A

臥姿護身倒法 - 正面



ushiro ukemi-Backward falling

A

2♠

臥姿護身倒法 - 左側、右側



ushiro ukemi-Left、Right

2♠

3

坐姿護身倒法



ushiro ukemi-Sitting position

3

4

蹲姿護身倒法



ushiro ukemi-Squatting

5♠

立姿護身倒法



ushiro ukemi-Standing

5♠

6♠

前迴轉倒法

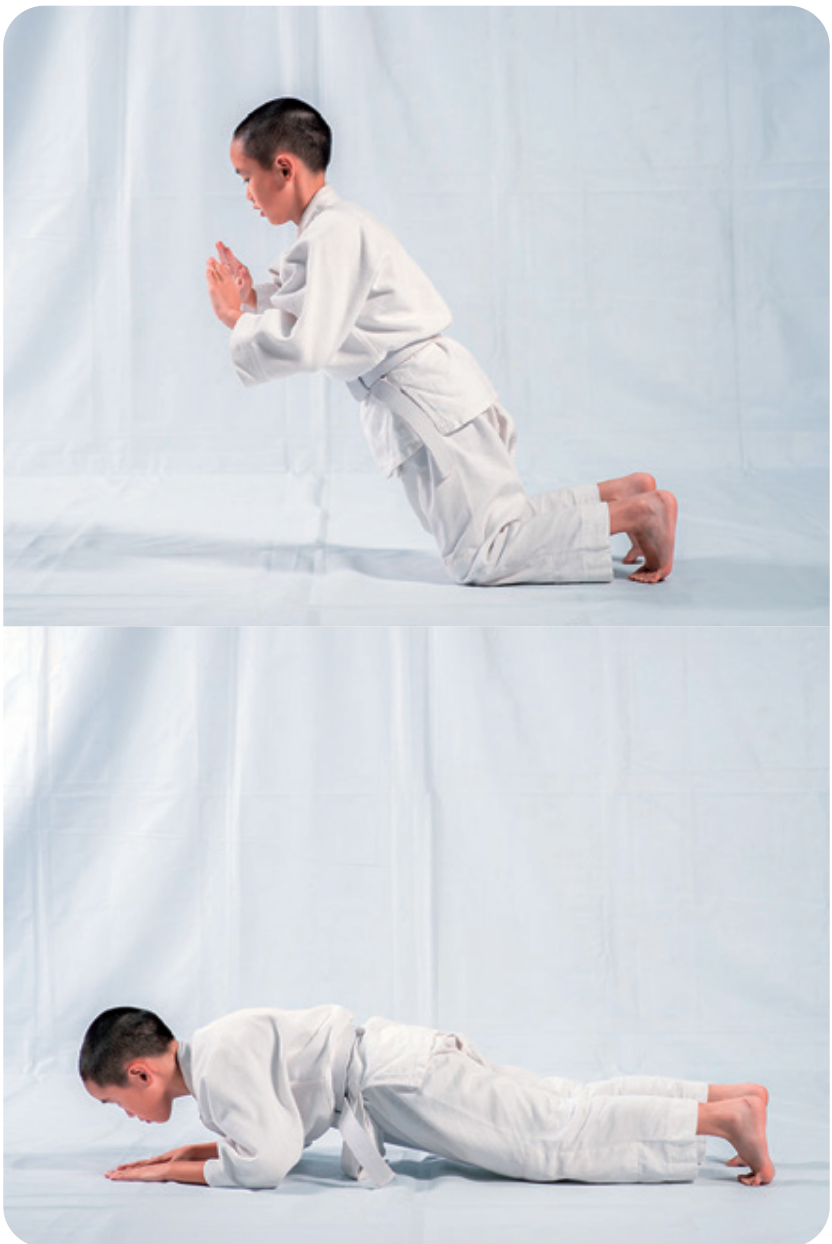


Zempo kaiteh ukemi

♠9

7

前方倒法



Jigari Ukemi

8

大内割摔倒



O Uchi Gari

8

9♠

浮腰 - 破勢、取位法



Uki Goshi-Kuzushi and Tsukuri

♠6

10

♠

浮腰 - 施術



Uki Goshi-Kake

♠

10

J

袈裟固





Kesa Gatame

袈裟固反制法



Kesa Gatame
Counter method

K

精力善用求一勝



Make good use of skills and power to win

K

A

行禮：以禮開始，以禮結束



Salute： to begin and end up with etiquette

A

2

愛護場地，愛護公物



To keep place tidy and to maintain public property

2

3

護身倒法的意義：保護自己



The meaning of ukemi：Self protection

4

鍛鍊與教育比勝負更重要



Practice and discipline are more important than results

4

5

尊師重道，孝順父母



Respect for teachers
Filial piety for parents

5

6

什麼是武德：「道」的涵養



Virtue of martial art : Cultivation of "Tao"?

