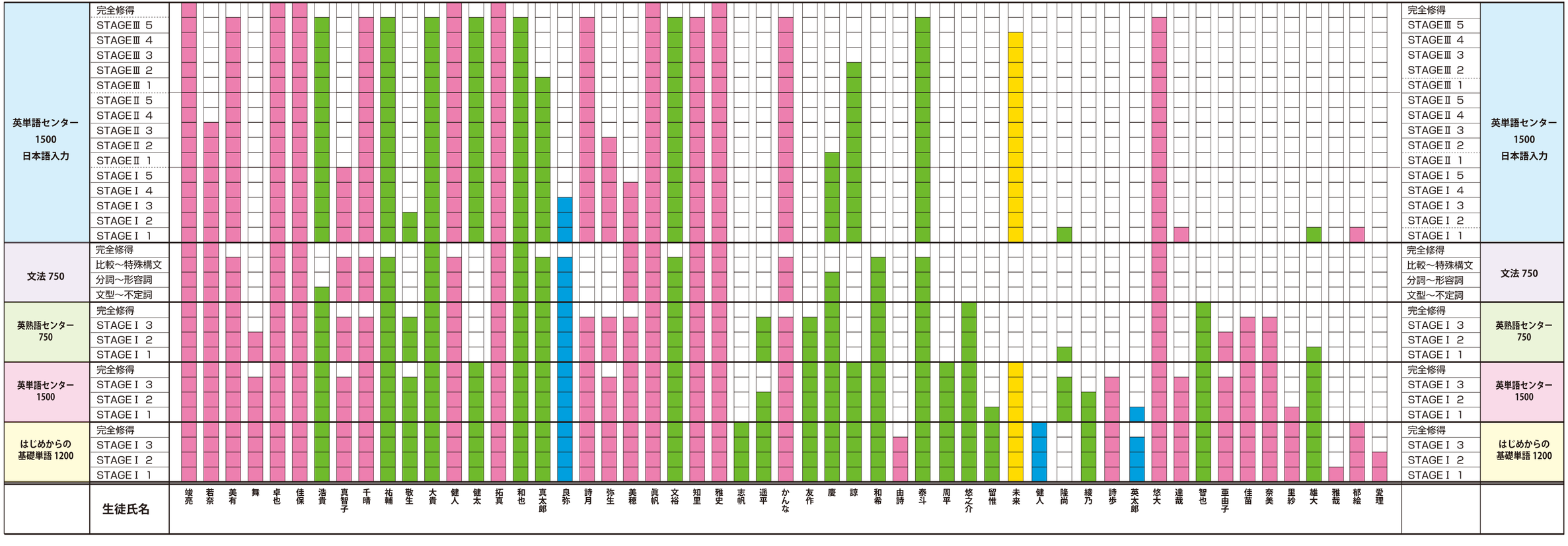高速暗記　完全修得への道