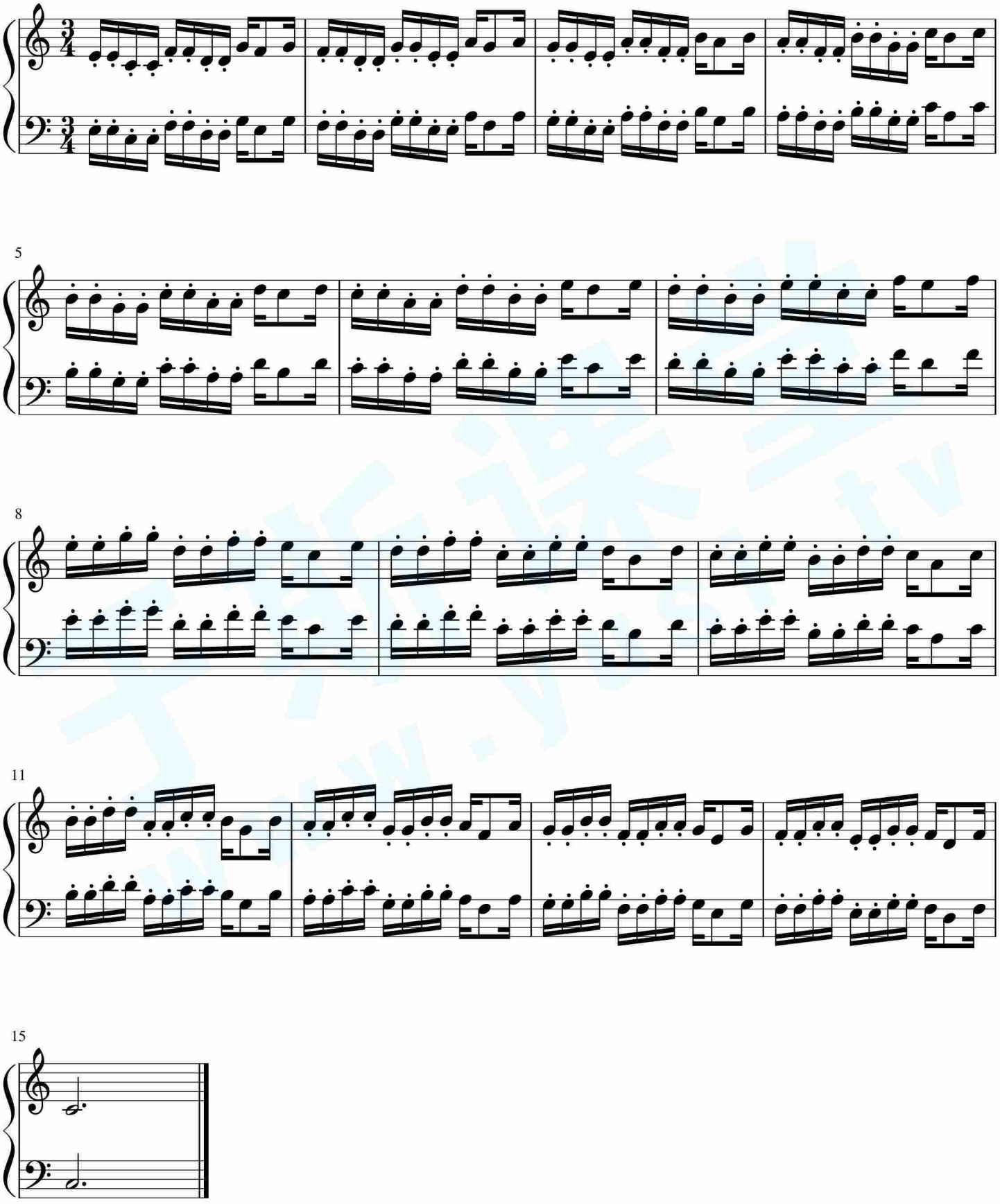基本练习（3、4、5指）-4变化练习1