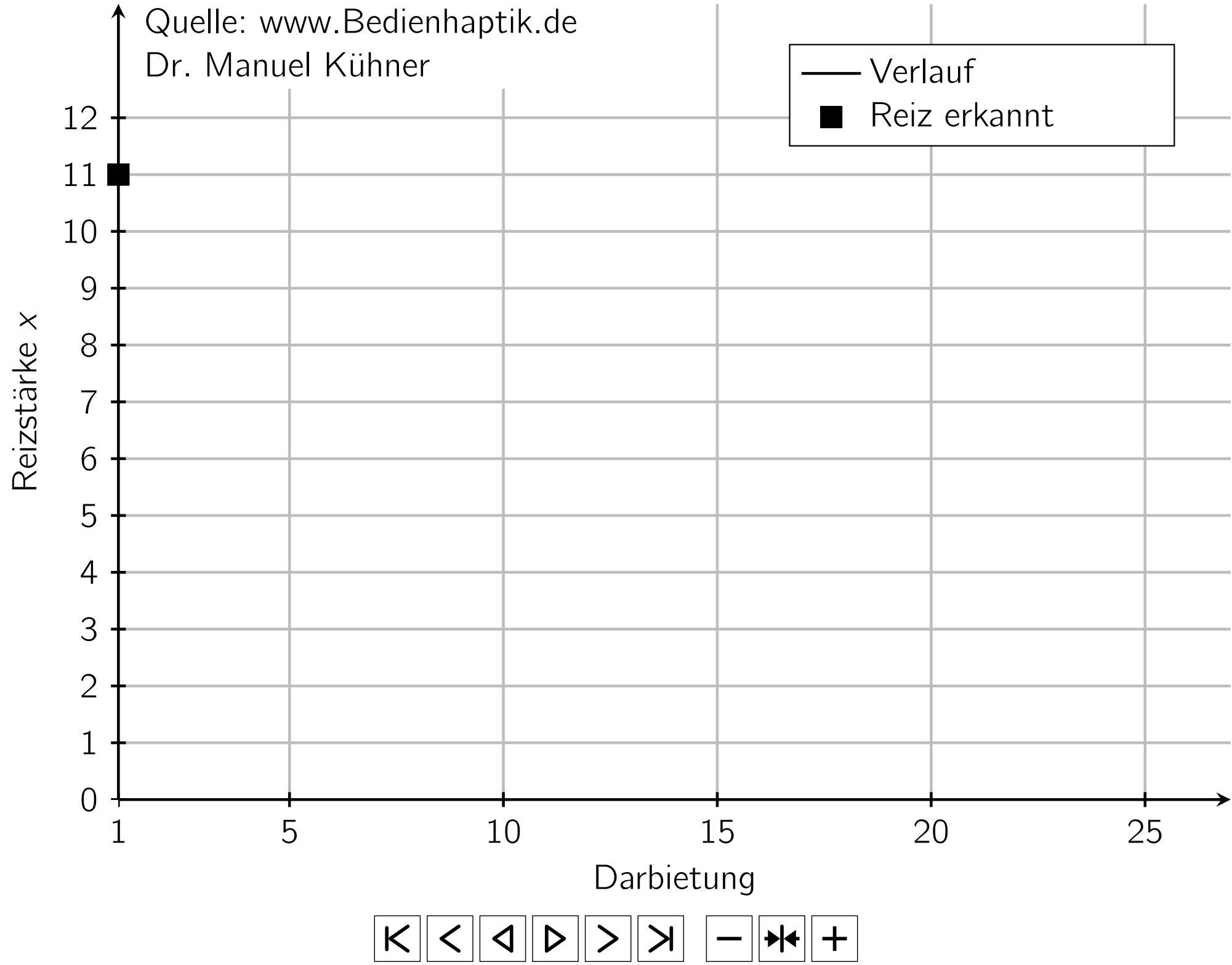Transformed-Up/Down-Verfahren (1Up/2Down-Regel)