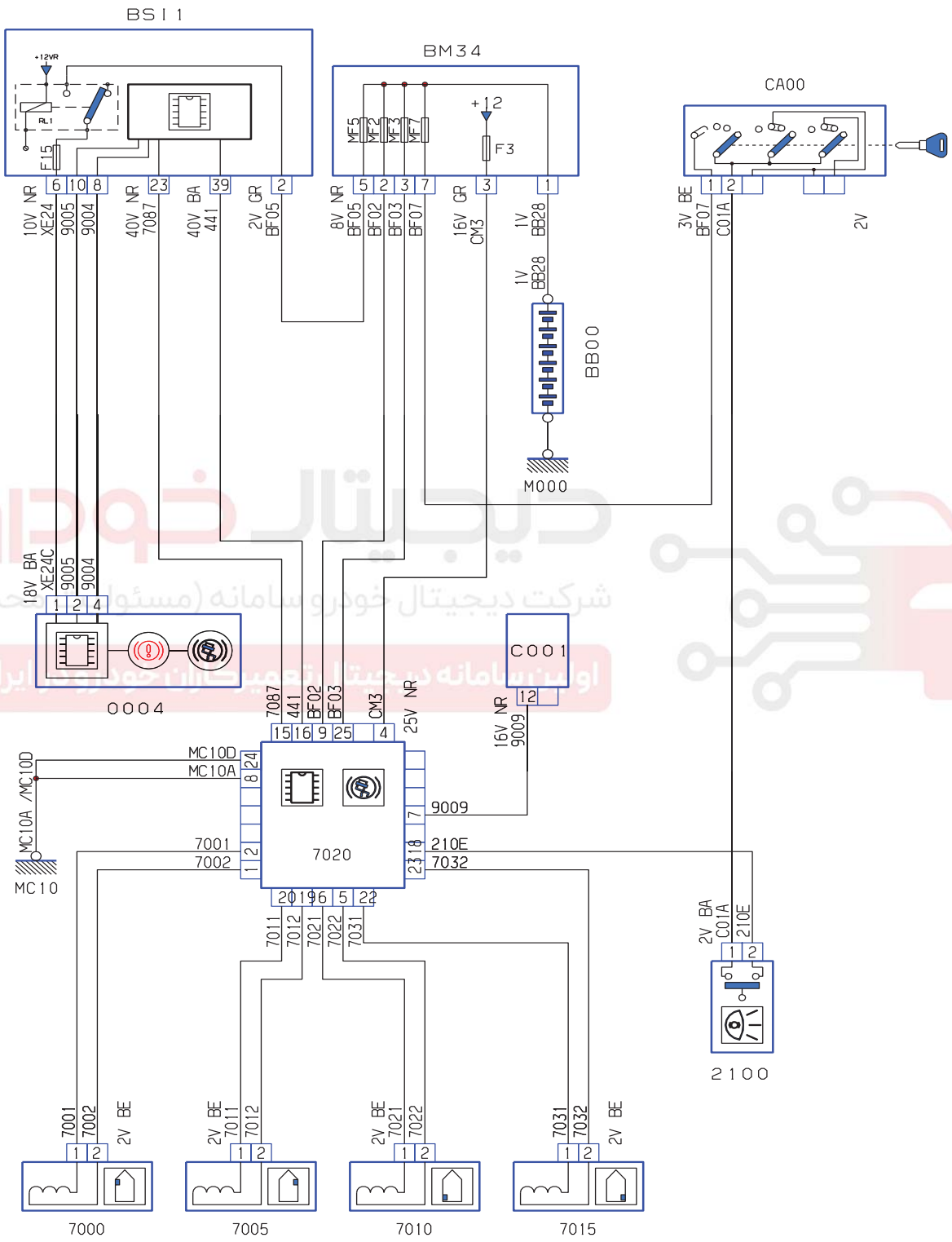ترمز ضد قفل ABS