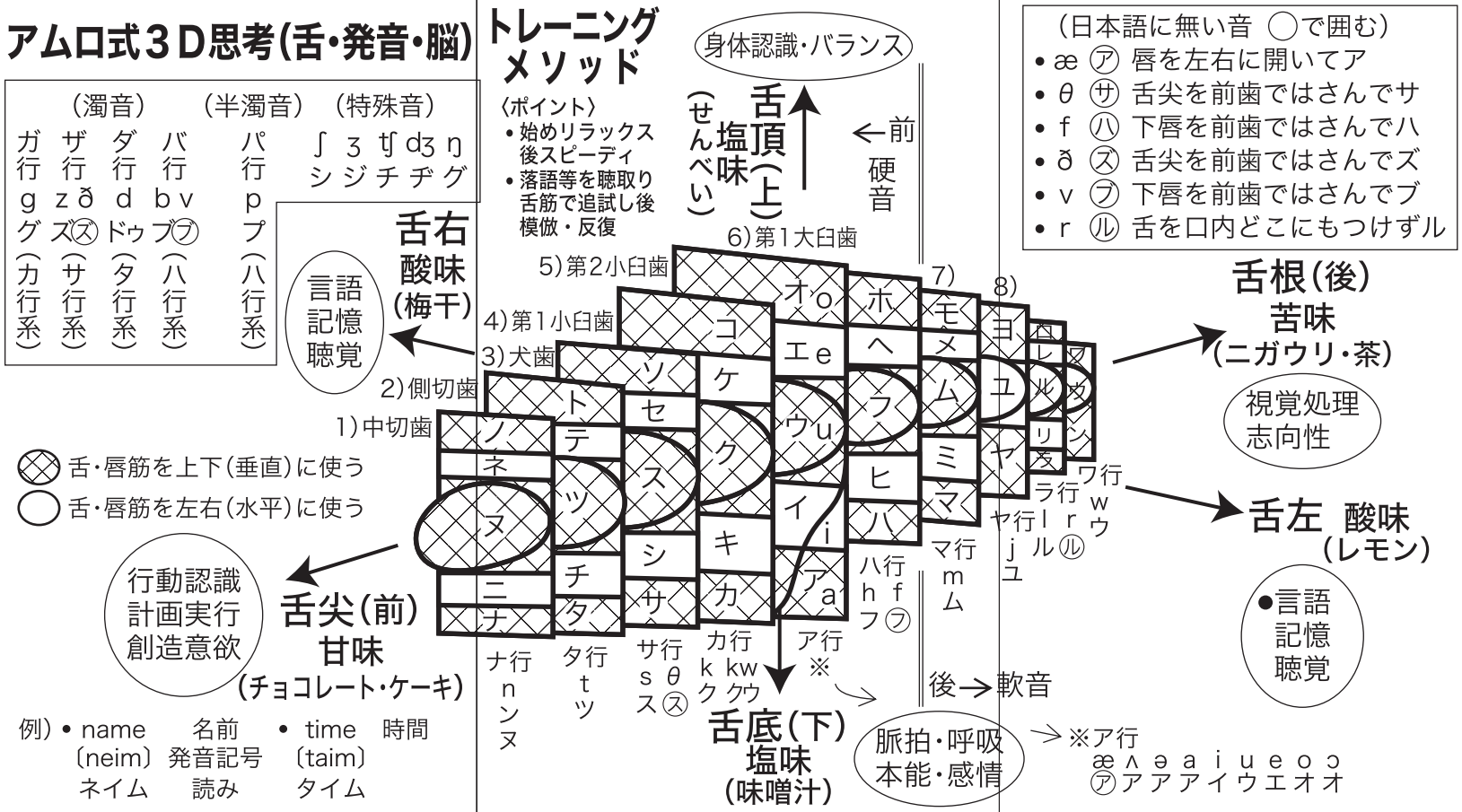アムロ式３Ｄ思考(舌・発音・脳)