



台北市合氣道大安道館

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二 級 課程進度表

第 1 天	基本技法複習 Basic Techniques Review
第 2 天	坐姿技法第一教 Techniques of Seated Posture (Kneeling on Both Calves): First Technique/Form (Arm Pin) - (Front & Rear Skills)
第 3 天	坐姿技法第二教 Techniques of Seated Posture (Kneeling on Both Calves): Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
第 4 天	坐姿技法第三教 Techniques of Seated Posture (Kneeling on Both Calves): Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 5 天	坐姿技法第四教 Techniques of Seated Posture (Kneeling on Both Calves): Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 6 天	坐姿技法四方摔 Techniques of Seated Posture (Kneeling on Both Calves): Four-direction Throw - (Front & Rear Skills)
第 7 天	坐姿技法入身摔 Techniques of Seated Posture (Kneeling on Both Calves): Entering Throw - (Front & Rear Skills)
第 8 天	坐姿技法反手摔 Techniques of Seated Posture (Kneeling on Both Calves): Forearm Return / Supinating Wristlock Throw
第 9 天	坐姿技法迴轉摔 Techniques of Seated Posture (Kneeling on Both Calves): Rotary Throw - (Front & Rear Skills)
第 10 天	順半身單手抓技法複習 Techniques Review of Nature Stance: Single-hand Grab (one hand/wrist) - (Front & Rear Skills)





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	(*Nature: uke/receiver and nage/thrower both have left foot forward)
第 11 天	逆半身單手抓技法複習 Techniques Review of Reverse Stance: Single-hand Grab (one hand/wrist) - (Front & Rear Skills) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 12 天	後方兩手抓技法複習 Techniques Review: Wrists Grab from the Back
第 13 天	斜打技法複習 Techniques Review: Side-of-the-head Strike
第 14 天	前打技法複習 Techniques Review: Front-of-the-head Strike
第 15 天	正面打技法複習 Techniques Review: Overhead Strike To The Head
第 16、17 天	肩部抓正面打第一教 Shoulder Grab + Overhead Strike To The Head: First Technique/Form (Arm Pin) - (Front & Rear Skills)
第 18 天	肩部抓正面打第二教 Shoulder Grab + Overhead Strike To The Head: Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
第 19 天	肩部抓正面打第三教 Shoulder Grab + Overhead Strike To The Head: Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 20 天	肩部抓正面打第四教 Shoulder Grab + Overhead Strike To The Head: Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 21 天	肩部抓正面打四方摔 Shoulder Grab + Overhead Strike To The Head: Four-direction Throw - (Front & Rear Skills)





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第 22 天	肩部抓正面打入身摔 Shoulder Grab + Overhead Strike To The Head: Entering Throw - (Front & Rear Skills)
第 23 天	肩部抓正面打反手摔 Shoulder Grab + Overhead Strike To The Head: Forearm Return / Supinating Wristlock Throw
第 24 天	肩部抓正面打迴轉摔 Shoulder Grab + Overhead Strike To The Head: Rotary Throw - (Front & Rear Skills)
第 25 天	肩部抓正面打總複習 Techniques Review: (Front & Rear Skills) Shoulder Grab + Overhead Strike to the Head
第 26 天	半立坐姿四方摔 Half-Seated Posture (Kneeling on One Calf): Four-direction Throw - (Front & Rear Skills)
第 27、28 天	半立坐姿入身摔 Half-Seated Posture (Kneeling on One Calf): Entering Throw - (Front & Rear Skills)
第 29、30 天	半立坐姿迴轉摔 Half-Seated Posture (Kneeling on One Calf): Rotary Throw - (Front & Rear Skills)
第 31 天	基本技法複習 Basic Techniques Review
第 32 天	順逆半身單手抓技法複習 Techniques Review: Natural & Reverse Stances of Single-hand Grab (one hand/wrist)
第 33 天	肩部抓技法複習 Techniques Review: Shoulder Grab
第 34 天	斜打技法複習 Techniques Review: Side-of-the-head Strike





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第 35 天	前打技法複習 Techniques Review: Front-of-the-head Strike
第 36 天	坐姿技法第一教複習 Techniques Review: Seated Posture (Kneeling on Both Calves) – First Technique/Form (Arm Pin) - (Front & Rear Skills)
第 37 天	坐姿技法入身摔複習 Techniques Review: Seated Posture (Kneeling on Both Calves) - Entering Throw - (Front & Rear Skills)
第 38 天	後方兩手抓技法複習 Techniques Review: Wrists Grab from the Back - (Front & Rear Skills)
第 39 天	坐姿技法複習 半立坐姿技法複習 Techniques Review: Seated & Half-Seated Postures (Kneeling on Both Calves & One Calf) - (Front & Rear Skills)
第 40 天	正面打技法複習 Techniques Review: Overhead Strike To The Head
第 41 天	自由練習 Free Practice
第 42 天	坐姿技法複習 半立坐姿技法複習 Techniques Review: Seated & Half-Seated Postures (Kneeling on Both Calves & One Calf) - (Front & Rear Skills)
第 43 天	基本技法複習 Basic Techniques Review
第 44 天	天地摔 斜打五教 *Heaven-Earth Throw *Side-of-the-head Strike + Fifth Technique/Form (Elbow & Inverted Wrist Pressing) -





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	(Front & Rear Skills)
第 45 天	自由練習 Free Practice
第 46 天	四方摔技法總整理 Overall Techniques Review: Four-direction Throw - (Front & Rear Skills)
第 47 天	入身摔技法總整理 Overall Techniques Review: Entering Throw - (Front & Rear Skills)
第 48 天	第一教技法總整理 Overall Techniques Review: First Technique/Form (Arm Pin)
第 49 天	第二教技法總整理 Overall Techniques Review: Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
第 50 天	第三教技法總整理 Overall Techniques Review: Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
第 51 天	第四教技法總整理 Overall Techniques Review: Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 52 天	迴轉摔技法總整理 Overall Techniques Review: Rotary Throw - (Front & Rear Skills)
第 53 天	反手摔技法總整理 Overall Techniques Review: Forearm Return / Supinating Wristlock Throw
第 54 天	自由練習 Free Practice
第 55 天	基本技法複習 Basic Techniques Review
第 56 天	基本技法複習 Basic Techniques Review





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第 57 天	後方兩手抓技法複習 Techniques Review: Wrists Grab from the Back - (Front & Rear Skills)
第 58 天	坐姿技法複習 半立坐姿技法複習 Techniques Review: Seated & Half-Seated Postures (Kneeling on Both Calves & One Calf) - (Front & Rear Skills)
第 59 天	自由練習 Free Practice
第 60 天	一級測驗 First-Grade Certification Test



二級課程進度表