



台北市合氣道大安道館

www.daan-aikido.club.tw



四 級 課程進度表

第 1、2 天	總複習 Overall Techniques Review
第 3、4 天	正面打第三教 正面技法 (Front Skill): Overhead Strike To The Head + Third Technique/Form (Wrist Twist)
第 5、6 天	正面打第三教 反面技法 (Rear Skill): Overhead Strike To The Head + Third Technique/Form (Wrist Twist)
第 7、8 天	順半身單手抓第三教 逆半身單手抓第三教 Single-hand Grab (one hand/wrist) in Natural & Reverse Stances + Third Technique/Form (Wrist Twist) - (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 9 天	肩部抓第三教 Shoulder Grab + Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 10 天	胸部抓第三教 Chest Grab + Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 11 天	袖子抓第三教 Sleeve Grab + Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 12 天	總複習 Overall Techniques Review
第 13、14 天	正面打第四教 前方技法 (Front Skill): Overhead Strike To The Head + Fourth Technique/Form (Wrist Pin)





台北市合氣道大安道館

www.daan-aikido.club.tw



第 15、16 天	正面打第四教 後方技法 (Rear Skill): Overhead Strike To The Head + Fourth Technique/Form (Wrist Pin)
第 17、18 天	順半身單手抓第四教 逆半身單手抓第四教 Single-hand Grab (one hand/wrist) in Natural & Reverse Stances + Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 19 天	肩部抓第四教 Shoulder Grab + Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 20 天	胸部抓第四教 Chest Grab + Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 21 天	袖子抓第四教 Sleeve Grab + Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 22 天	總複習 Overall Techniques Review
第 23、24 天	正面打反手摔 Overhead Strike To The Head + Forearm Return / Supinating Wristlock Throw
第 25、26 天	順半身單手抓反手摔 逆半身單手抓反手摔 Single-hand Grab in Natural & Reverse Stances + Forearm Return / Supinating Wristlock Throw (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)





台北市合氣道大安道館

www.da-an-aikido.club.tw



第 27 天	自由練習 正面打技法 Free Practice: Overhead Strike To The Head Techniques - (Front & Rear Skills)
第 28 天	自由練習 順半身單手抓技法 逆半身單手抓技法 Free Practice: Single-hand Grab (one hand/wrist) in Natural & Reverse Stances - (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 29 天	自由練習 肩部抓技法 Free Practice: Shoulder Grab Techniques - (Front & Rear Skills)
第 30、31 天	斜打第一教 斜打第二教 *Side-of-the-head Strike + First Technique/Form (Arm Pin) - (Front & Rear Skills) *Side-of-the-head Strike + Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
第 32、33 天	斜打第三教 斜打第四教 *Side-of-the-head Strike + Third Technique/Form (Wrist Twist) - (Front & Rear Skills) *Side-of-the-head Strike + Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 34、35 天	斜打迴轉摔 斜打反手摔 *Side-of-the-head Strike + Rotary Throw - (Front & Rear Skills) *Side-of-the-head Strike + Forearm Return / Supinating Wristlock Throw - (Front & Rear Skills)
第 36 天	總複習 Overall Techniques Review





台北市合氣道大安道館

www.daan-aikido.club.tw



第 37、38 天	斜打四方摔 斜打入身摔 *Side-of-the-head Strike + Four-direction Throw - (Front & Rear Skills) *Side-of-the-head Strike + Entering Throw - (Front & Rear Skills)
第 39、40 天	斜打第五教 Side-of-the-head Strike + Fifth Technique/Form (Elbow & Inverted Wrist Pressing) - (Front & Rear Skills)
第 41、42 天	自由練習 斜打技法 Free Practice: Side-of-the-head Strike Techniques - (Front & Rear Skills)
第 43、44 天	複習 正面打技法 Techniques Review: Overhead Strike To The Head - (Front & Rear Skills)
第 45、46 天	複習 順半身單手抓技法 逆半身單手抓技法 Technique Review: Single-hand Grab (one hand/wrist) in Natural & Reverse Stances - (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 47、48 天	複習 天地摔 Technique Review: Heaven-Earth Throw
第 49 天	總複習 Overall Techniques Review
第 50 天	三級測驗 Third-Grade Certification Test

