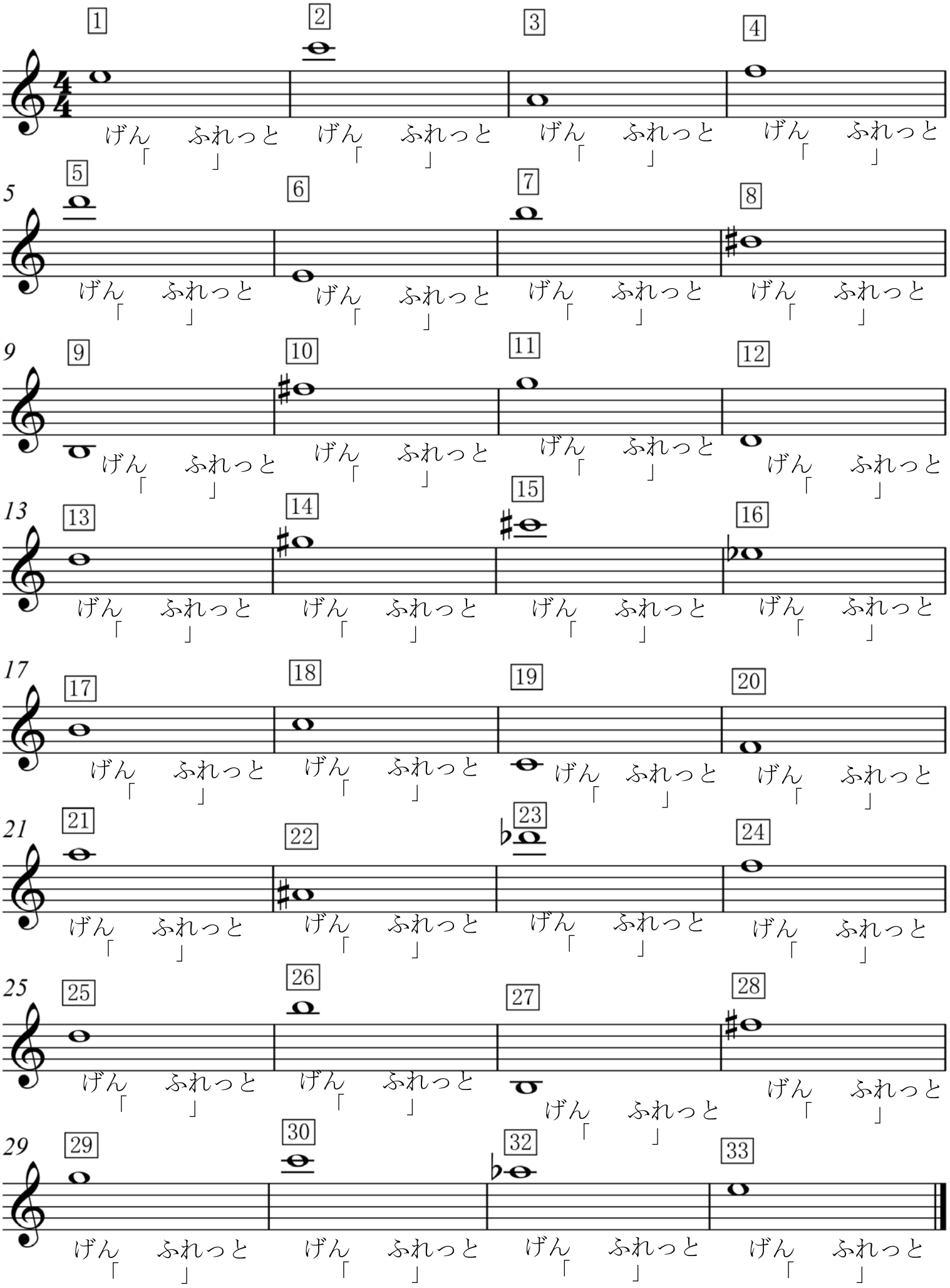7ポジションのべんきょう