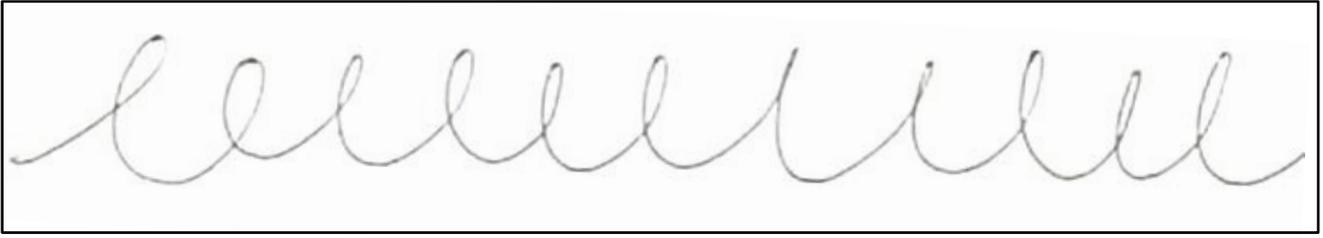
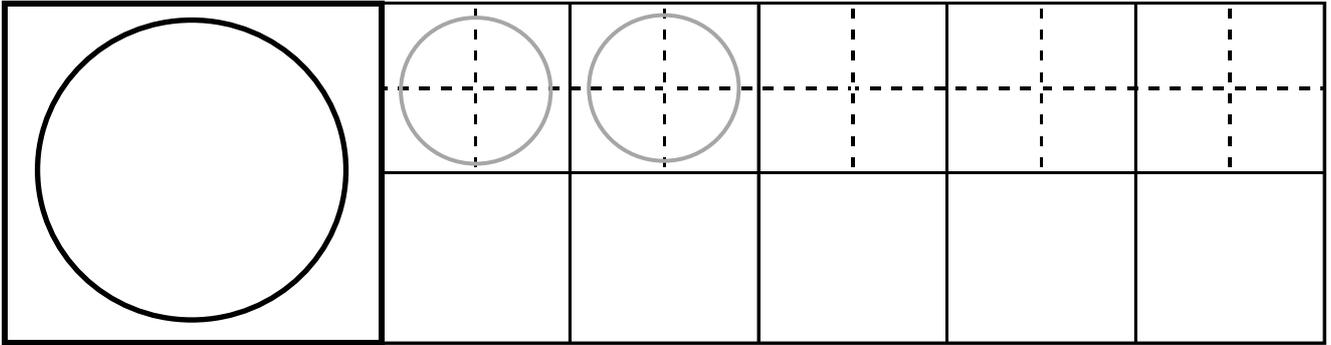


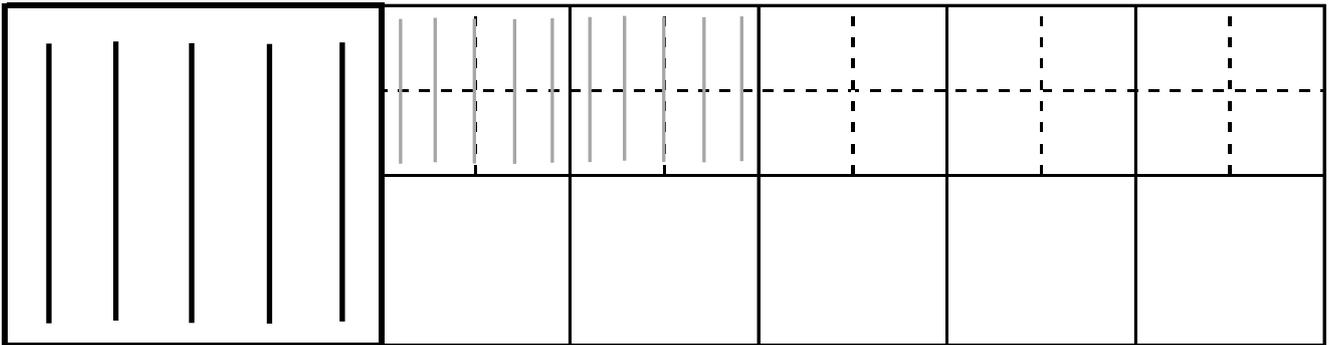
・手首のウォーミングアップ



・丸



・たて線



・よこ線

