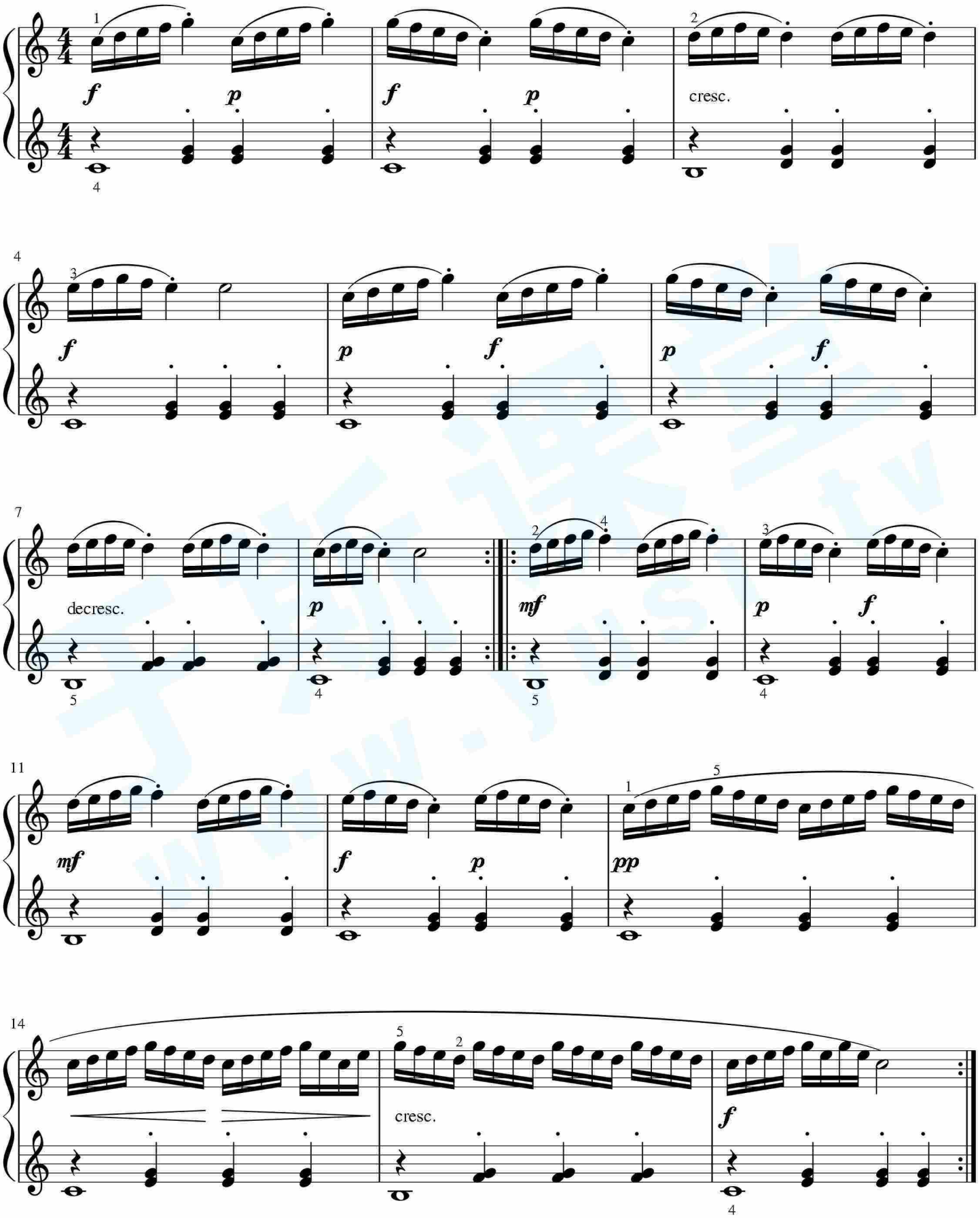固定位置的五指练习16