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二 級 課程進度表

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











	(*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
表 12 入	Techniques Review: Wrists Grab from the Back
 第 13 天	斜打技法複習
第 13人	Techniques Review: Side-of-the-head Strike
第 14 天	前打技法複習
为 14 人	Techniques Review: Front-of-the-head Strike
第 15 天	正面打技法複習
おり入	Techniques Review: Overhead Strike To The Head
 第 16、17	肩部抓正面打第一教
表 10、 17	Shoulder Grab + Overhead Strike To The Head:
	First Technique/Form (Arm Pin) - (Front & Rear Skills)
	肩部抓正面打第二教
第 18 天	Shoulder Grab + Overhead Strike To The Head:
	Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
	肩部抓正面打第三教
第 19 天	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)











第 22 天	肩部抓正面打入身摔
	Shoulder Grab + Overhead Strike To The Head: Entering Throw
	- (Front & Rear Skills)
	肩部抓正面打反手摔
第 23 天	Shoulder Grab + Overhead Strike To The Head:
	Forearm Return / Supinating Wristlock Throw
	肩部抓正面打迴轉摔
第 24 天	Shoulder Grab + Overhead Strike To The Head: Rotary Throw -
	(Front & Rear Skills)
	肩部抓正面打總複習
第 25 天	Techniques Review: (Front & Rear Skills)
	Shoulder Grab + Overhead Strike to the Head
	半立坐姿四方摔
第 26 天	Half-Seated Posture (Kneeling on One Calf):
	Four-direction Throw - (Front & Rear Skills)
) 第 27、28	半立坐姿入身摔
第 2 / 、 20 天	Half-Seated Posture (Kneeling on One Calf): Entering Throw -
	(Front & Rear Skills)
第 29、30	半立坐姿迴轉摔
天	Half-Seated Posture (Kneeling on One Calf): Rotary Throw -
^	(Front & Rear Skills)
) 第 31 天	基本技法複習
毎 3 人	Basic Techniques Review
	順逆半身單手抓技法複習
第 22 工	Techniques Review:
第 32 天	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











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)
	坐姿技法入身摔複習
第 37 天	Techniques Review:
\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\	Seated Posture (Kneeling on Both Calves) - Entering Throw -
	(Front & Rear Skills)
	後方兩手抓技法複習
第 38 天	Techniques Review: Wrists Grab from the Back - (Front & Rear
	Skills)
	坐姿技法複習 半立坐姿技法複習
第 39 天	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	
	Free Practice
	坐姿技法複習 半立坐姿技法複習
第 42 天	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) -











	(Front & Rear Skills)
第 45 天	自由練習
第 46 天	Free Practice 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
77 T	Overall Techniques Review: Entering Throw - (Front & Rear Skills)
第 48 天	第一教技法總整理
A 10 X	Overall Techniques Review: First Technique/Form (Arm Pin)
	第二教技法總整理
第 49 天	Overall Techniques Review:
	Second Technique/Form (Wrist Turn) - (Front & Rear Skills)
	第三教技法總整理
第 50 天	Overall Techniques Review:
	Third Technique/Form (Wrist Twist) - (Front & Rear Skills)
	第四教技法總整理
第 51 天	Overall Techniques Review:
	Fourth Technique/Form (Wrist Pin) - (Front & Rear Skills)
第 52 天	迴轉摔技法總整理
75 02 7	Overall Techniques Review: Rotary Throw - (Front & Rear Skills)
	反手摔技法總整理
第 53 天	Overall Techniques Review:
	Forearm Return / Supinating Wristlock Throw
第 54 天	自由練習
713 0 1 70	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











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





