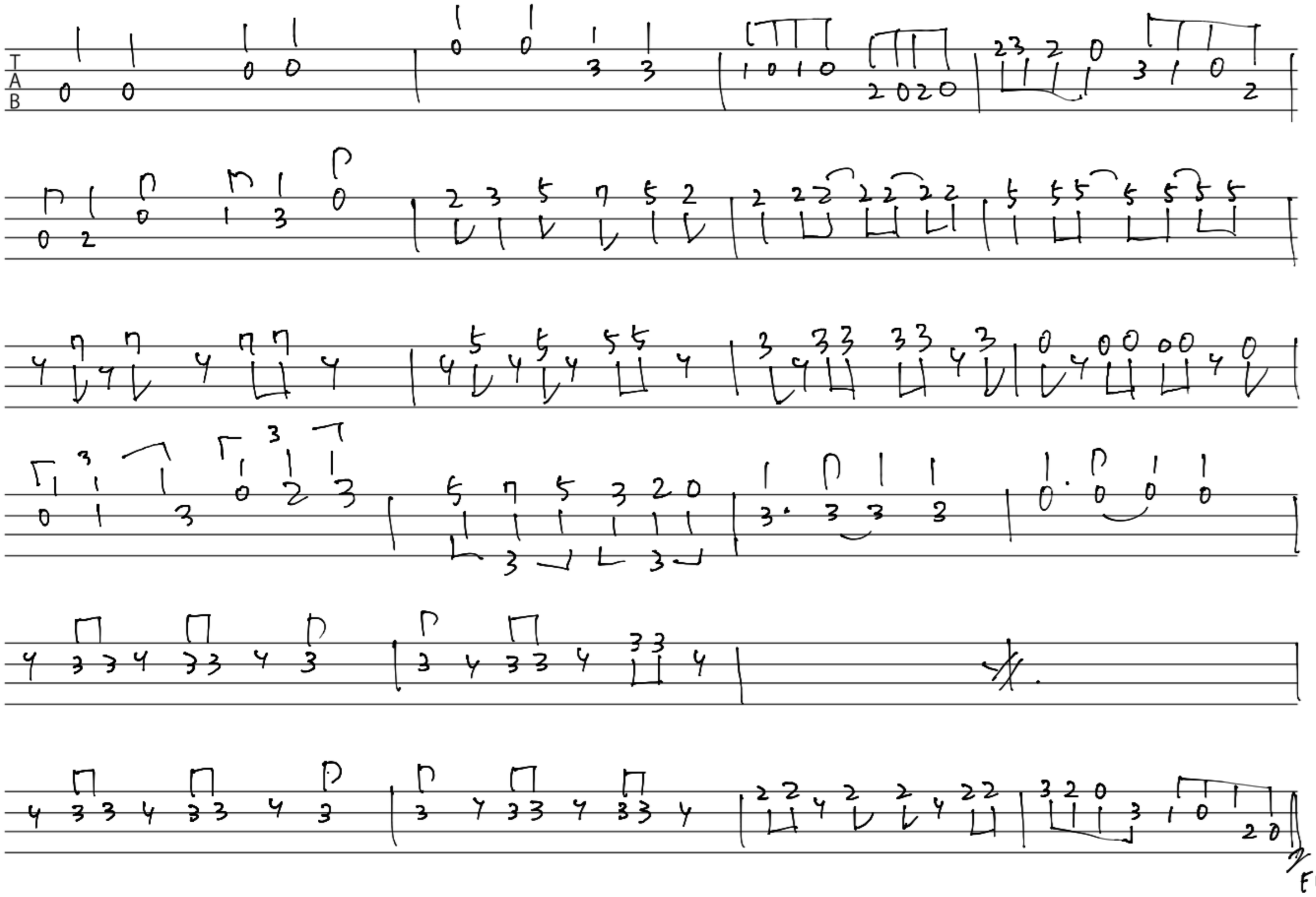練習曲 UM.