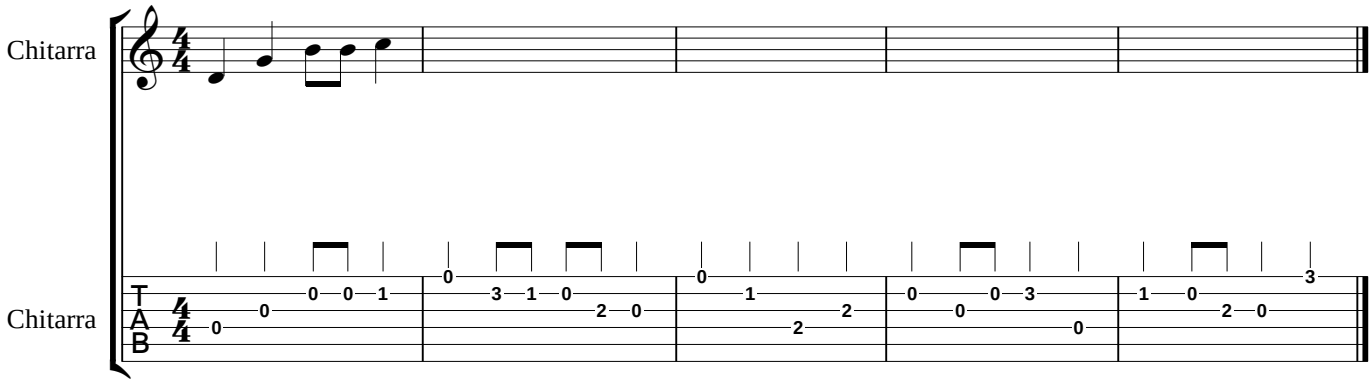Tablatura