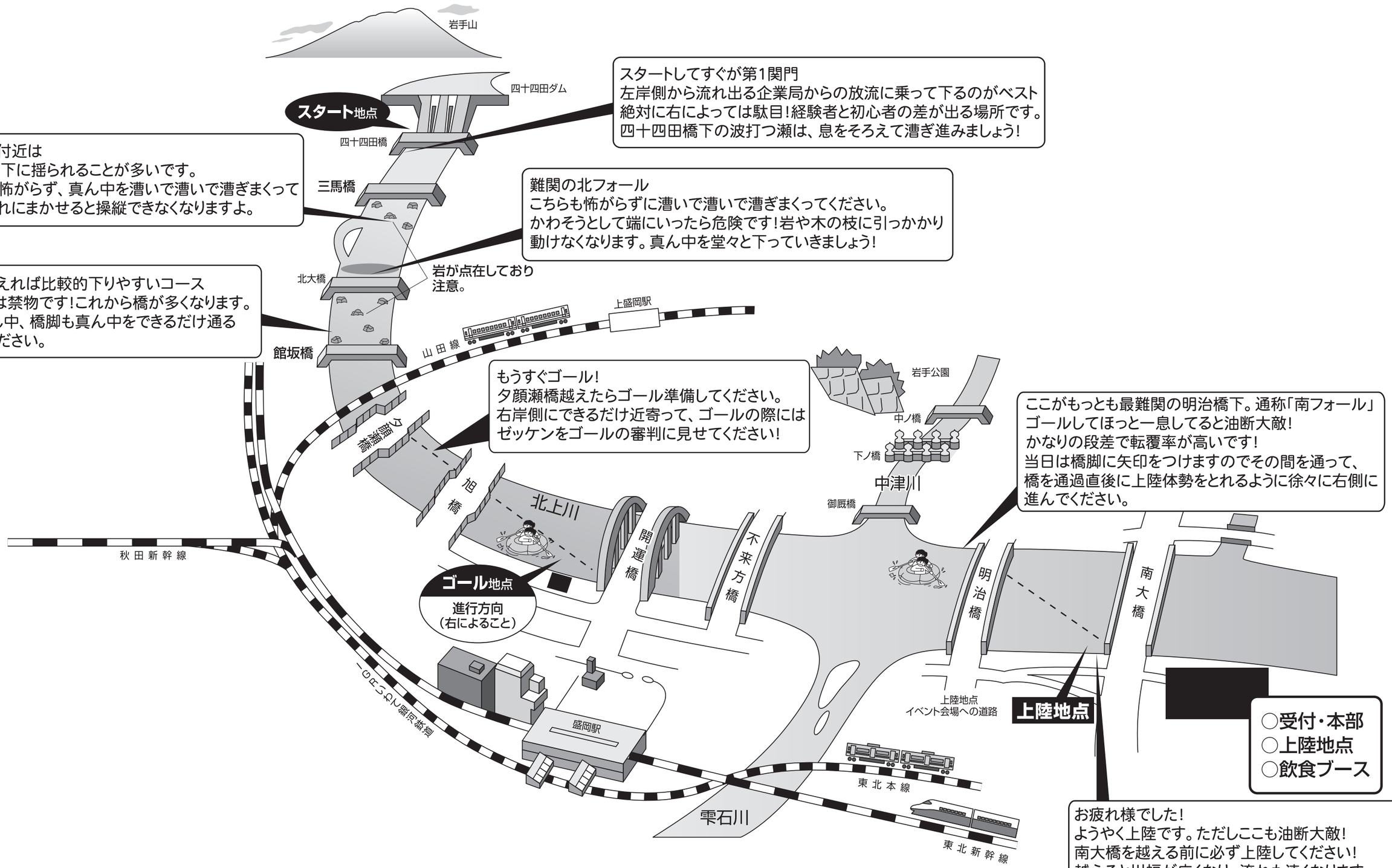川はこうやって下れ!ワンポイントレッスン