9

7

抓到重點就能事半功倍



Get the point：
A stitch in time saves nine

7

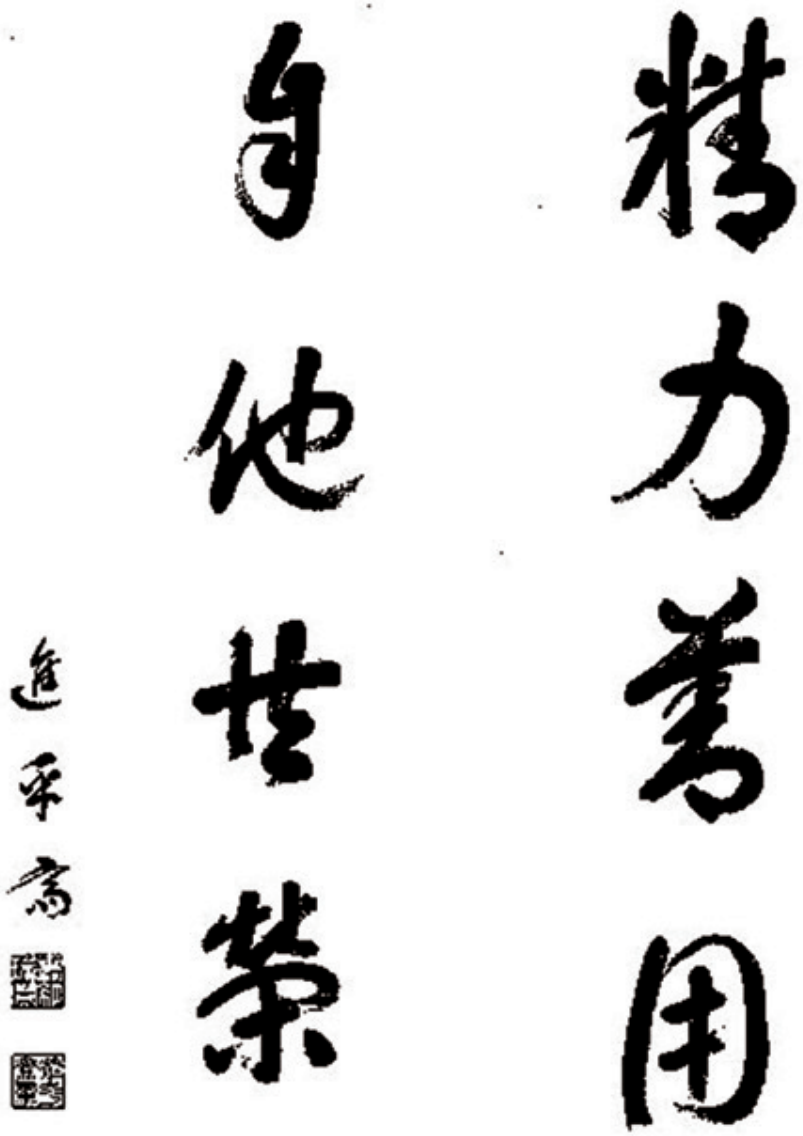
柔道哲學：以柔克剛



The Philosophy of judo：Softness controls hardness

9

柔道宗旨：精力善用，自他共榮



Goal of Judo：
Maximum efficiency minimnm effort,mutual welfare and benefit

6

10

立技施術原則：
製造機會，把握機會



Principles of Nage-waza：
