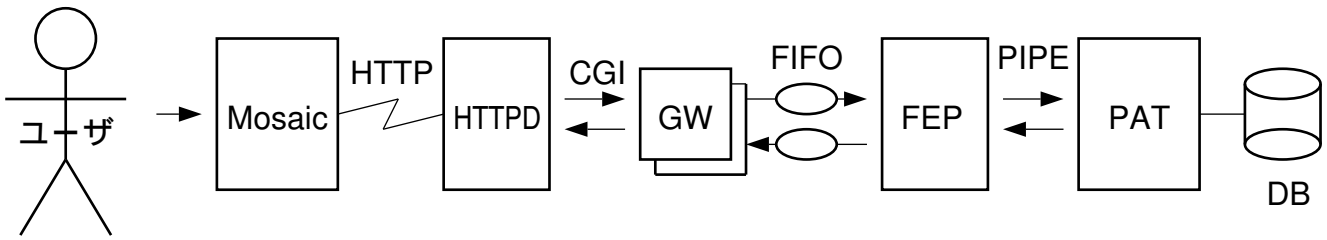
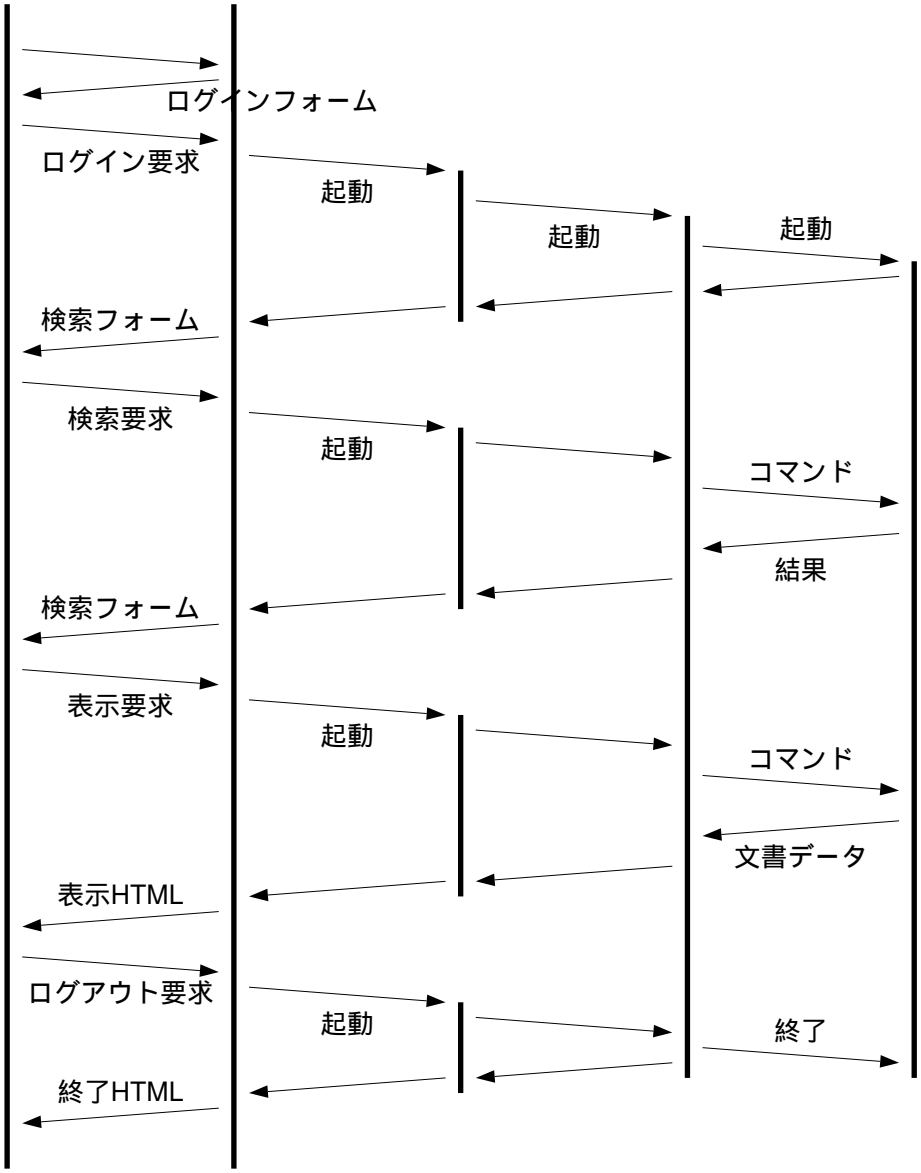


(a) 全体構成



(b) 動作の概要