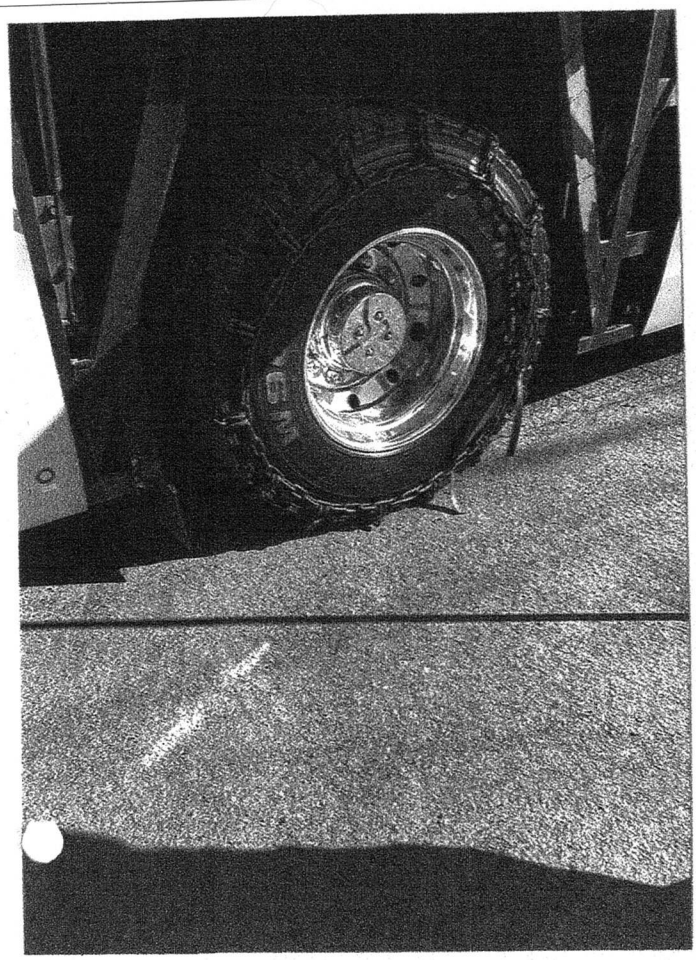
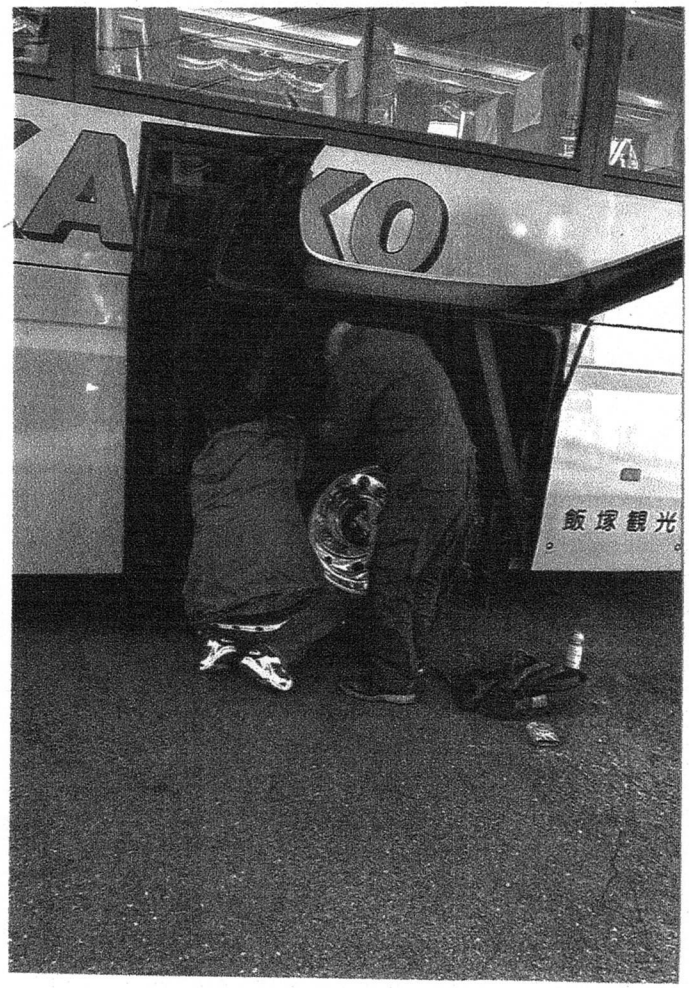
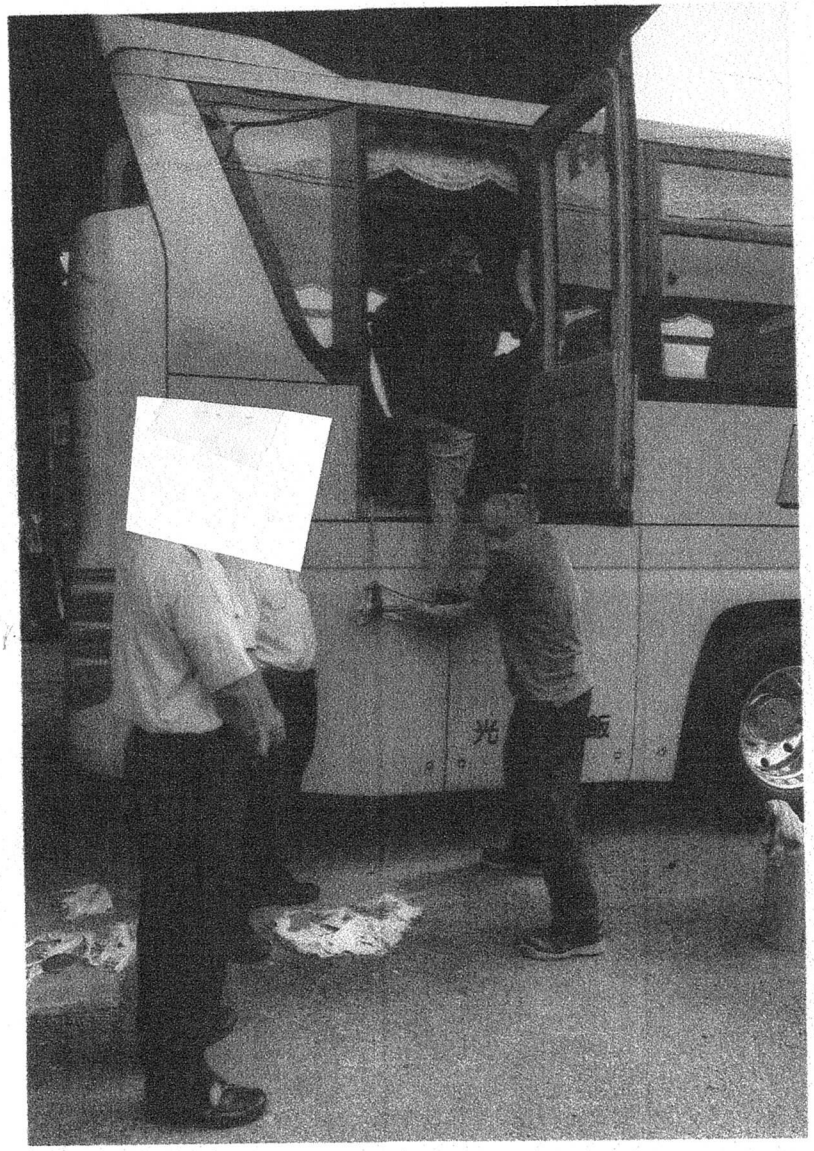




チェーン講習



脱出訓練