



台北市合氣道大安道館

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五 級 課程進度表

第 1、2 天	基本動作 坐姿運步法 坐姿呼吸力養成法 基本技法複習 * Basic Body Movements * Footsteps Movements in Seated Posture (Kneeling on Both Calves) * Breathing Skill Development in Seated Posture * Basic Techniques Review
第 3 天	複習 立姿呼吸力養成法 前滾翻 後滾翻 Techniques Review: * Breathing Skill Development in Standing Posture * Forward Roll * Backward Roll
第 4 天	順半身單手抓入身摔 Single-hand Grab (one hand/wrist) in Nature Stance + Entering Throw – (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward)
第 5、6 天	順半身單手抓第一教 Single-hand Grab (one hand/wrist) in Nature Stance + First Technique/Form (Arm Pin) – (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward)
第 7、8 天	逆半身單手抓第一教 Single-hand Grab (one hand/wrist) in Reverse Stance + First Technique/Form (Arm Pin) – (Front & Rear Skills) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 9 天	逆半身單手抓入身摔 Single-hand Grab (one hand/wrist) in Reverse Stance + Rotary Turn





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	(*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 10、11 天	肩部抓第一教 Shoulder Grab + First Technique/Form (Arm Pin) – (Front & Rear Skills)
第 12、13 天	正面打迴轉摔 Overhead Strike To The Head + Rotary Throw– (Front & Rear Skills)
第 14、15 天	順半身單手抓迴轉摔 逆半身單手抓迴轉摔 Single-hand Grab (one hand/wrist) in Nature & Reverse Stances + Rotary Turn – (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 16、17 天	總複習 Overall Techniques Review
第 18、19 天	複習 正面打第二教 Techniques Review: Overhead Strike To The Head + Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
第 20、21 天	順半身單手抓第二教 Single-hand Grab (one hand/wrist) in Nature Stance + Second Technique/Form (Wrist Turn) – (Front & Rear Skills) (*Nature: uke/receiver and nage/thrower both have left foot forward)
第 22、23 天	逆半身單手抓第二教 Single-hand Grab (one hand/wrist) in Reverse Stance + Second Technique/Form (Wrist Turn) – (Front & Rear Skills)





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	(*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 24、25 天	肩部抓第二教 Shoulder Grab + Second Technique/Form (Wrist Turn) – (Front & Rear Skills)
第 26、27 天	天地摔 Heaven-Earth Throw
第 28、29 天	總複習 Overall Techniques Review
第 30、31 天	正面打四方摔 前方技法 (Front Skill): Overhead Strike To The Head + Four-direction Throw
第 32、33 天	正面打四方摔 後方技法 (Rear Skill): Overhead Strike To The Head + Four-direction Throw
第 34、35 天	胸部抓第一教 Chest Grab + First Technique/Form (Arm Pin) – (Front & Rear Skills)
第 36、37 天	斜打四方摔 Side-of-the-head Strike + Four-direction Throw– (Front & Rear Skills)
第 38、39 天	總複習 Overall Techniques Review
第 40 天	四級測驗 Fourth-Grade Certification Test

