



台北市合氣道大安道館

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### 三 級 課程進度表

第 1 天	基本技法複習 Basic Techniques Review
第 2 天	前打第一教 <b>Front-of-the-head Strike + First Technique/Form (Arm Pin) – (Front &amp; Rear Skill)</b>
第 3 天	複習 前打第二教 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Second Technique/Form (Wrist Turn)</b>
第 4 天	複習 前打第三教 Technique Review: – (Front & Rear Skill) <b>Front-of-the-head Strike + Third Technique/Form (Wrist Twist)</b>
第 5 天	複習 前打第四教 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Fourth Technique/Form (Wrist Pin)</b>
第 6 天	基本技法總複習 Overall Review: Basic Techniques
第 7 天	順逆半身單手抓技法總複習 Overall Techniques Review: (Front & Rear Skill) <b>Single-hand Grab (one hand/wrist) in Nature &amp; Reverse Stances</b> (*Nature: uke/receiver and nage/thrower both have left foot forward) (*Reverse: uke/receiver has left foot forward and nage/thrower right foot)
第 8 天	肩部抓技法總複習 Overall Techniques Review: (Front & Rear Skill)





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	<b>Shoulder Grab</b>
第 9 天	袖子抓技法總複習 Overall Techniques Review: (Front & Rear Skill) <b>Sleeve Grab</b>
第 10 天	斜打技法總複習 Overall Techniques Review: (Front & Rear Skill) <b>Side-of-the-head Strike</b>
第 11 天	前打技法總複習 Overall Techniques Review: (Front & Rear Skill) <b>Front-of-the-head Strike</b>
第 12 天	前打反手摔 <b>Front-of-the-head Strike + Forearm Return / Supinating Wristlock Throw</b>
第 13 天	複習 前打入身摔 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Entering Throw</b>
第 14 天	複習 前打四方摔 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Four-direction Throw</b>
第 15 天	複習 前打迴轉摔 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Rotary Throw</b>
第 16 天	複習 前打反手摔 Technique Review: (Front & Rear Skill) <b>Front-of-the-head Strike + Forearm Return / Supinating Wristlock Throw</b>
第 18、19、20 天	後方兩手抓技法第一教 <b>Wrists Grab from the Back + First Technique/Form (Arm Pin) - (Front &amp; Rear Skill)</b>





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第 21、22 天	後方兩手抓技法第二教 <b>Wrists Grab from the Back + Second Technique/Form (Wrist Turn) - (Front &amp; Rear Skill)</b>
第 23 天	後方兩手抓技法第三教 <b>Wrists Grab from the Back + Third Technique/Form (Wrist Twist) - (Front &amp; Rear Skill)</b>
第 24 天	後方兩手抓技法第四教 <b>Wrists Grab from the Back + Fourth Technique/Form (Wrist Pin) - (Front &amp; Rear Skill)</b>
第 25 天	基本技法總複習 Overall Basic Techniques Review
第 26 天	後方兩手抓技法複習 Techniques Review: <b>Wrists Grab from the Back - (Front &amp; Rear Skills)</b>
第 27 天	後方兩手抓技法四方摔 <b>Wrists Grab from the Back + Four-direction Throw - (Front &amp; Rear Skills)</b>
第 28 天	後方兩手抓技法入身摔 <b>Wrists Grab from the Back + Entering Throw- (Front &amp; Rear Skills)</b>
第 29 天	後方兩手抓技法反手摔 <b>Wrists Grab from the Back + Forearm Return / Supinating Wristlock Throw</b>
第 30 天	複習斜打技法 Techniques Review: <b>Side-of-the-head Strike</b>
第 31 天	複習正面打技法 Techniques Review: <b>Overhead Strike To The Head</b>





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第 32 天	後方兩手抓技法總複習 Overall Techniques Review: <b>Wrists Grab from the Back</b>
第 33 天	自由練習 後方兩手抓技法 Free Practice: <b>Wrists Grab from the Back</b>
第 34 天	自由技法 Free-style Techniques
第 35、36 天	基本技法複習 Basic Techniques Review
第 37、38 天	自由練習 順半身單手抓技法 Free Practice: <b>Natural Stance Single-hand Grab (one hand/wrist) - (Front &amp; Rear Skills)</b>
第 39、40 天	自由練習 逆半身單手抓技法 Free Practice: <b>Reverse Stance Single-hand Grab (one hand/wrist) - (Front &amp; Rear Skills)</b>
第 41、42 天	自由練習 肩部抓技法 Free Practice: <b>Shoulder Grab Techniques</b>
第 43、44 天	自由練習 斜打技法 Free Practice: <b>Side-of-the-head Strike Techniques</b>
第 45、46 天	自由練習 前打技法 Free Practice: <b>Front-of-the-head Strike Techniques</b>
第 47、48 天	自由練習 後方兩手抓技法 Free Practice: <b>Wrists Grab from the Back</b>
第 49 天	總複習 Overall Techniques Review
第 50 天	二級測驗 Second-Grade Certification Test

