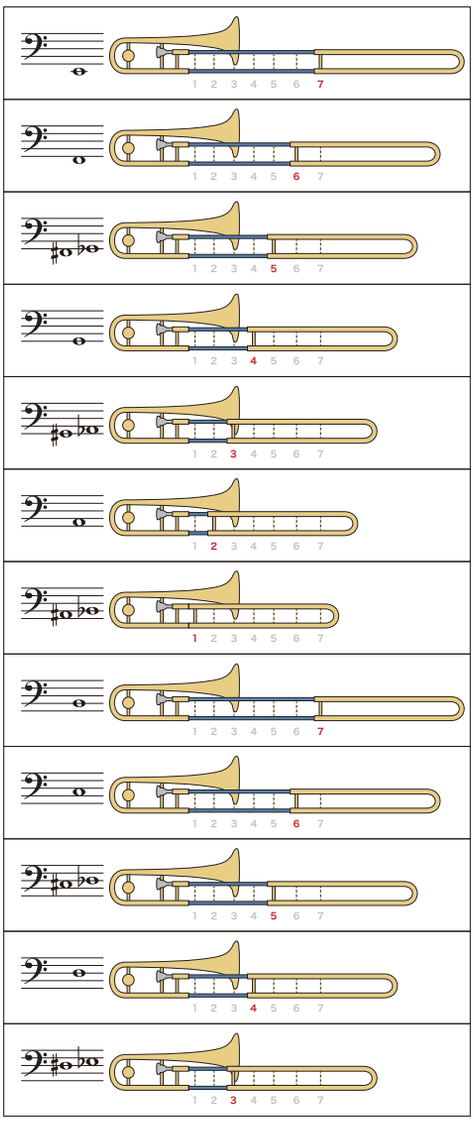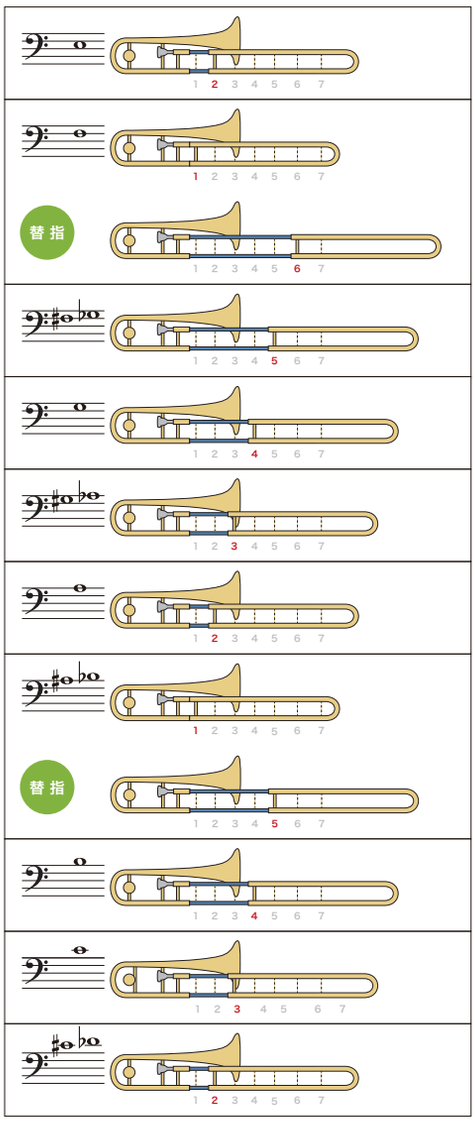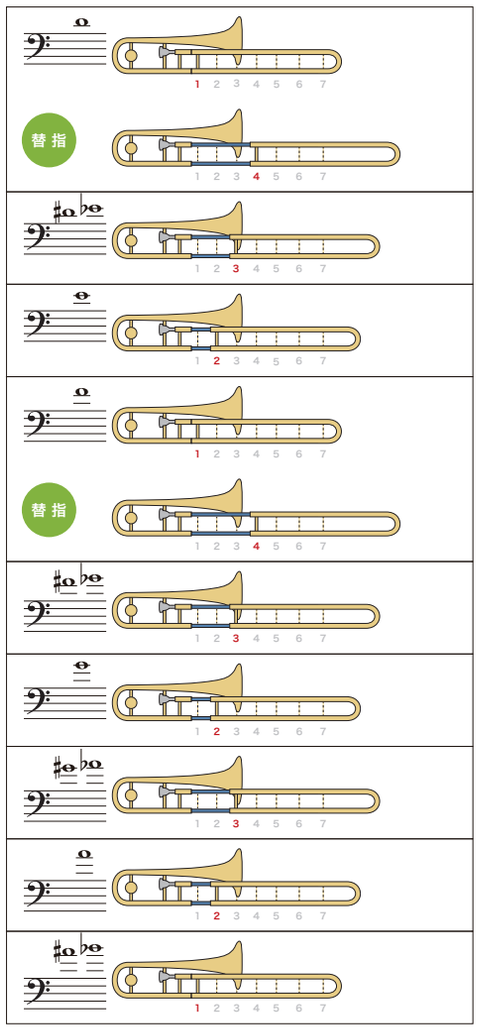トロンボーンの運指表