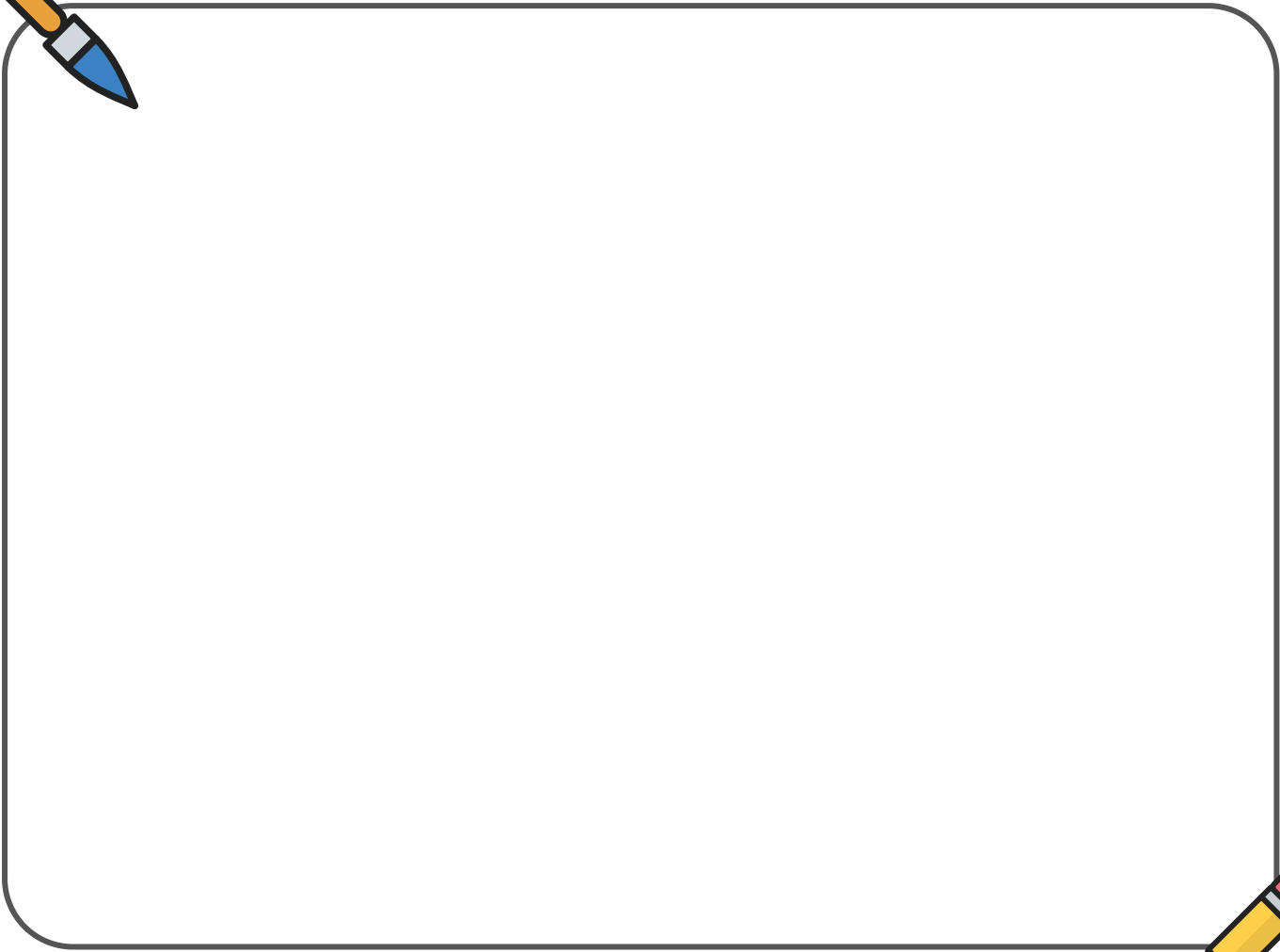


タイトル

A blank handwriting practice sheet. It features 10 vertical columns. Each column is defined by a solid blue line on the left and right. Inside each column, there are three horizontal dashed blue lines, creating four equal vertical sections. This layout is designed for practicing the formation of uppercase letters, where the top section is for the ascender, the middle dashed section is for the x-height, the bottom section is for the x-height, and the bottom-most section is for the descender.