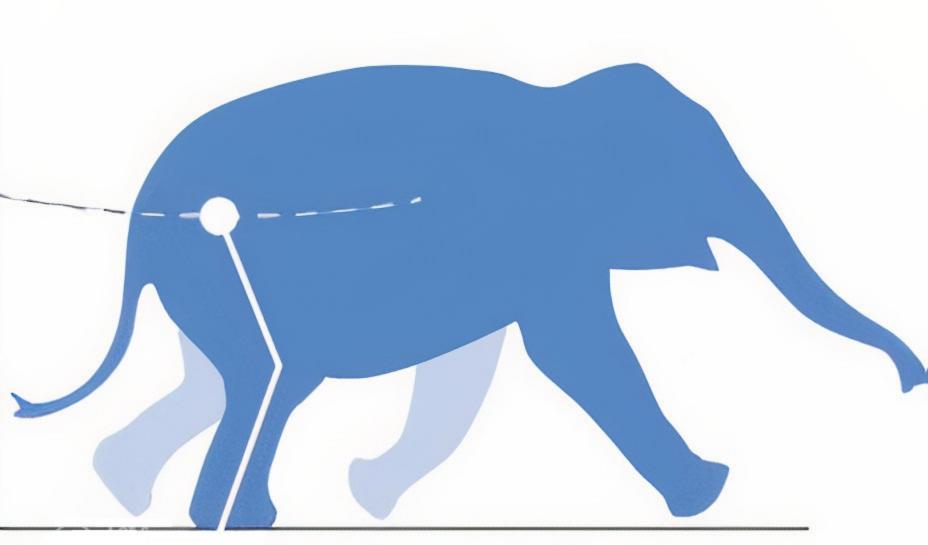


典型的走路



快速格劳乔走路法