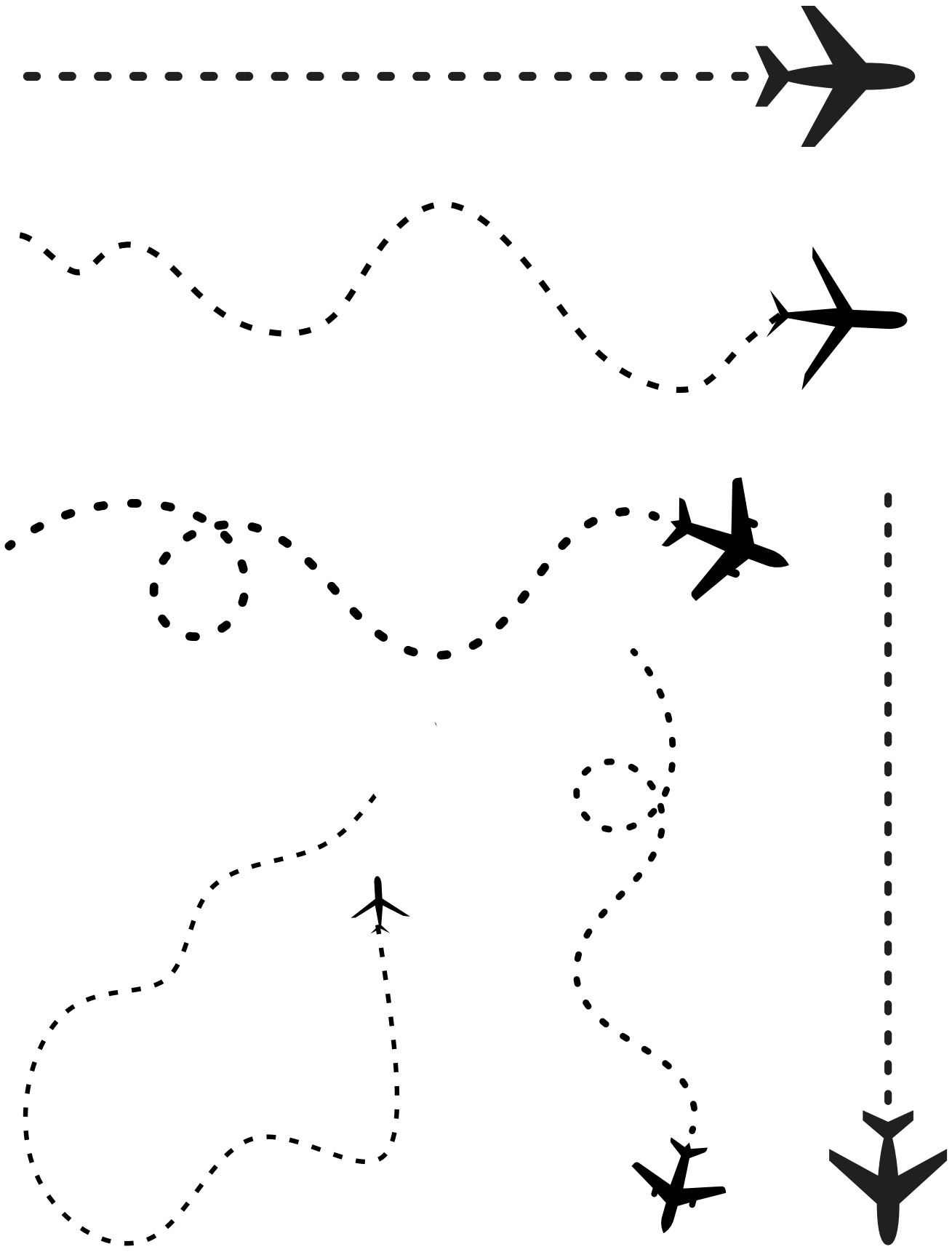なぞりがき・運筆【3】