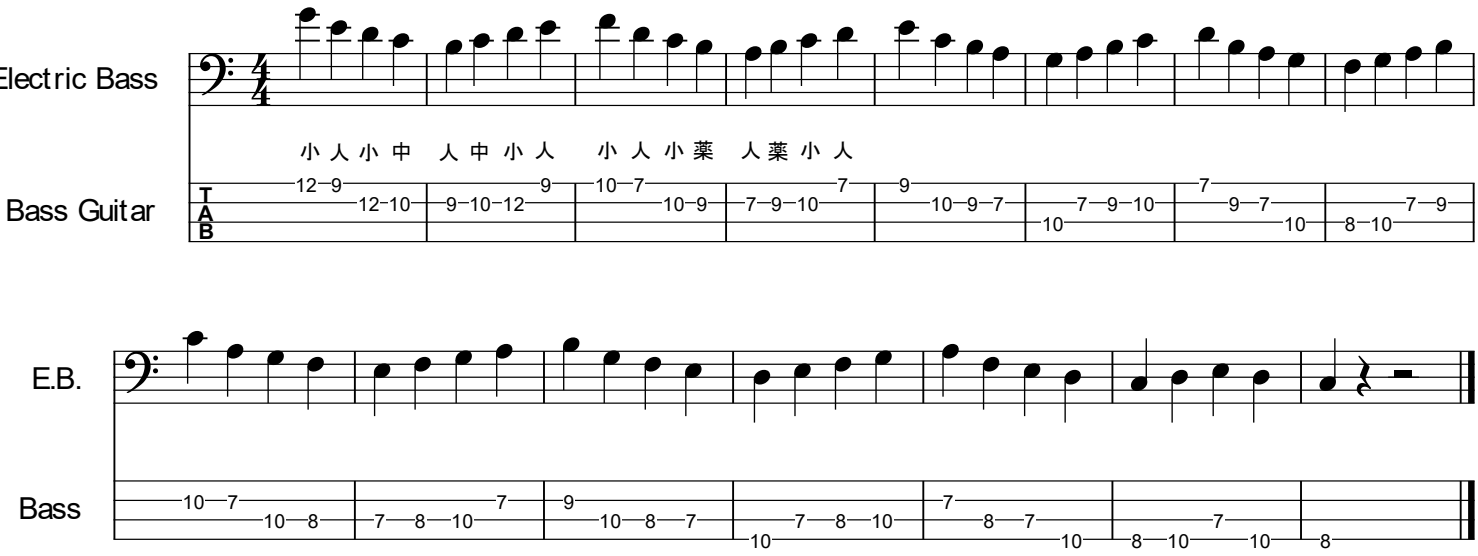ハノンの1番/下降