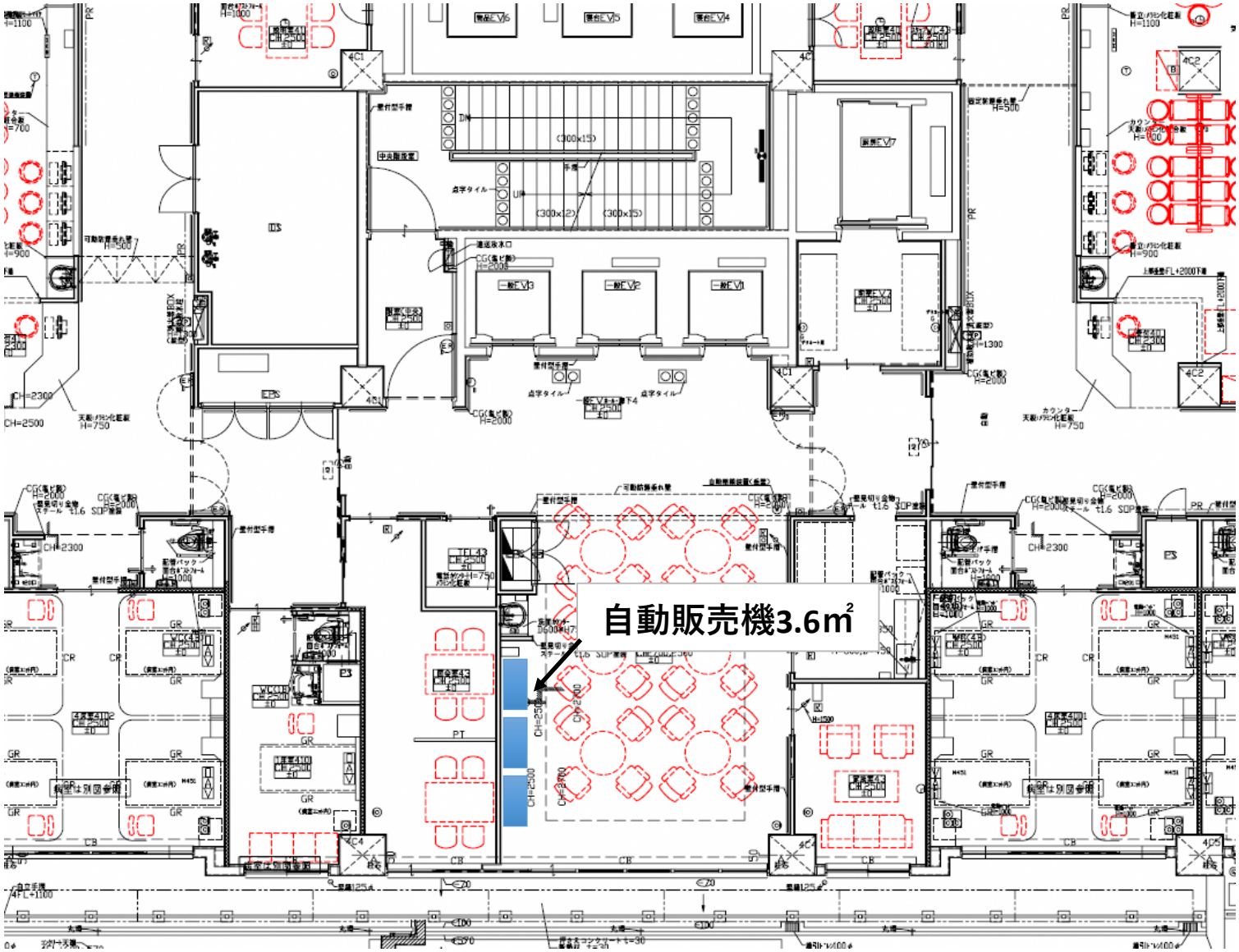4 階