



台北市合氣道大安道館

www.daan-aikido.club.tw



六 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 Basic Techniques Review: * Breathing Skill Development in Seated 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)





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Dojo Etiquette (道館禮節)

Proper observance of etiquette is as much a part of your training as is learning techniques. Please take the following guidelines seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of O Sensei's picture, the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. If you do happen to arrive late, sit quietly in seiza (Seated Posture/Kneeling on Both Calves) on the edge of the mat until the instructor grants permission to join practice.
4. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
5. Avoid sitting on the mat with your back to the picture of O Sensei or the kamiza. Also, do not lean against the walls or sit with your legs stretched out. (Either sit in seiza or cross- legged.)
6. Remove watches, rings and other jewelry before practice.
7. Do not bring food, gum, or beverages with you into the dojo.
8. Please keep your finger and toe nails cut short.
9. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic -- Aikido.
10. Carry out the directives of the instructor PROMPTLY. Do not keep the rest of the class waiting for you!
11. Do not engage in rough-housing or needless contests of strength during class.
12. Keep your training uniform clean, in good shape, and free of offensive odors.
13. Please pay your membership dues promptly. If, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection.
14. Do not change your clothes on the mat.
15. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised.
16. Preserve common-sense standards of decency and respect at all times.





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1. 基本禮節： 著裝，跪姿，向道祖行禮，向老師行禮

立姿： 三角姿勢

◆ Basic Etiquette:

1. Wearing Training Uniform →

2. In Seated Posture/Kneeling on Both Calves →

3. Bow to O Sensei's picture → Bow to Sensei or the instructor

*Standing Posture: Tri-angle stance

合氣道武術之認識，熱身運動，轉身法，護身倒法

◆ Introduction to Aikido

Aikido is a Japanese martial art developed by Morihei Ueshiba (often referred to by his title 'O Sensei' or 'Great Teacher') as a synthesis of his martial studies, philosophy, and religious beliefs. On a purely physical level it is an art involving some throws and joint locks that are derived from Jujitsu and some throws and other techniques derived from Kenjutsu. Aikido focuses not on punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away from you. It is not a static art, but places great emphasis on motion and the dynamics of movement.

Aikido is often translated as "the Way of unifying (with) life energy" or as "the Way of harmonious spirit." Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury.

Aikido is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. The aikidoka (aikido practitioner) "leads" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks. Aikido can be categorized under the general umbrella of grappling arts.





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2. 熱身運動：頸部，腰部，足部，手腕運動。

◆ Warm-up Exercises:

Neck, Waist, Feet/Ankles/Kneels/Legs, Wrists

3. 基本動作：左右半身練習法，一教運動，划船運動，左右擺動，立姿，坐姿運步法，伸背運動

◆ Basic Body Movements:

1. *Nature Stance (Left) Exercise: uke/receiver and nage/thrower both have left foot forward
2. *Nature Stance (Right) Exercise: uke/receiver and nage/thrower both have right foot forward
3. *Reverse Stance (Left) Exercise: uke/receiver has right foot forward and nage/thrower left foot
4. *Reverse Stance (Right) Exercise: uke/receiver has left foot forward and nage/thrower right foot
5. *First Technique Exercise
6. *Sculling Exercise
7. *Left/Right Twist Turn
8. *Standing Posture
9. *Seated Posture (Kneeling on Both Calves)
10. *Footsteps Movements
11. *Back-to-back Stretching Exercise

護身倒法：前滾，後滾，後倒，側倒，受力護身。

◆ Ukemi Training (Body Protection Exercises):

Forward Roll, Backward Roll, Backward Fall, Sideways Fall, Break Fall

4. 轉身法：逆單手抓，雙手抓雙手。

◆ Body Outside-Turning/Pivoting:

Single-hand Grab (one hand/wrist) in Nature Stance

Both-hands Grab (two hands/wrists)





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5. 逆單手抓：四方摔，一教。

◆ **Single-hand Grab (one hand/wrist) in Reverse Stance + Four-direction Throw**

◆ **Single-hand Grab (one hand/wrist) in Reverse Stance + First Technique/Form (Arm Pin)**

6. 正面打：入身摔。

◆ **Overhead Strike To The Head + Entering Throw**

