# なわとびカード

| 年　組　番 | 名前 |
|---|---|

《技能とび》

| 級 | 両足とび | | かけ足とび | | あやとび | | 交さとび | | 二重とび | | 側方回旋とび | | かけ足二重とび | | はやぶさとび | | あや二重とび | | 交差二重とび | | 三重とび | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | うしろ | まえ | |
| 最高記録 | | | | | | | | | | | | | | | | | | | | | | |
| 名人 | 130 | 100 | 150 | 100 | 50 | 40 | 45 | 35 | 70 | 25 | 40 | 20 | 30 | 10 | 20 | 10 | 10 | 5 | 10 | 5 | 5 | |
| 4段 | 120 | 90 | 120 | 90 | 45 | 35 | 40 | 30 | 60 | 20 | 30 | 15 | 20 | 5 | 10 | 5 | 5 | 3 | 5 | 3 | 3 | |
| 3段 | 110 | 80 | 100 | 80 | 40 | 30 | 35 | 25 | 50 | 15 | 20 | 10 | 10 | 3 | 5 | 3 | 3 | 2 | 3 | 1 | 1 | |
| 2段 | 100 | 70 | 90 | 70 | 35 | 25 | 30 | 20 | 40 | 10 | 15 | 5 | 5 | 2 | 3 | 1 | 2 | | 1 | | | |
| 初段 | 90 | 60 | 80 | 60 | 30 | 20 | 25 | 15 | 30 | 5 | 10 | 2 | 3 | | 1 | | | | | | | |
| 1級 | 80 | 50 | 70 | 50 | 25 | 15 | 20 | 10 | 20 | 3 | 5 | | 2 | | | | | | | | | |
| 2級 | 70 | 40 | 60 | 40 | 20 | 10 | 15 | 5 | 10 | 2 | →6年 | | | | | | | | | | | |
| 3級 | 60 | 30 | 50 | 30 | 15 | 5 | 10 | 2 | 5 | 1 | →5年 | | | | | | | | | | | |
| 4級 | 50 | 20 | 40 | 20 | 10 | 2 | 5 | | 2 | | →4年 | | | | | | | | | | | |
| 5級 | 40 | 15 | 30 | 15 | 5 | | 2 | | 1 | | →3年 | | | | | | | | | | | |
| 6級 | 30 | 10 | 20 | 10 | 2 | | | | | | | | | | | | | | | | | |
| 7級 | 20 | 5 | 10 | 3 | | | | | | | | | | | | | | | | | | |
| 8級 | 10 | 2 | 5 | | | | | | | | | | | | | | | | | | | |
| 9級 | 5 | 1 | | | | | | | | | | | | | | | | | | | | |
| 10級 | ～4 | | | | | | | | | | | | | | | | | | | | | |