**104學年度 第2學期　國術社　課程表**

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| --- | --- | --- |
| 日期 | 課程內容 | 備註 |
| 3/14 | 膝擊: 1虛步頂膝 (正提膝) 2馬步橫靠膝 (側提膝) 3弓步撞膝拳法: 立拳 / 平拳直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) : 虎[腰](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=hip)步拍打 /拗步捶- 右攔捶預防別人抓[兩](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=two)手: 1.金雞獨立2. 白馬獻蹄 3.左右開弓 4. 雙龍出海 5. 雙浮沉手  |  |
| 3/21 | 腿功; 1.溜腿 2. 點踢 (勾踢腿) 3. 撩陰腿 (彈腿) 4-.蹬腳拳法 彈拳直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 蒼龍擺尾預防別人抓反手 1. 猛虎出洞 2. 抓枝砍柴預防別人抓正手1.黑虎偷心 2.金雞抖翎 3.白鶴亮翅 4. 頂心拐肘 |  |
| 3/28 | 奪槍術警棍[六](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=6)法 | 國術體驗營 |
| 4/4 |  | 清明節補假 |
| 4/11 |  | 考前一週 |
| 4/18 | 期中考 |
| 4/25 | 腿功:斧刃腳 / 截踩 / 扁樁腳拳法 砲捶 (炮拳/ 挑拳/ 栽捶)直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 毒蛇搖頭[前](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=front)勒頸突破 (雙[卡](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=card)[脖](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=neck)) 1. 怒鶴震翅 2. 風擺楊柳 3. 下砸頂肘 4.千斤墜 |  |
| 5/2 | 腿功 腳蠍子腳拳法 鞭拳/貫拳 / 螺旋拳直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 大鵬展翅雙推掌[解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break" \o "Show information about all characters)[法](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break)**1.**蝴蝶雙飛-貓兒洗臉 2.蝴蝶雙飛-虎撲推窗(蹬襠) 3. 蝴蝶雙飛-羅漢[擊](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=attack)[鼓](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=drum) 4.大鵬展翅-直搗黃5. 大鵬展翅-刺踢-白蛇吐信 |  |
| 5/9 | 腿功 虎尾腳/ 五[不](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=NOT)落拳法 橫打 / 劈拳直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 攔截-橫頂肘 / 頂肘牽羊胸襟/肩被抓: 1.白虎洗臉 2拐肘反制3.毒蛇搖頭 4.上步橫打 |  |
| 5/16 | 奪槍術 : 1.上步折腕 2.白馬捲蹄 3.斷指奪槍 4. 折翼手法警棍[六](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=6)法 1.虎撲推窗 2-上步頂心 4- 上步橫打 |  |
| 5/23 | 腿功 飛鶴騰空 / 二起腳拳法反[背](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=back)拳直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 揚鞭頂心[前](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=front)抱[解法](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) (腰被抱 /雙臂被抱) 1. 金雞獨立 2.黑熊盤肘 3.黑熊晃身側勒頸突破1,海底撈月 2.大蟒纏身 |  |
| 5/30 | 腿功 擺蓮 / 刮面拳法 撩捶直擊[破解](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=break) 鴛鴦雙掌-扁樁腳下式後[方](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=direction)[搭](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=put)肩 1.黃鷹掐膆 2. 金雞抖翎 3.海底撈月-五雷轟頂(後勒頸突破**1.** 黑熊晃身2.大蟒纏身 3.舉手彎腰 (挑肘別[臂](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=arm" \o "Show information about all characters)) |  |
| 6/6 | 奪槍術 5.[翻](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=turn)[背](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=back)切喉 6.掐喉提膝警棍[六](http://www.mdbg.net/chindict/chindict.php?page=worddict&wdrst=1&wdqb=6)法 3-反撩掛塌 5- 劈腕鎖喉 6. 揚鞭掛塌 |  |
| 6/13 |  | 期末大會 |
| 6/20 | 考前一週 |
| 6/27 | 期末考 |