Create & Seize opportunities

10

J

寢技施術原則：
延伸觸角，大量吸收



Principles of Ne-waza：
Stretch out & Absorb force abundantly

積極的柔道：
成功掌握在自己的手裡



active Judo：
Success is kept in one's own hand

K

正向勇敢智若愚



Positive & bravery intelligent

K

A

♣

雞蛋滾翻



♣

A

To roll like an egg

2♣

盤腿繞圓（不倒翁運動）



Tumbler

2♣

3♣

仰臥前踢，內外旋腿



1. Lie down and kick forward
2. leg rotation
   Pronation and External

3♣

4

♣

平衡跳躍



Balanced jump

♣

4

5

鐘擺

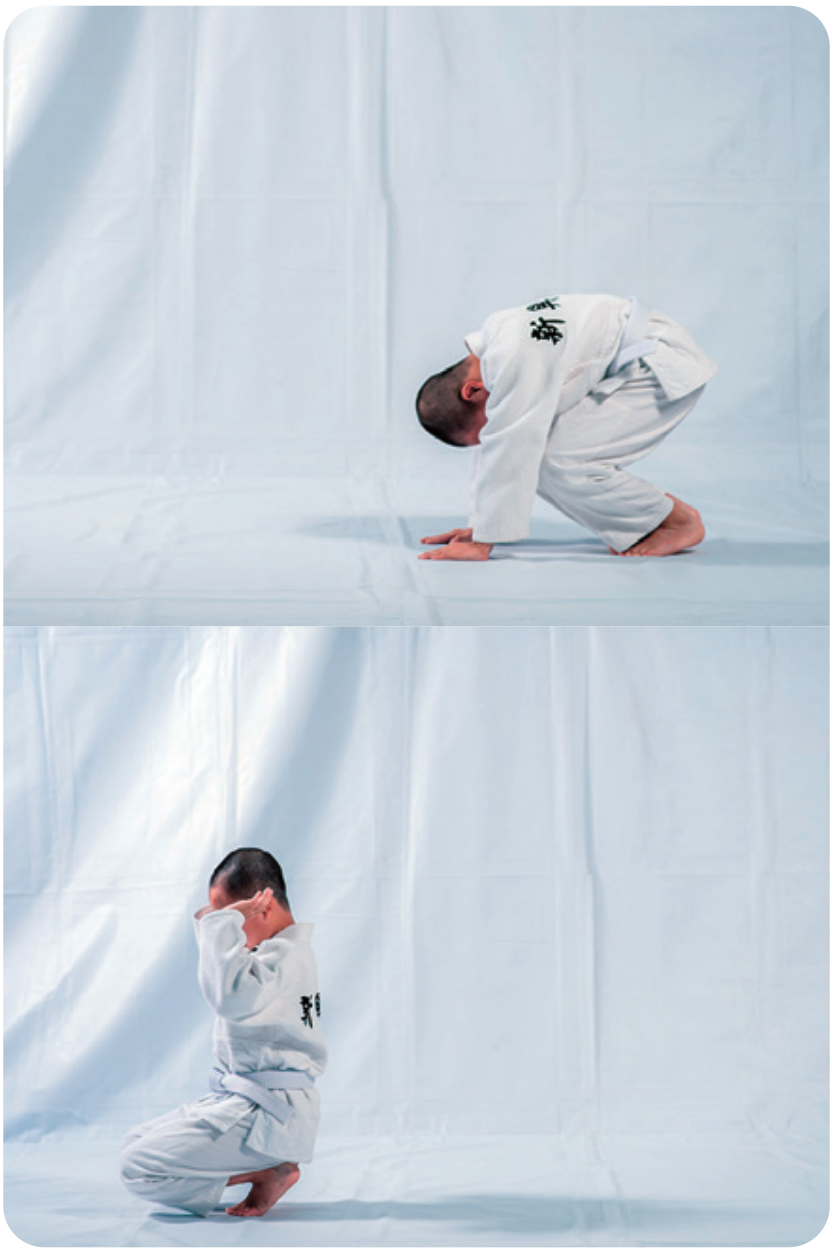


Pendulum

5

6♣

前、後滾翻

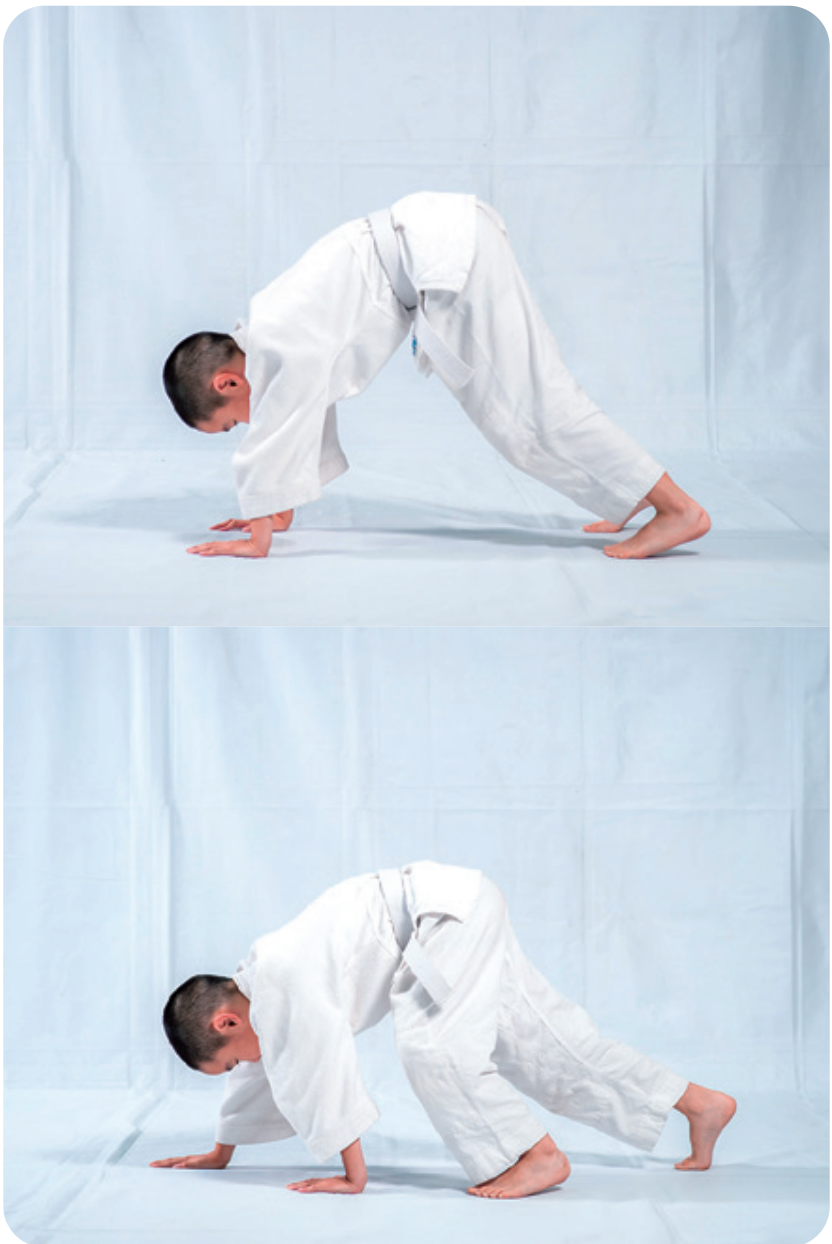


Forward & backward roll

9♣

7♣

前導遊戲：大熊走路



Leading game：
Walk like a bear

7♣

前導遊戲：地洞接龍

