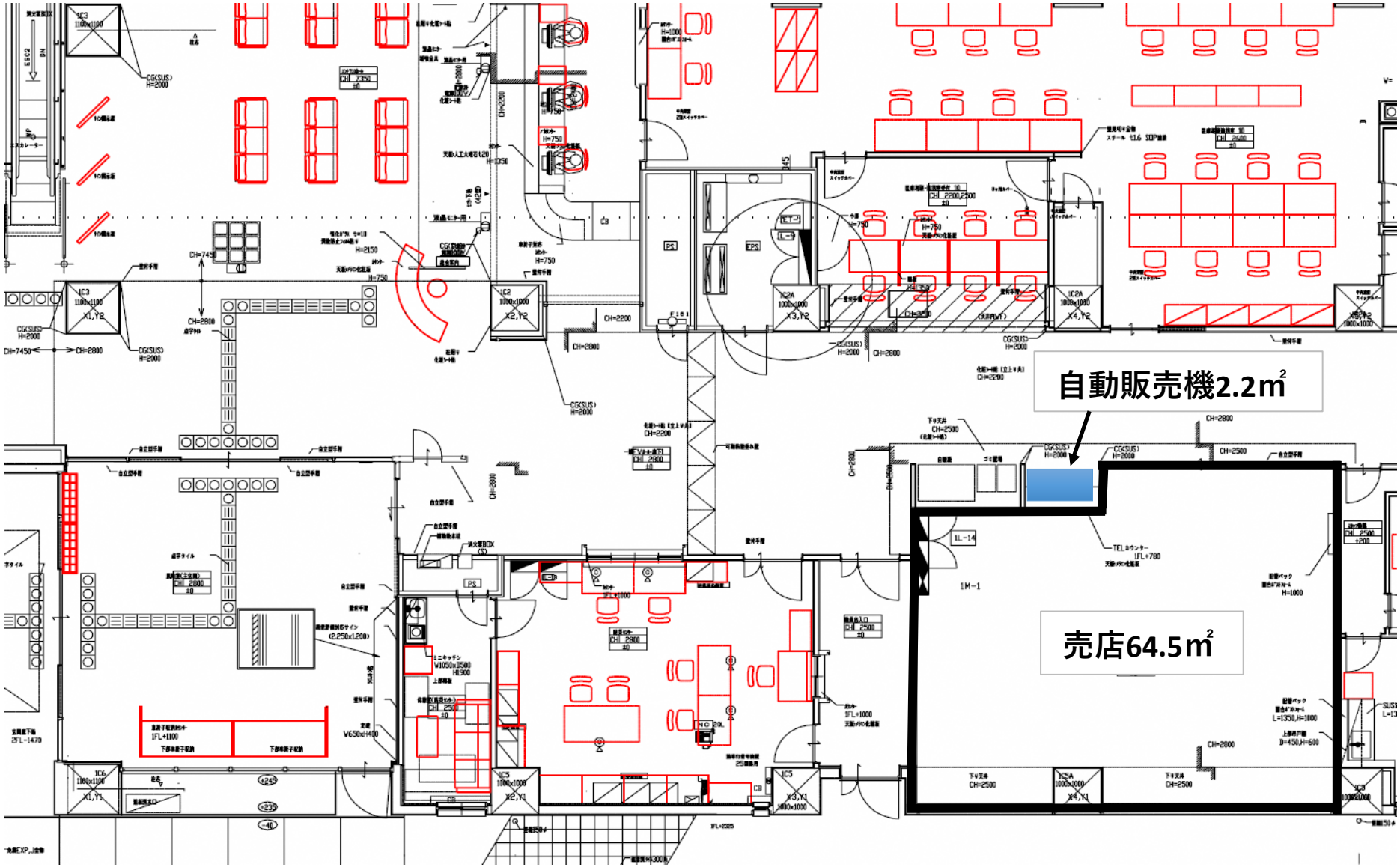# 1 階