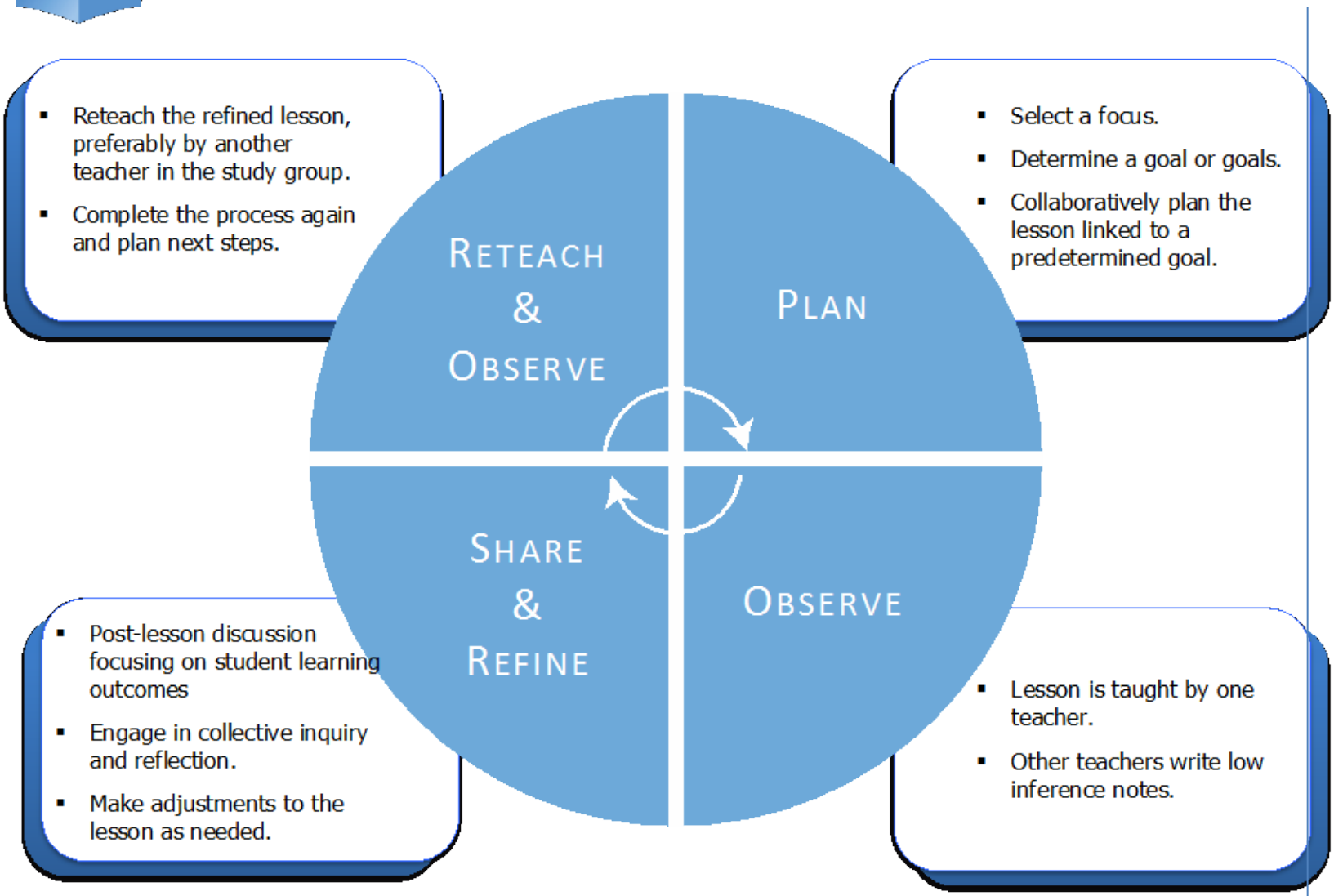Lesson Study Cycle