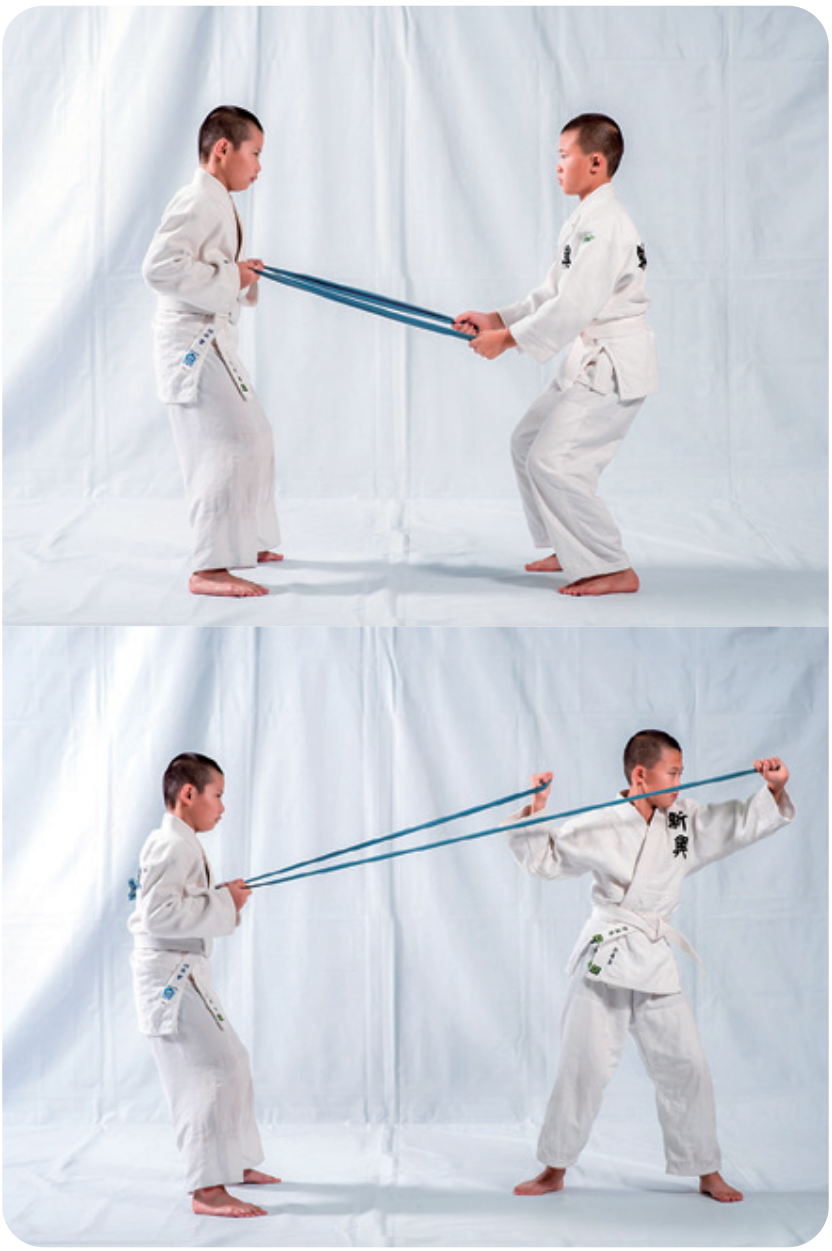




Leading game：
Crawl continue

9♣

立技前導遊戲：道帶拉力

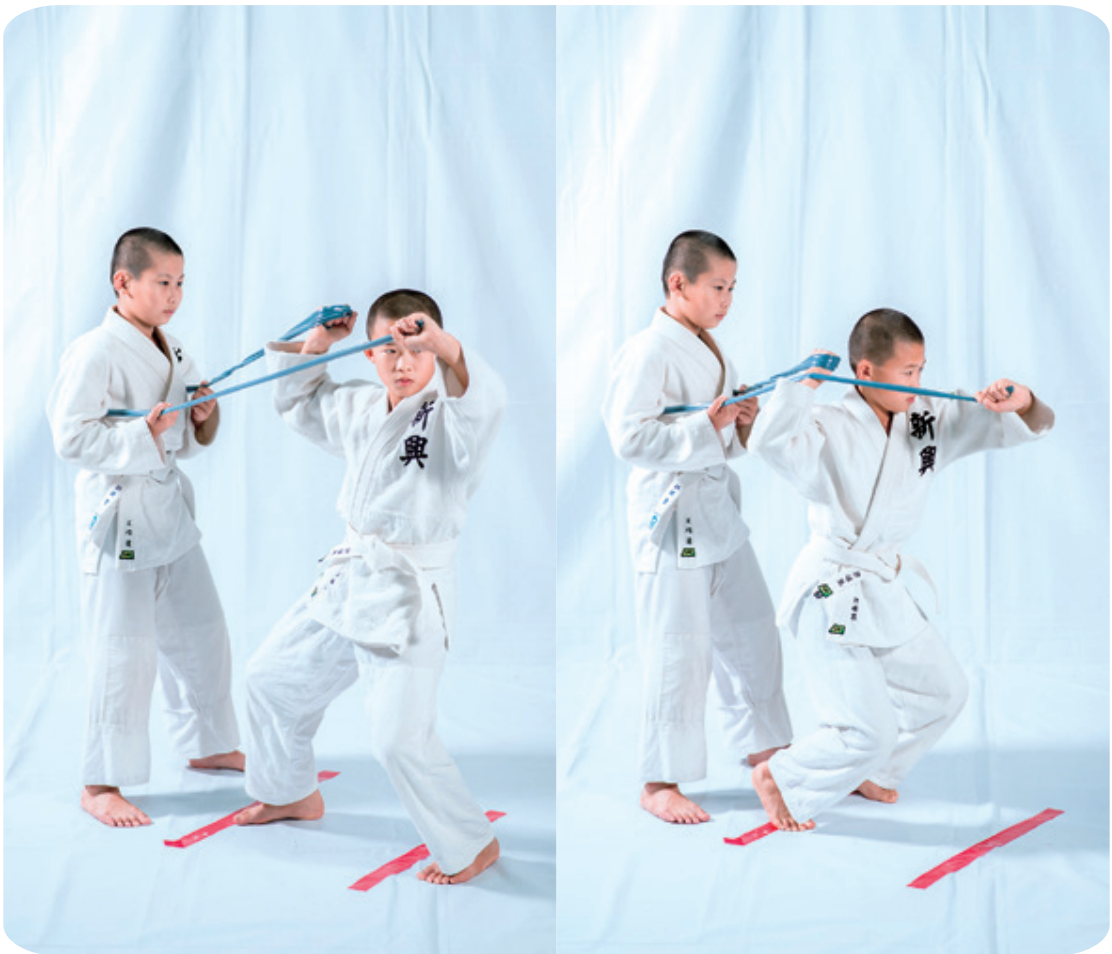


Tachi-Waza Leading game：Obi Kuzushi

6♣

10

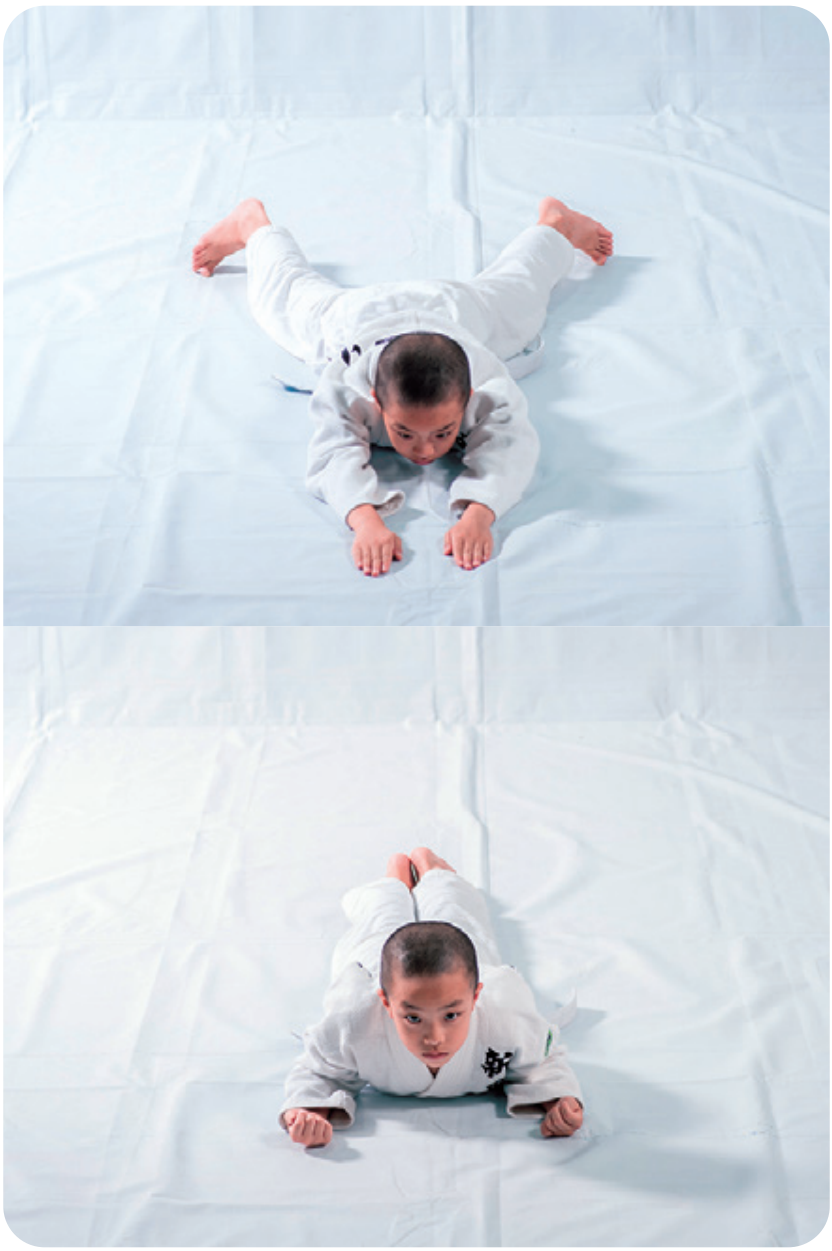
立技前導遊戲：道帶轉身



Tachi-Waza Leading game：Obi Tsukuri

10

寢技前導遊戲：臂力加強運動



Newaza Leading game：
Arm-strengthening exercise

寢技前導遊戲：龍蝦運動



