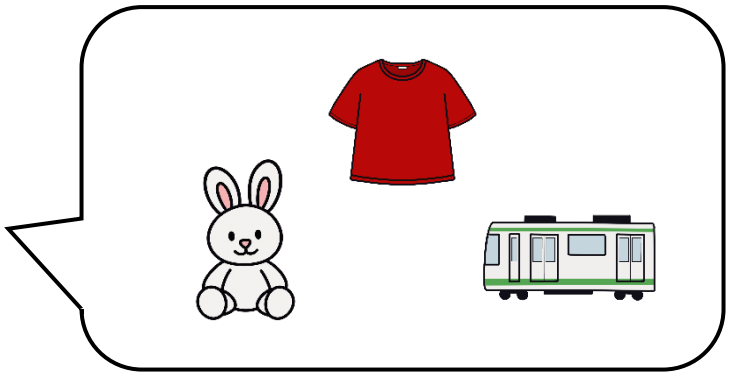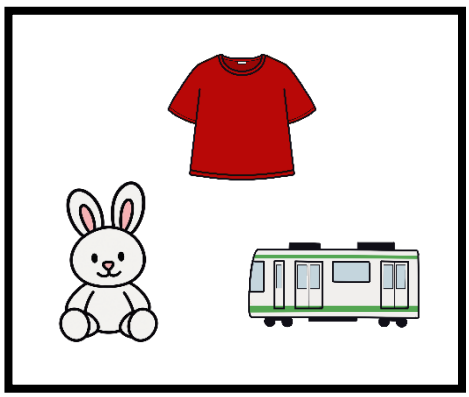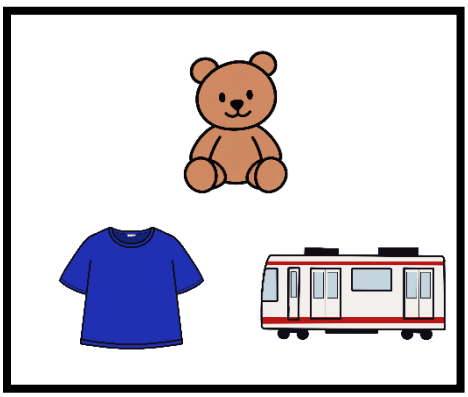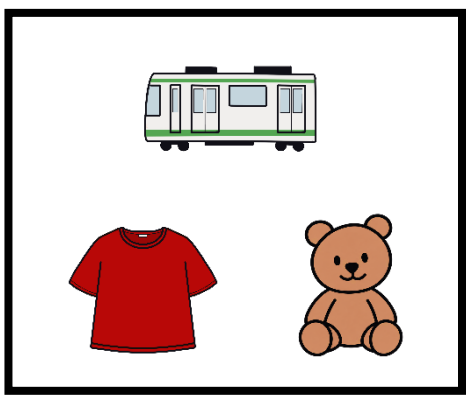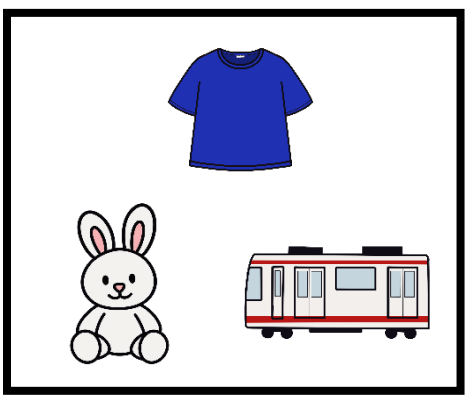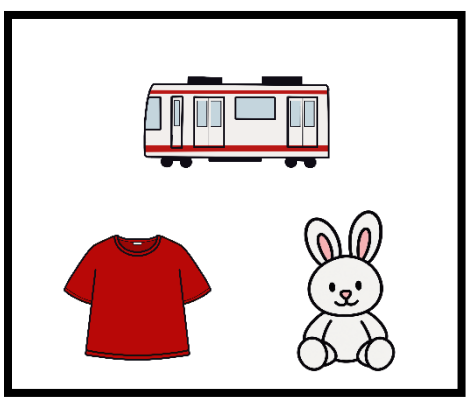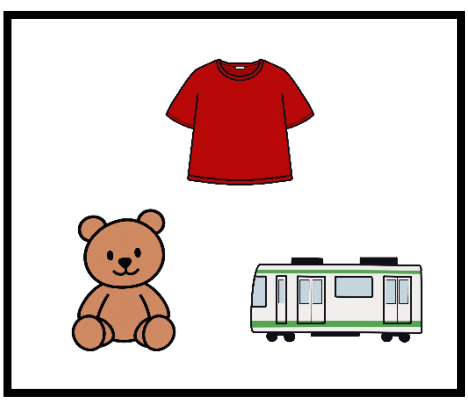ぷれぜんと を おぼえよう