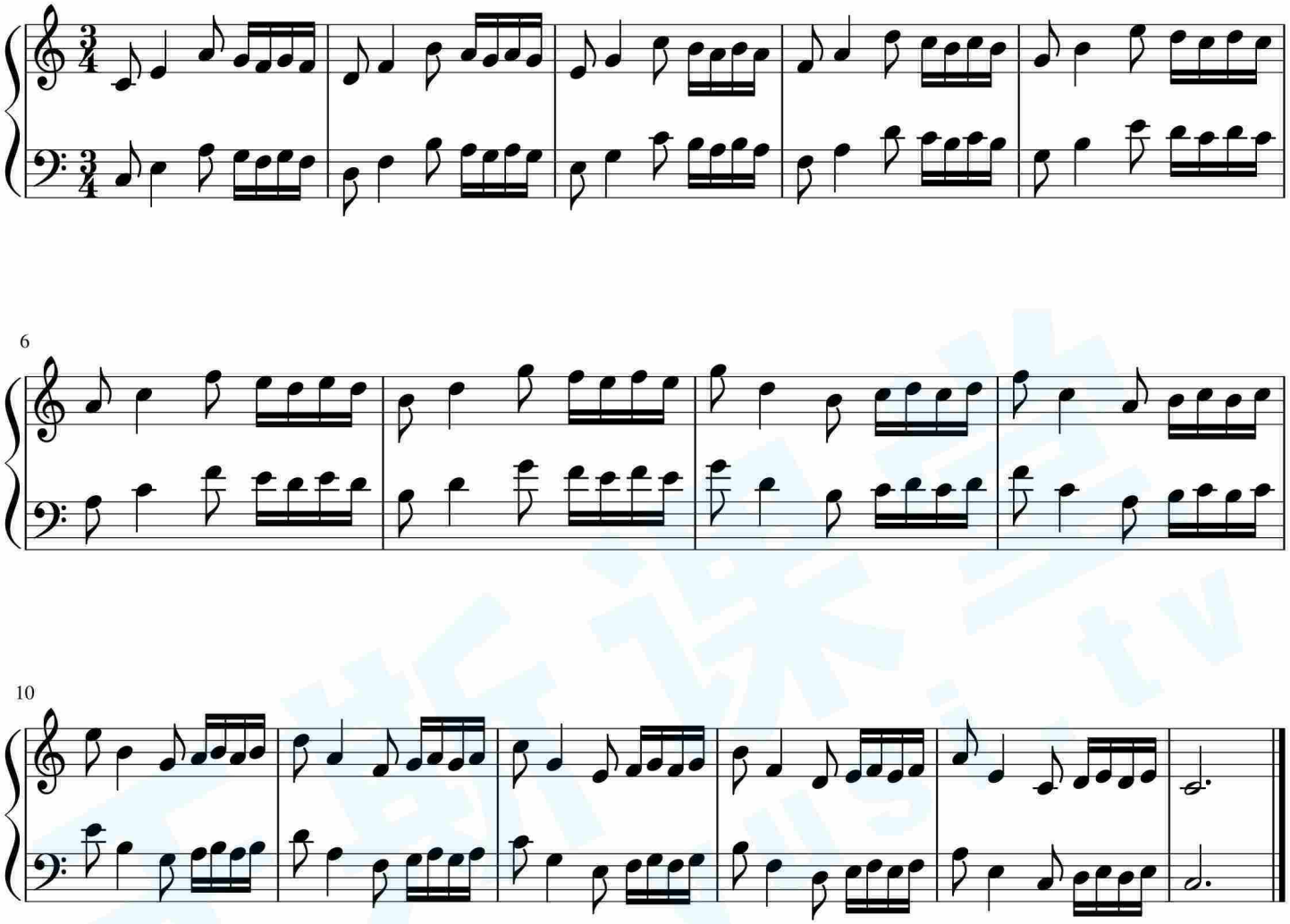基本练习（3、4、5指）-3变化练习2