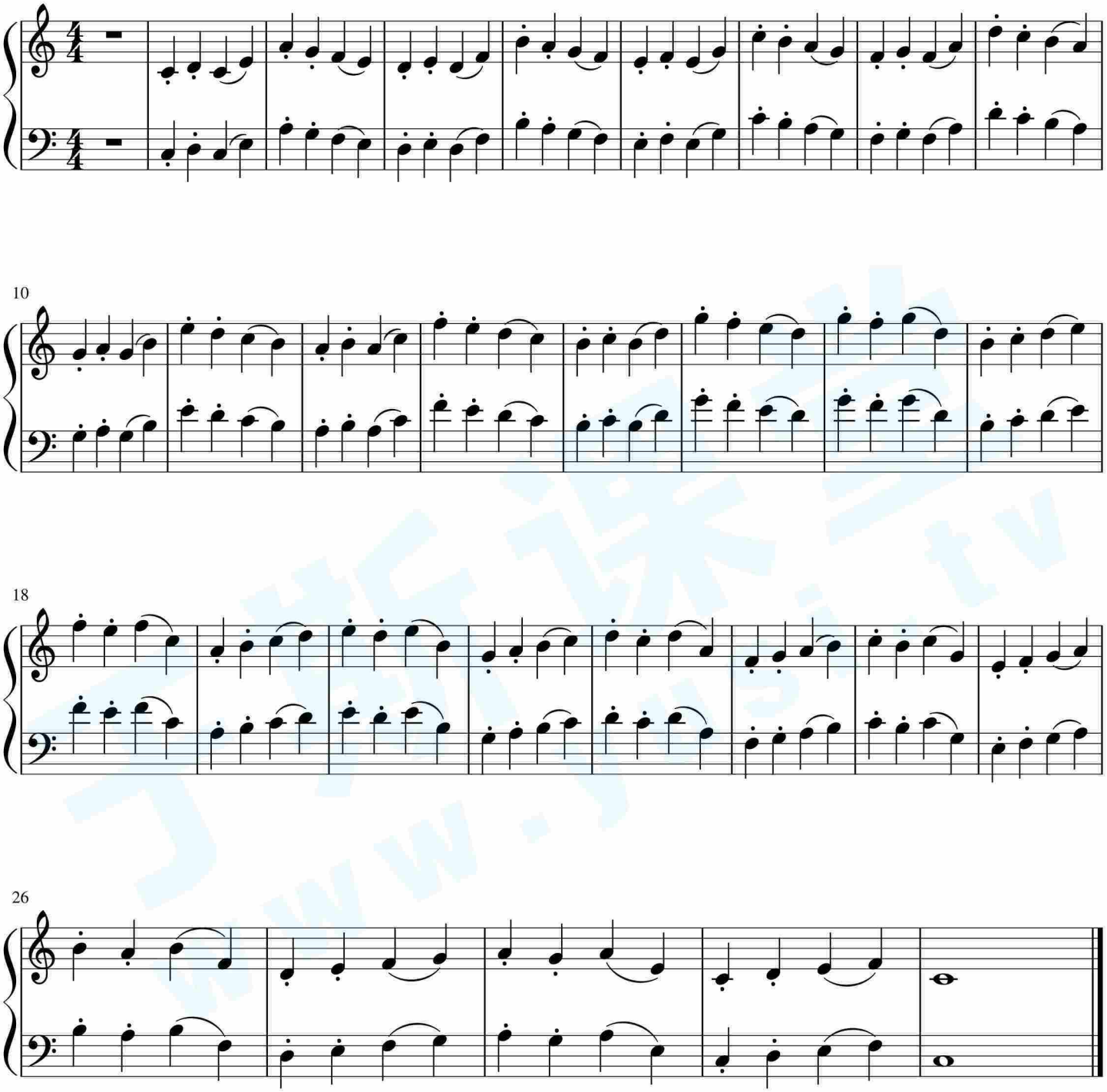基本练习（3、4、5指）变化练习1