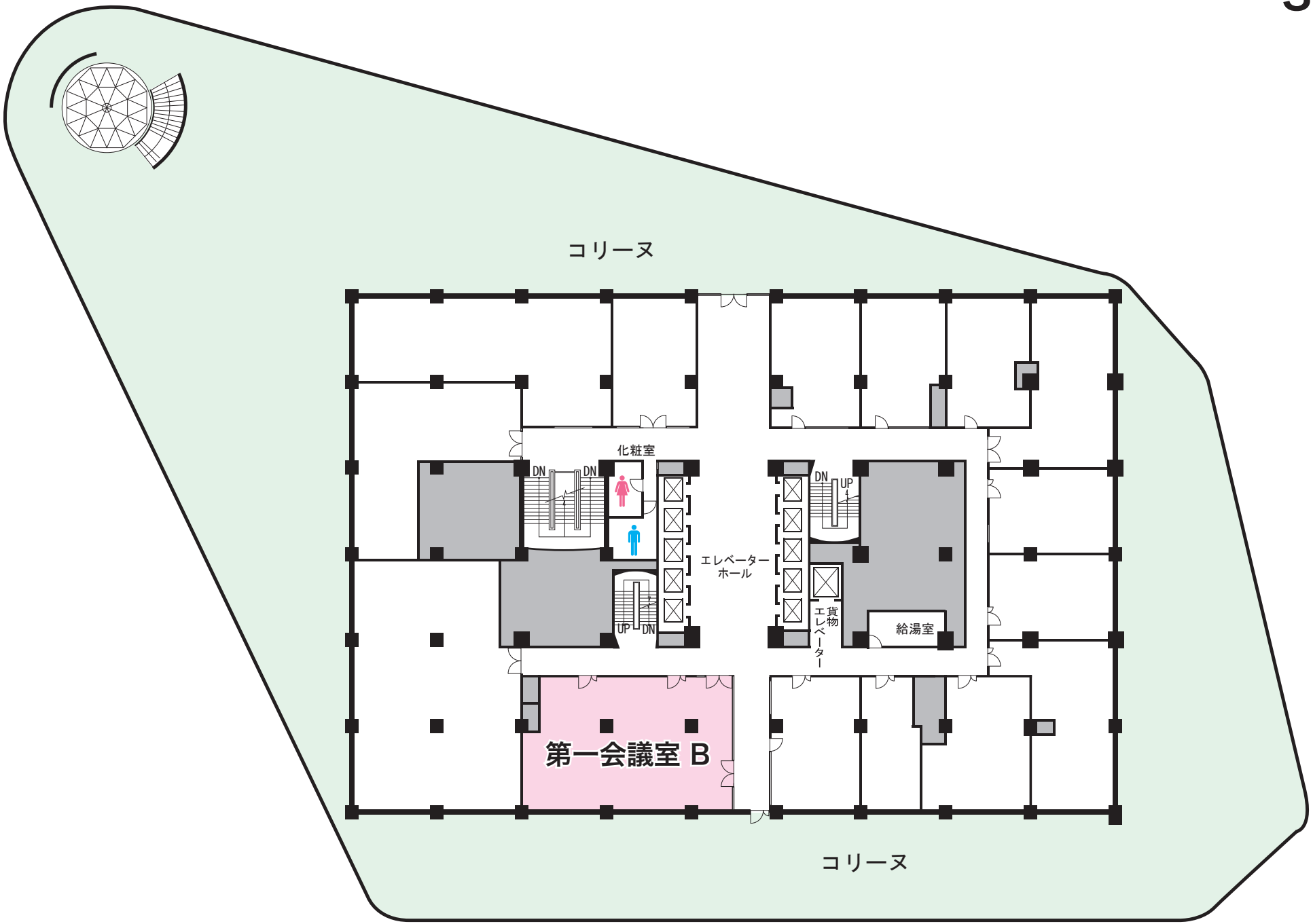3 階