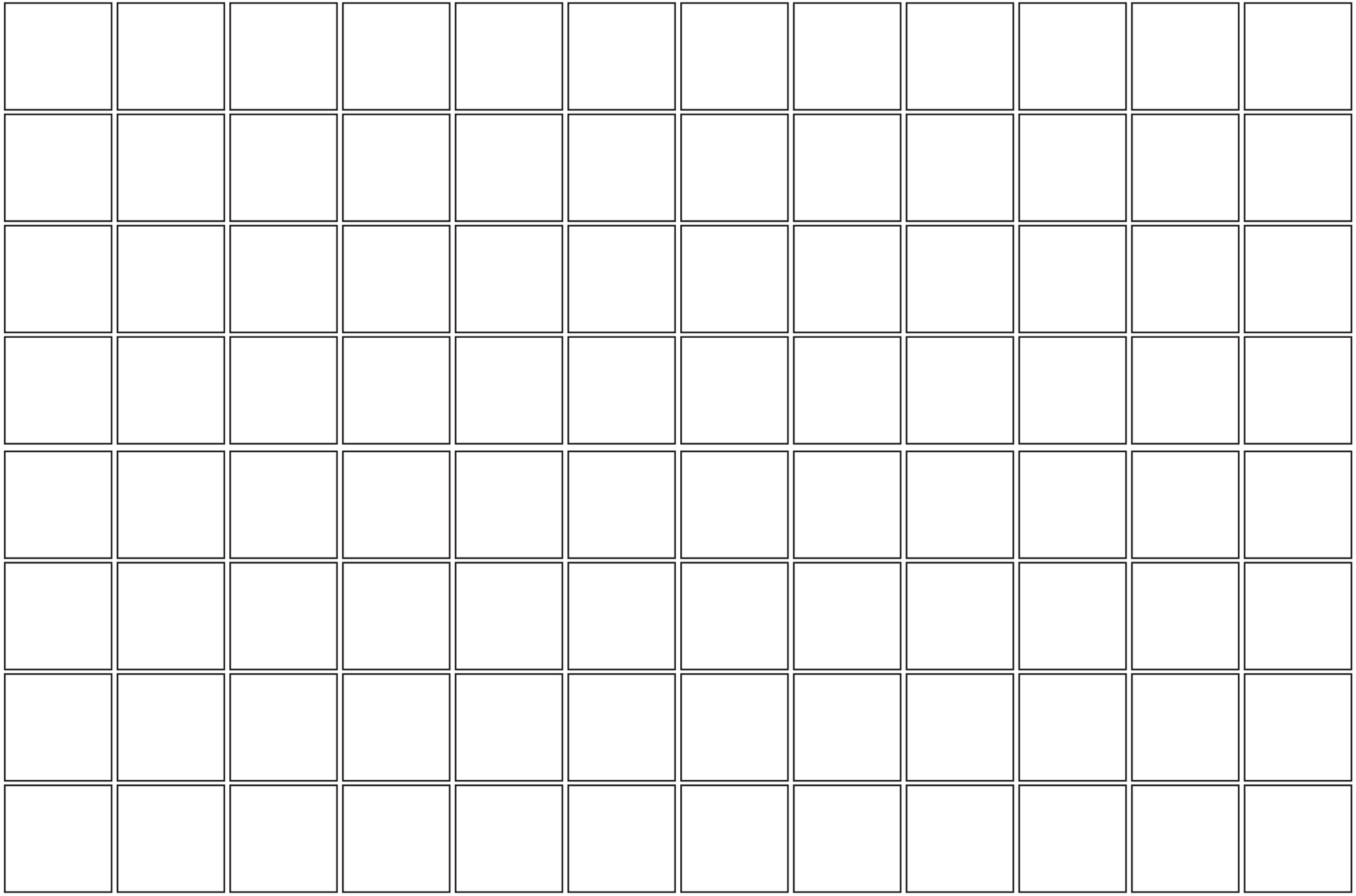両手書き漢字トレーニング