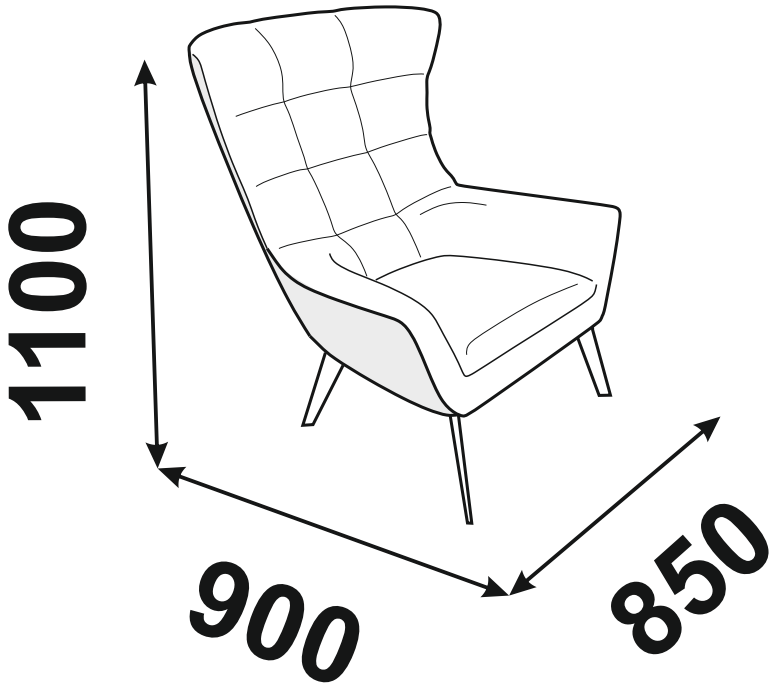Схема Рокки