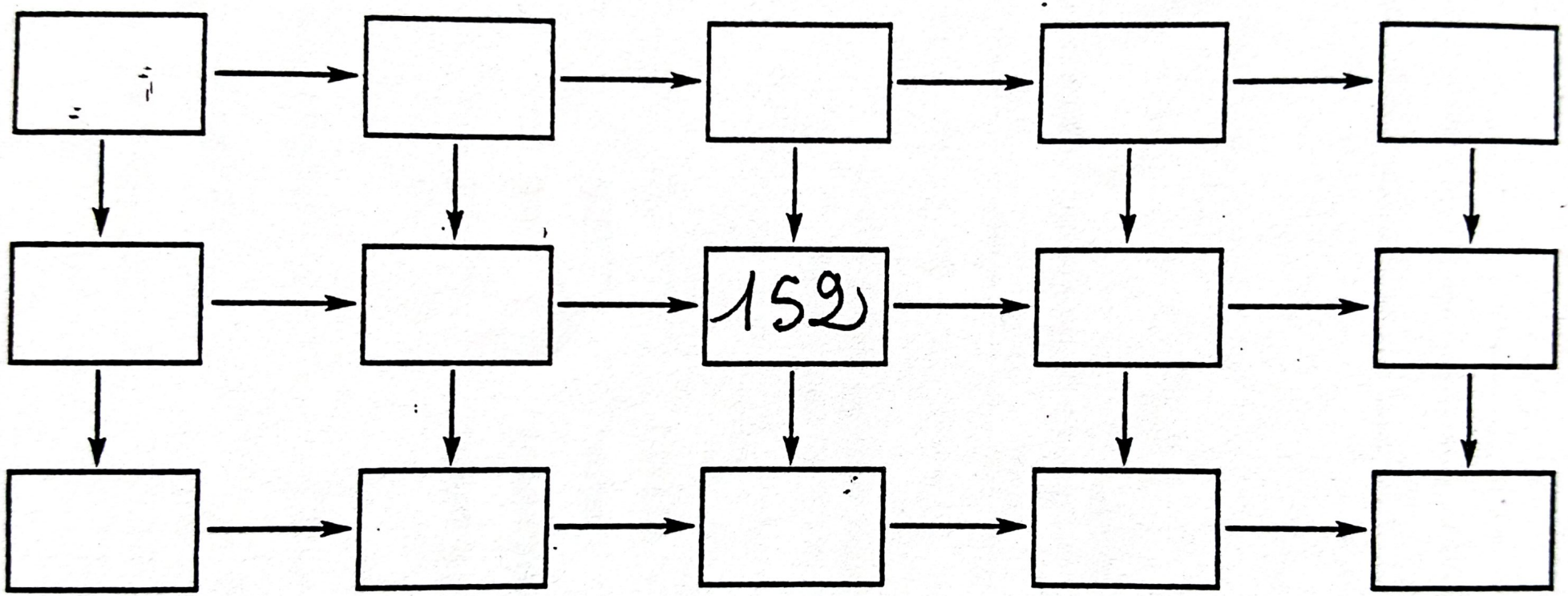
→ signifie ..... +10 .....

↓ signifie ..... −10 .....