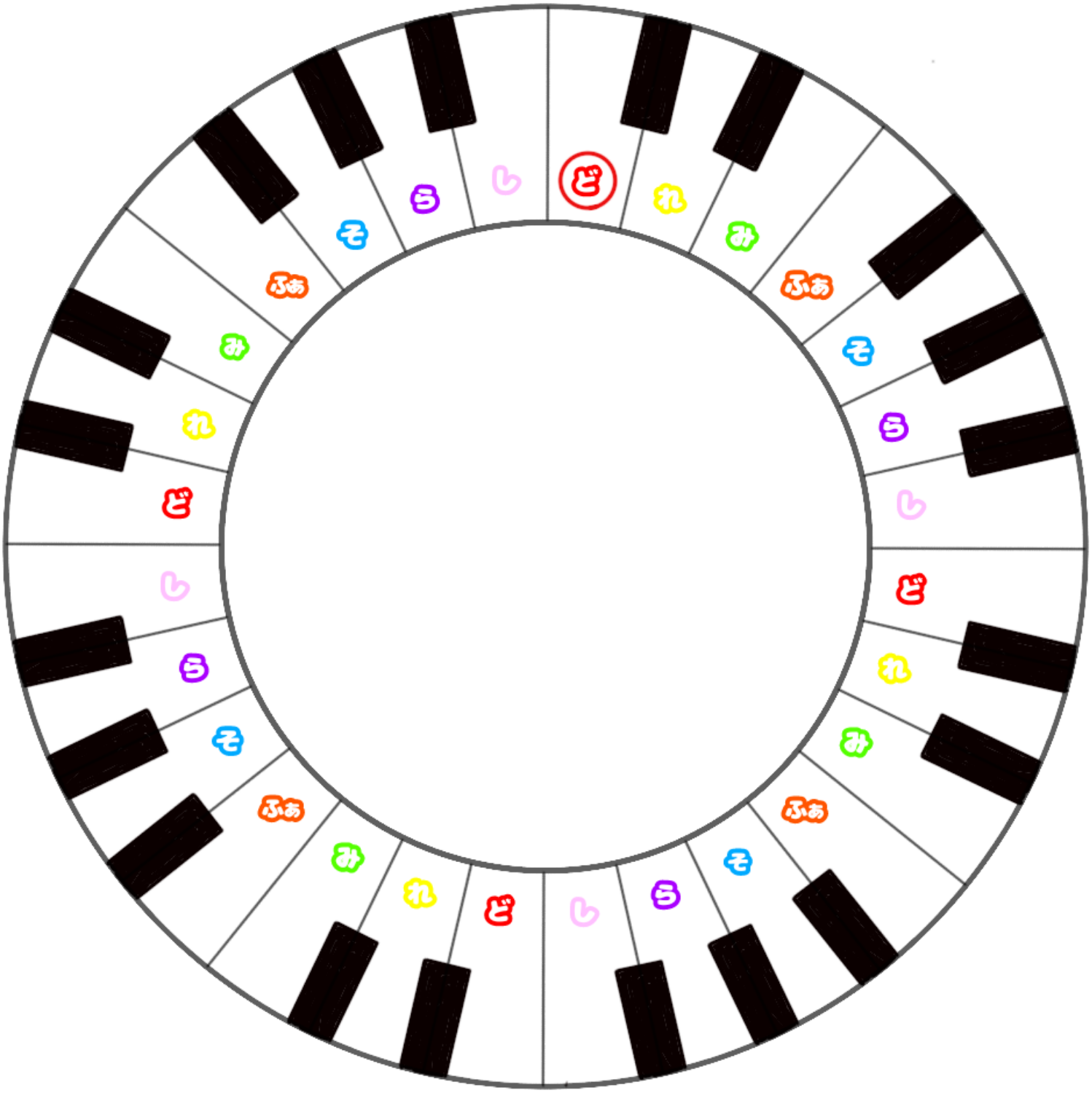
５度でジャンプ　（ど・そ・れ・ら・・・）



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