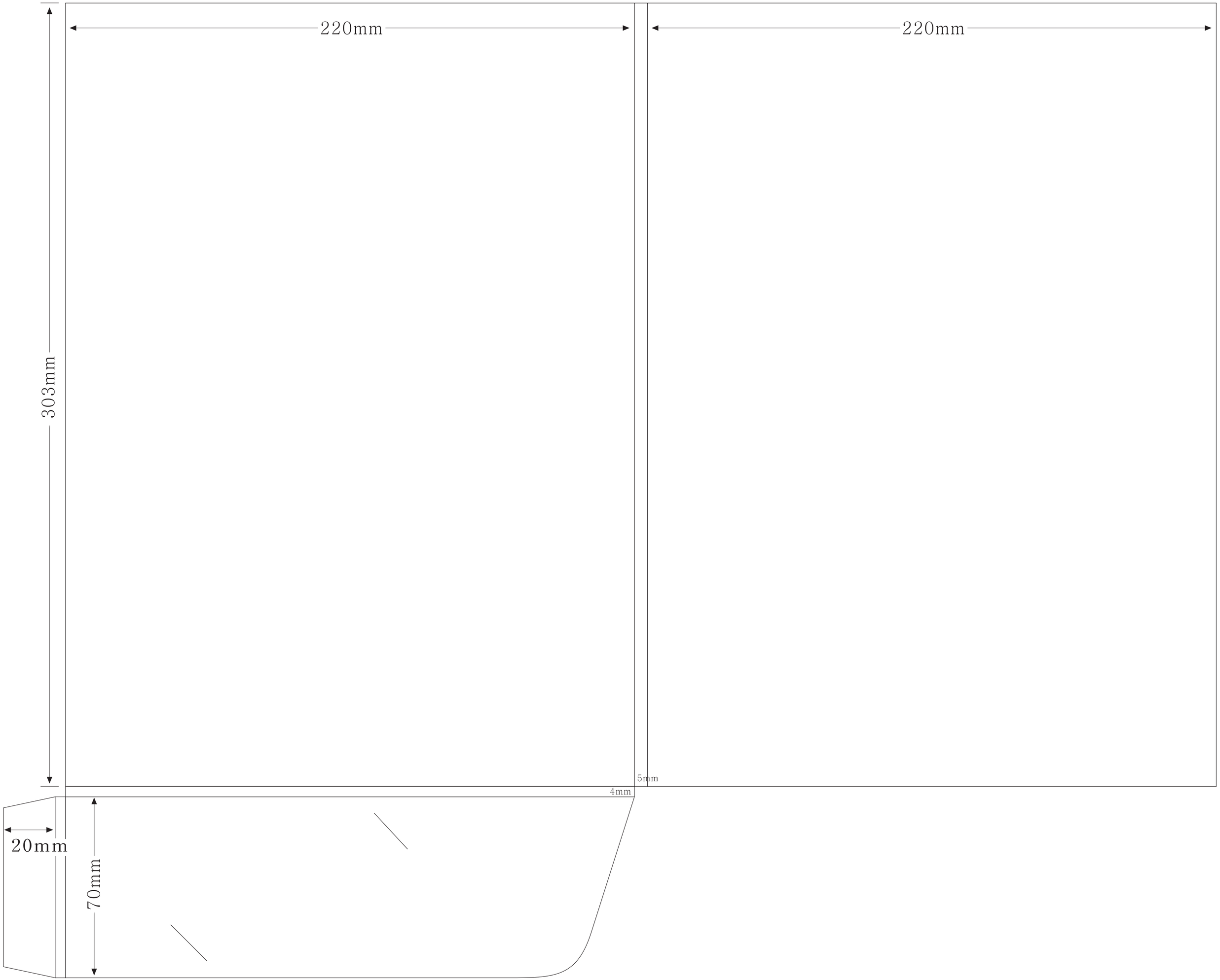홀더10 AD10 – 발1개(세네카 홀더)