

図1.

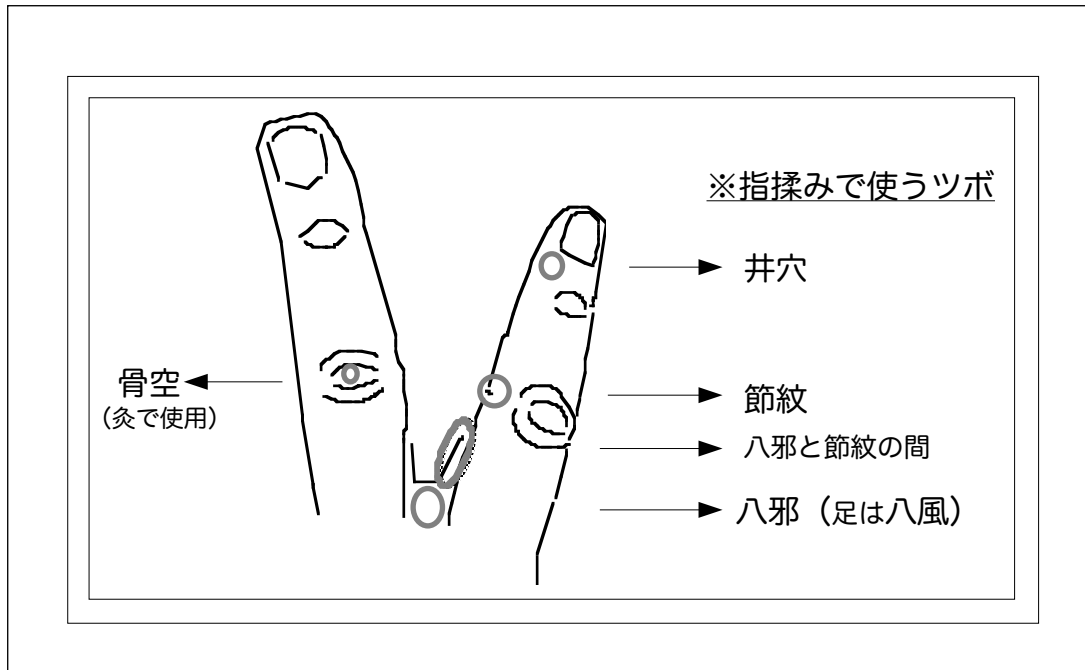


図2. 揉みのリズム

