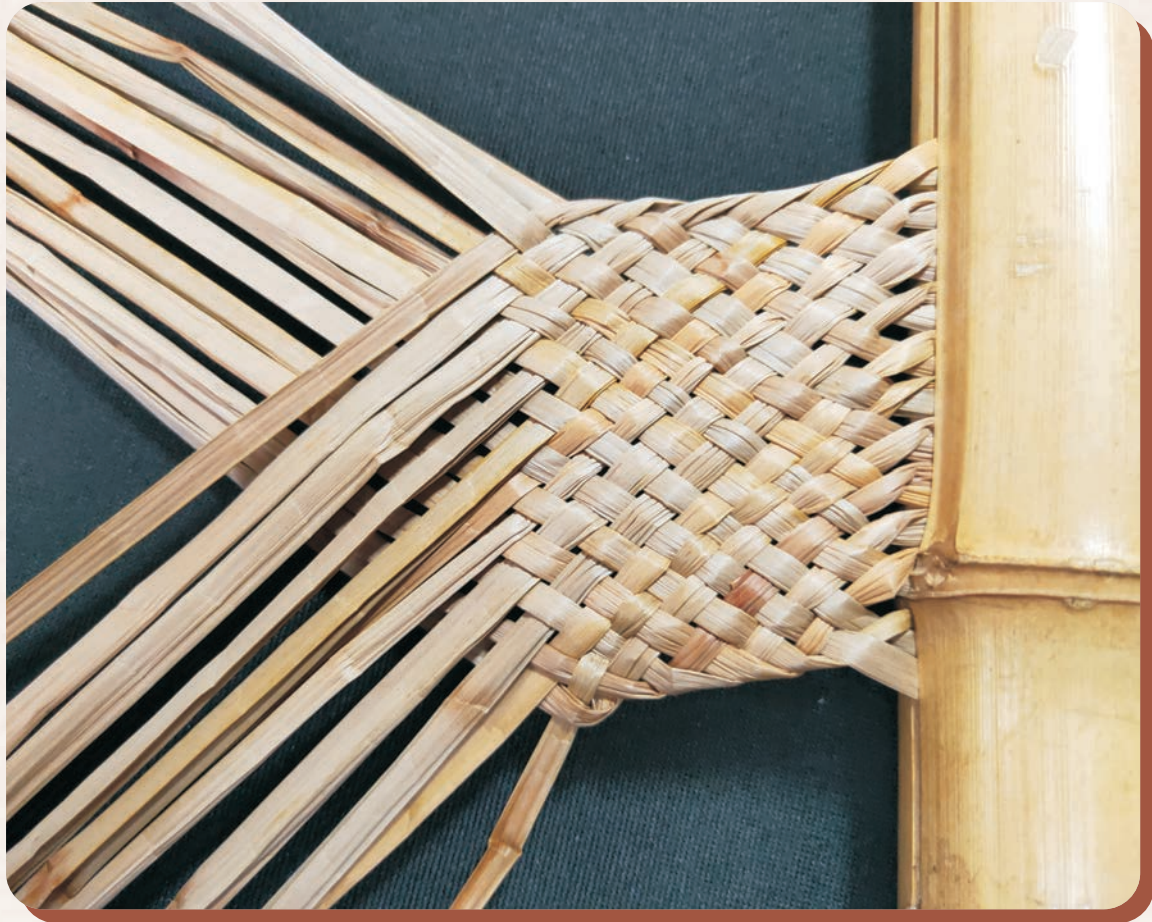
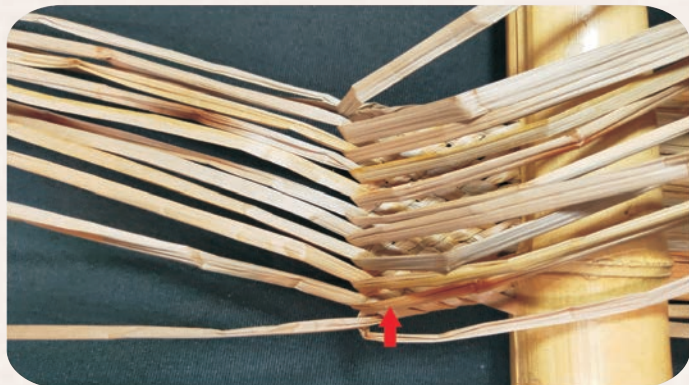


××××××××（ 壓 一 技 法 ）××××××××



START  
步驟

- 1 將奇數草上掀，稱為上草，偶數草稱為下草，將第二根上草向下放



×××

