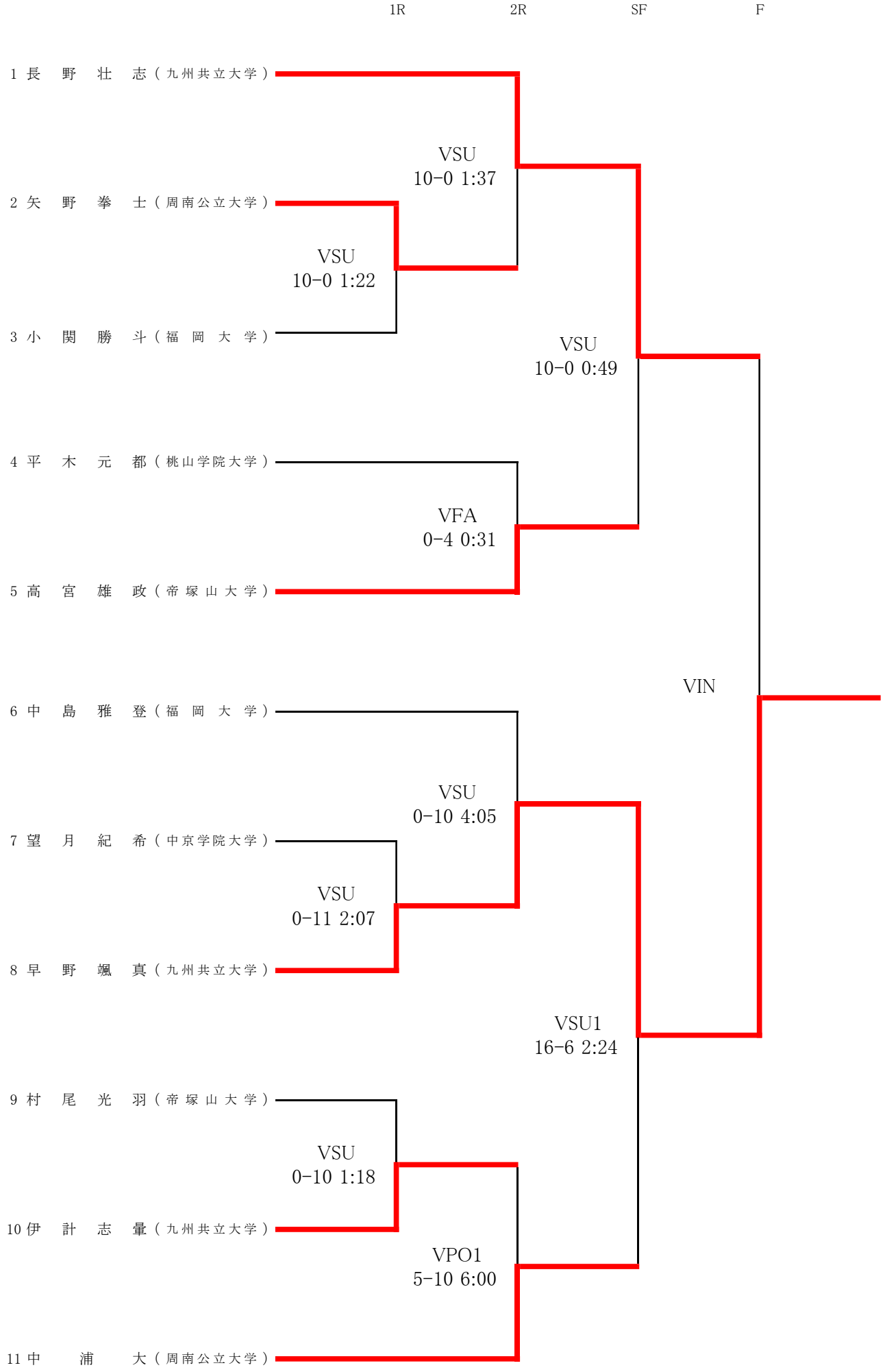フリースタイル74kg