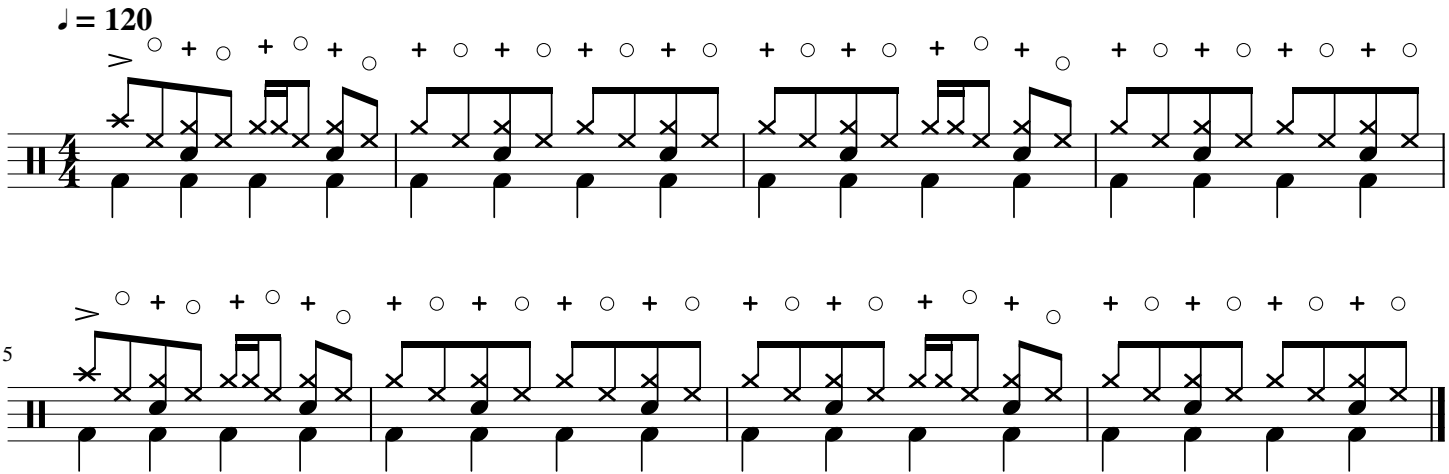かいりきベア「ベノム」の練習①