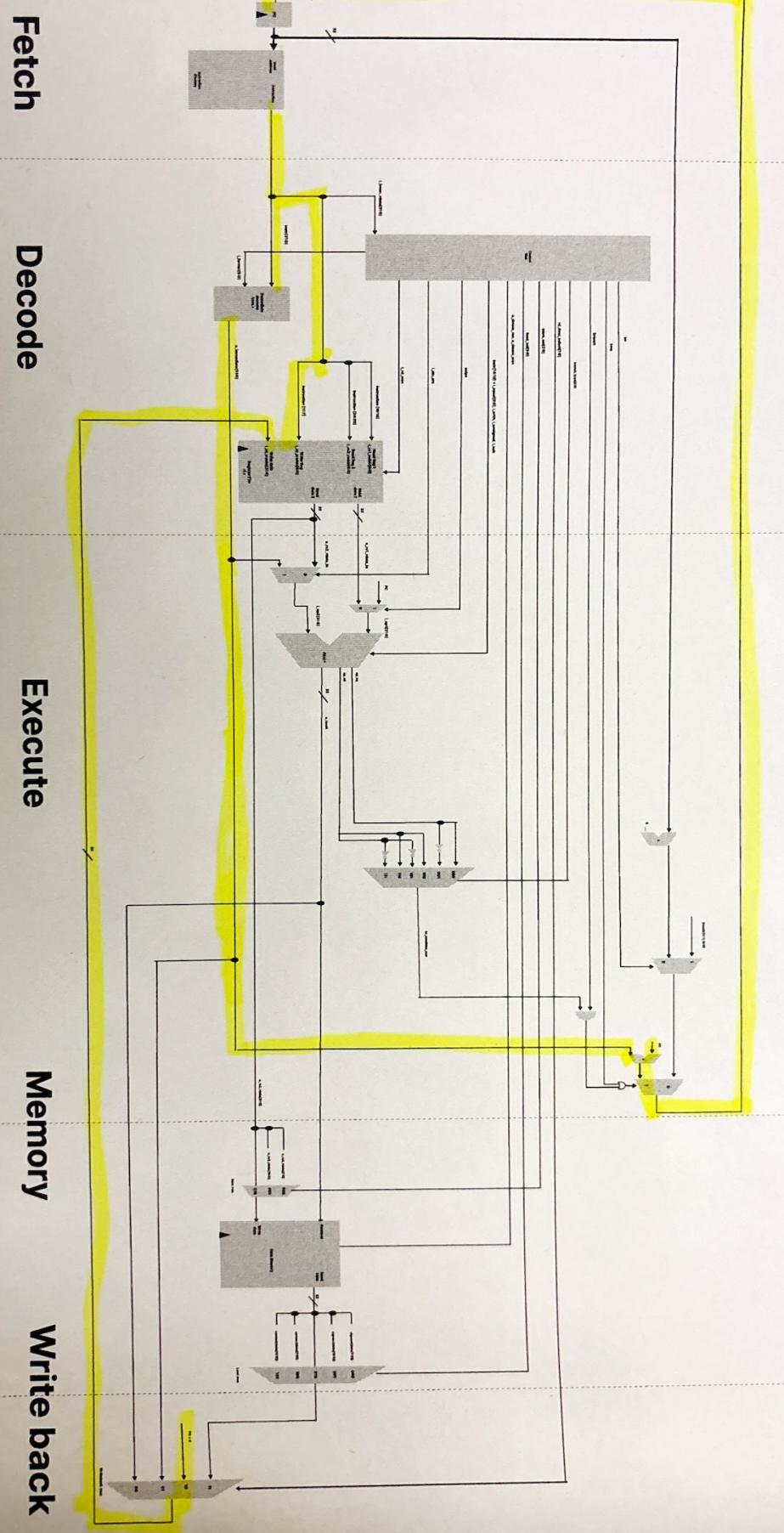Fetch　　Decode　　Execute　　Memory　　Write back

J - Type