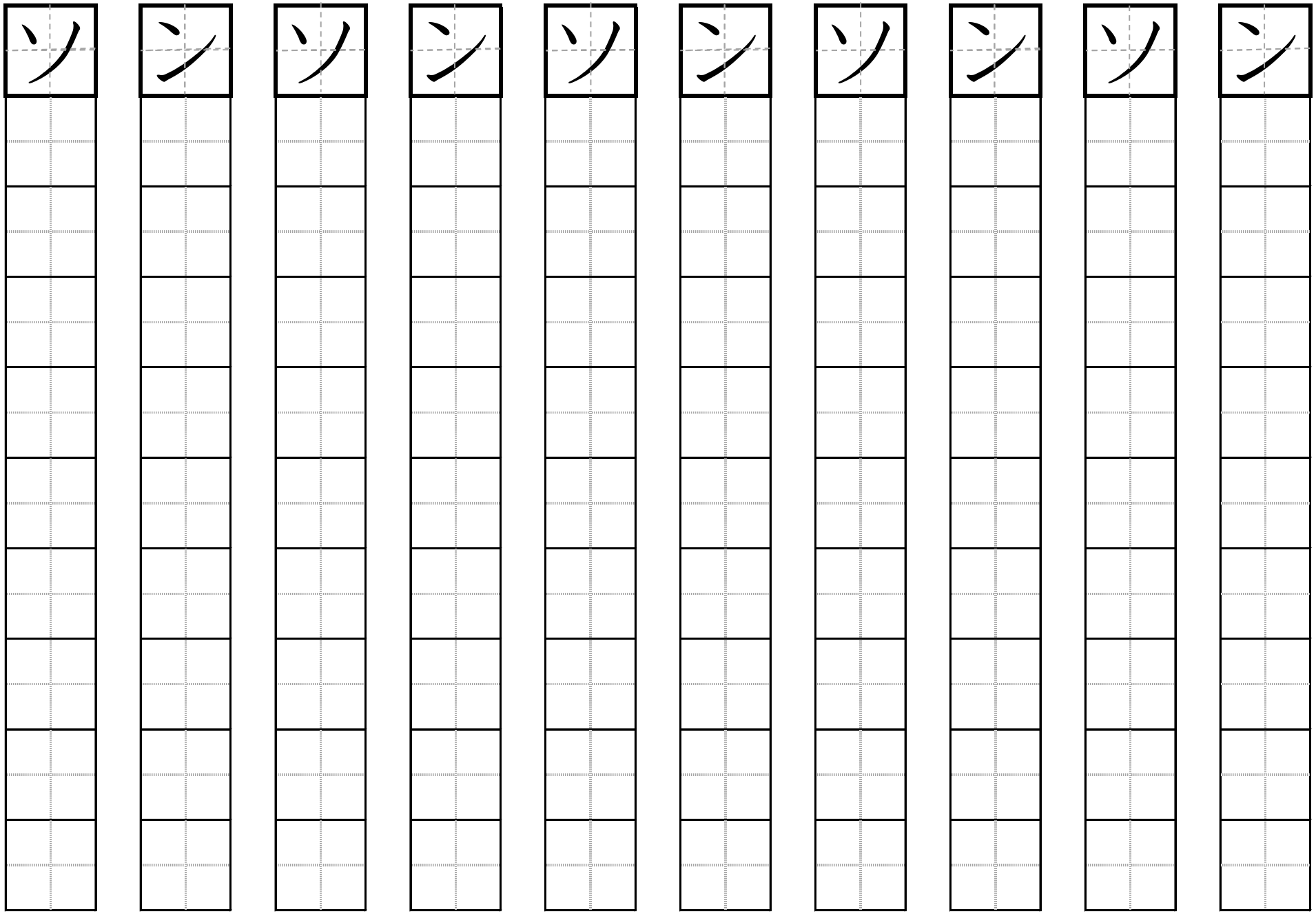「ン」「ソ」のれんしゅう