(a)a SwinBlock3D

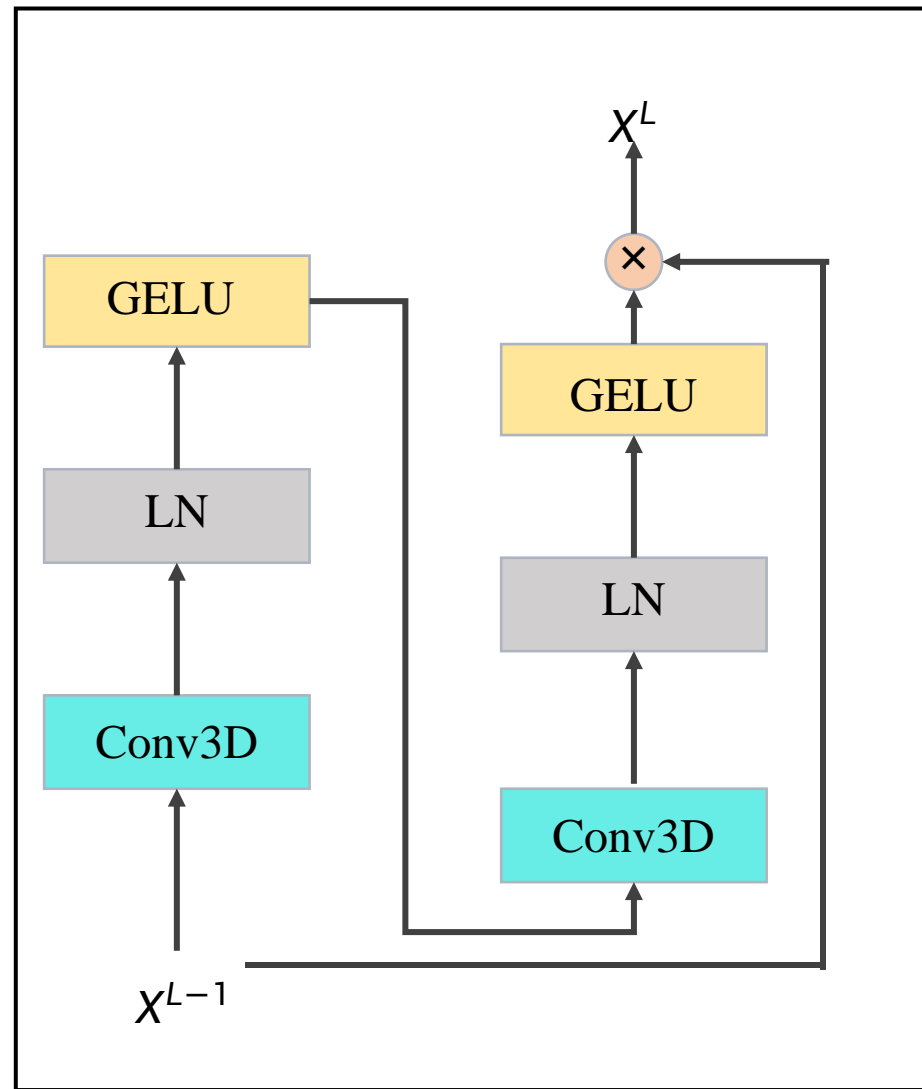(b)a ConvBlock3D