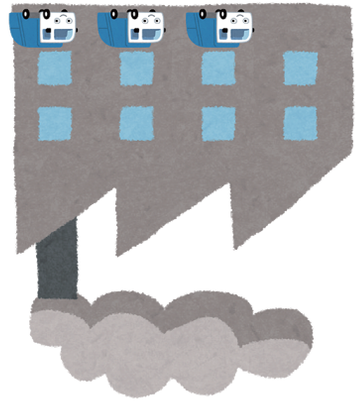

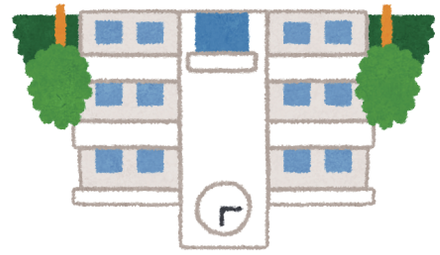

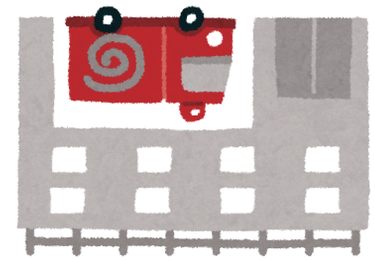

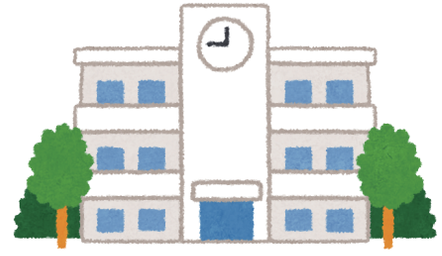

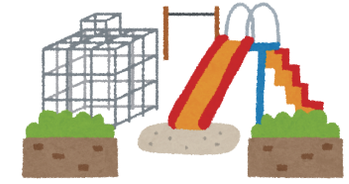

キリトリ　　山折り　　谷折り