

临



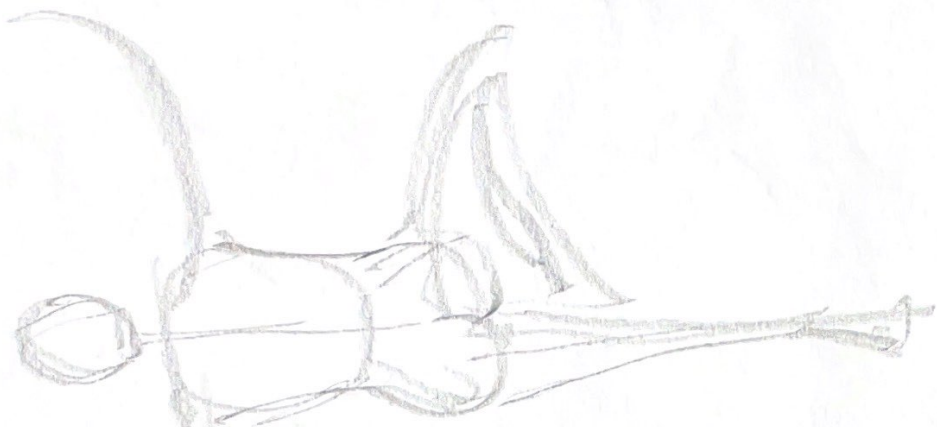
305



①

week 9

2021.11.25



303

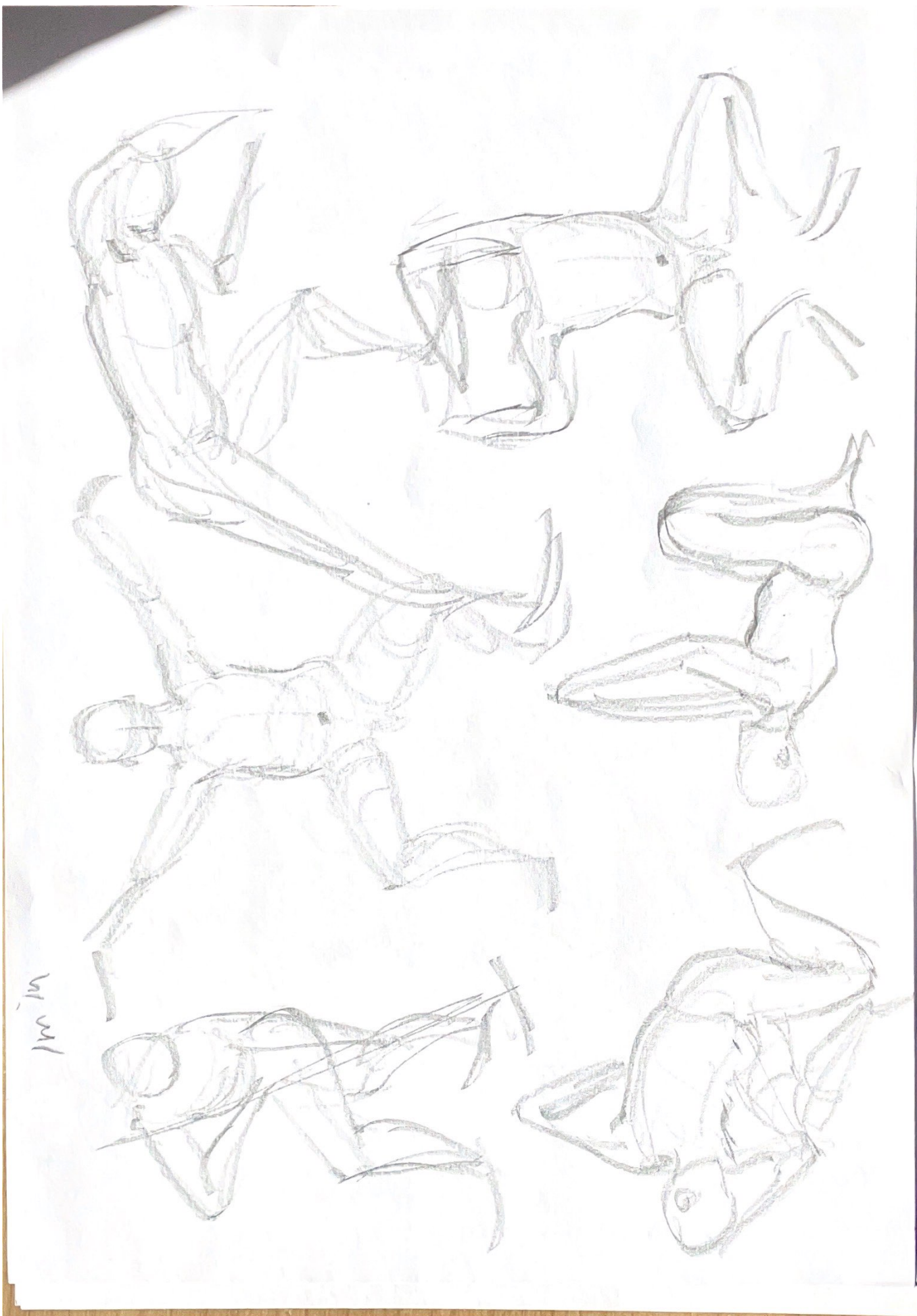
②



1 min

503





1/2 m

3



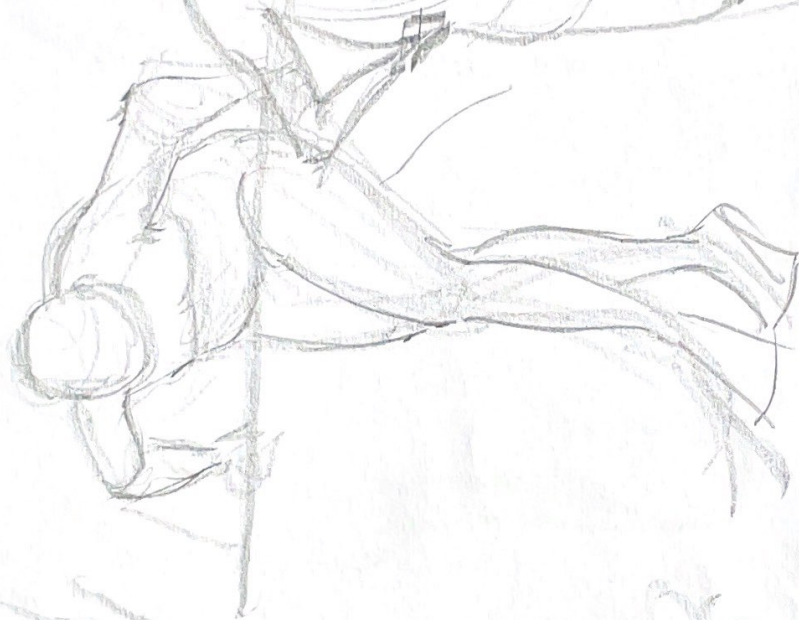
2 min

1 min





2 min



4



3 min

2 min



305

(5)



1 min



1 min





6

