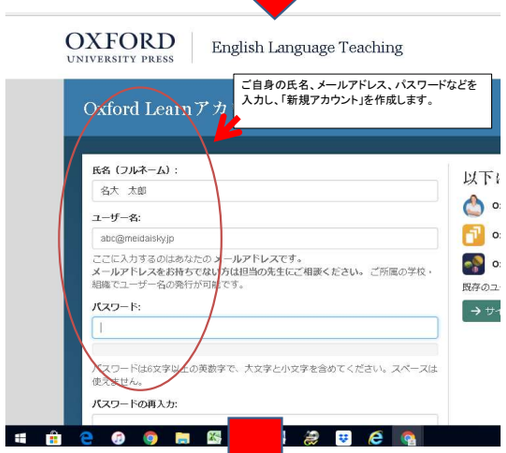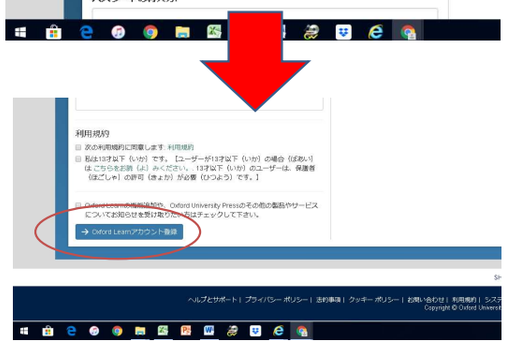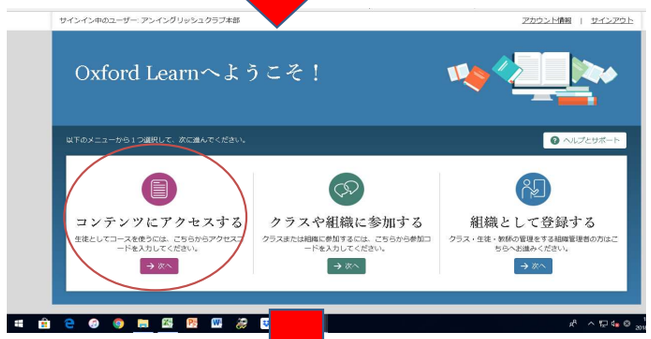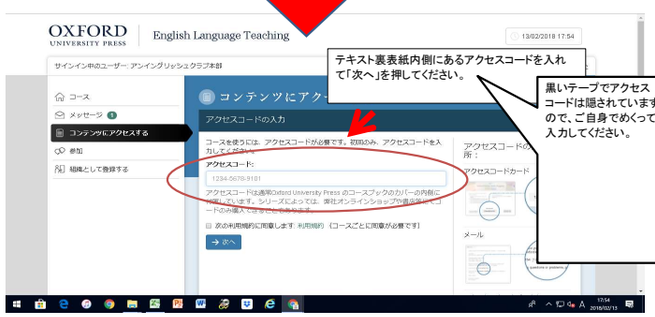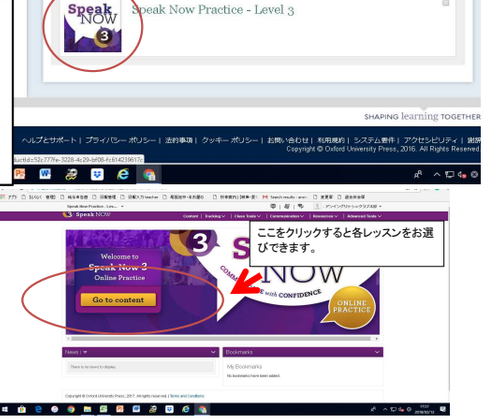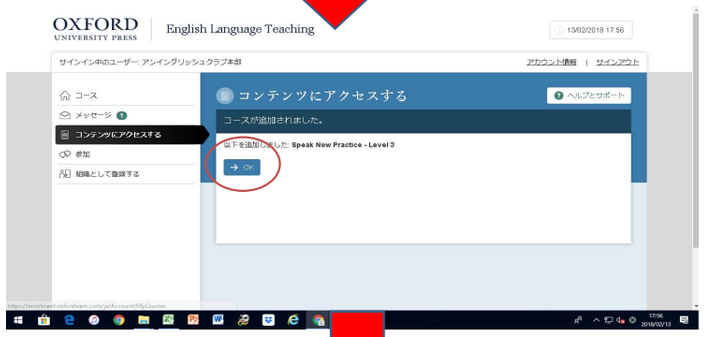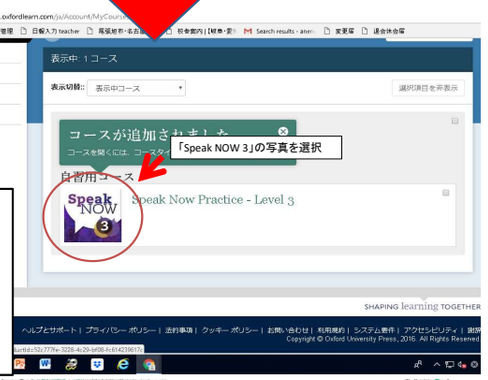英会話Bクラス　Speak NOW3　音声教材の使用方法