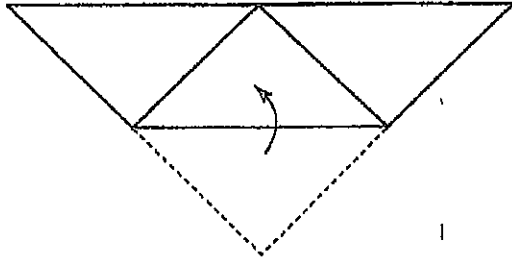


チーフの巻き方

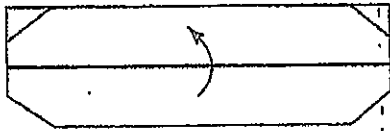
①三角巾を半分に折る



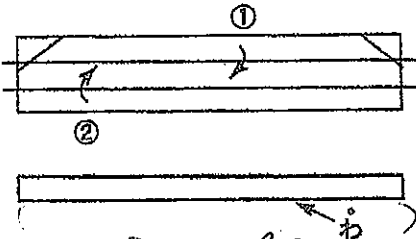
②両端を内側に折り込む



③②を半分に折り、長方形にする



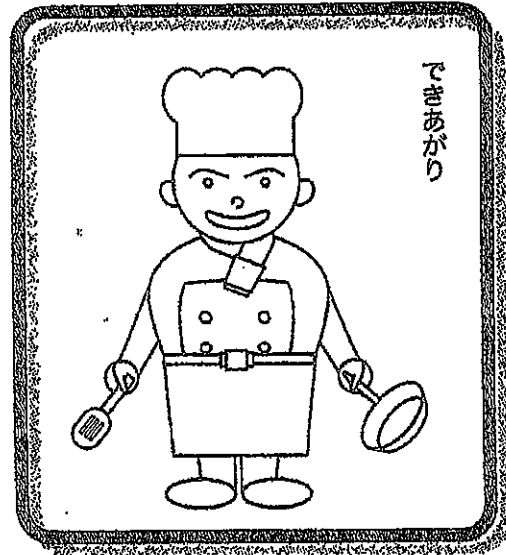
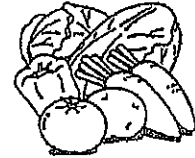
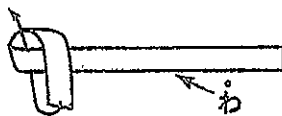
④長方形を三つ折りにし、棒状にする



70~80

43→65

⑤棒状のチーフの先端で結びめを作る



⑥⑤を首に巻き、結びめと反対の端を結びめの中に差し込む