Newaza Leading game：Lobster exercise

K

堅毅磨練礪心志



To strengthen their perseverance

K

A

物歸其所



Put away the tools and stuff

A

2

什麼是柔道：起源與歷史



What is Judo? Origin & History

2

3

力學基礎：向心圓、離心圓



Basic mechanics：centripetal & centrifugal

3

4

著裝：穿著柔道服、綁道帶、折道服、掛道服

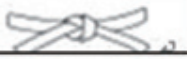


Wearings：
put on/Fold/hang Judogi.
Tie up Judo belt

4

5

腰帶的意義：段位和級別介紹

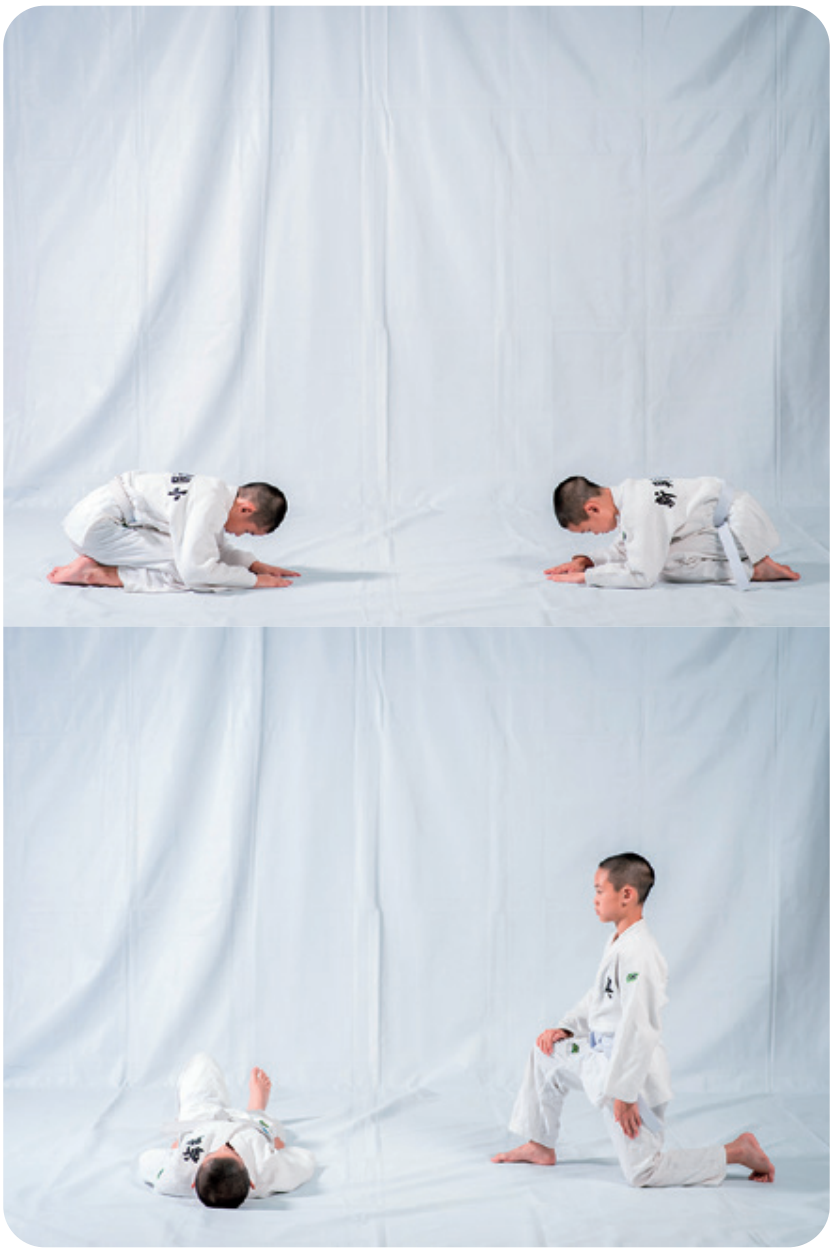
White		白帶	六級
Yellow		黃帶	五級
Orange		橘帶	四級
Green		綠帶	三級
Blue		藍帶	二級
Brown		咖啡帶	一級
Black		黑帶	初段 二段 三段 四段 五段
Red and White		紅白帶	六段 七段 八段
Red		紅帶	九段 十段

Meanings of Judo obi : Ranks and Grades

5

6

武德精神：取者受者應有態度



Virtue of martial art : attitude of attacker & defender

9

7

裁判規則：破壞基底面積才會倒



Competition rules : Destroy the base surface causes collapse

7

致勝關鍵：靜者恆靜、動者恆動





The key to win： Inertia
The way of still and more

9

力的流動：推即拉、拉即推



Flow of strength：
Push i.e. pull, pull i.e. push

6

10

柔道的技術一：立技



Judo techniques：Tachi-Waza

10

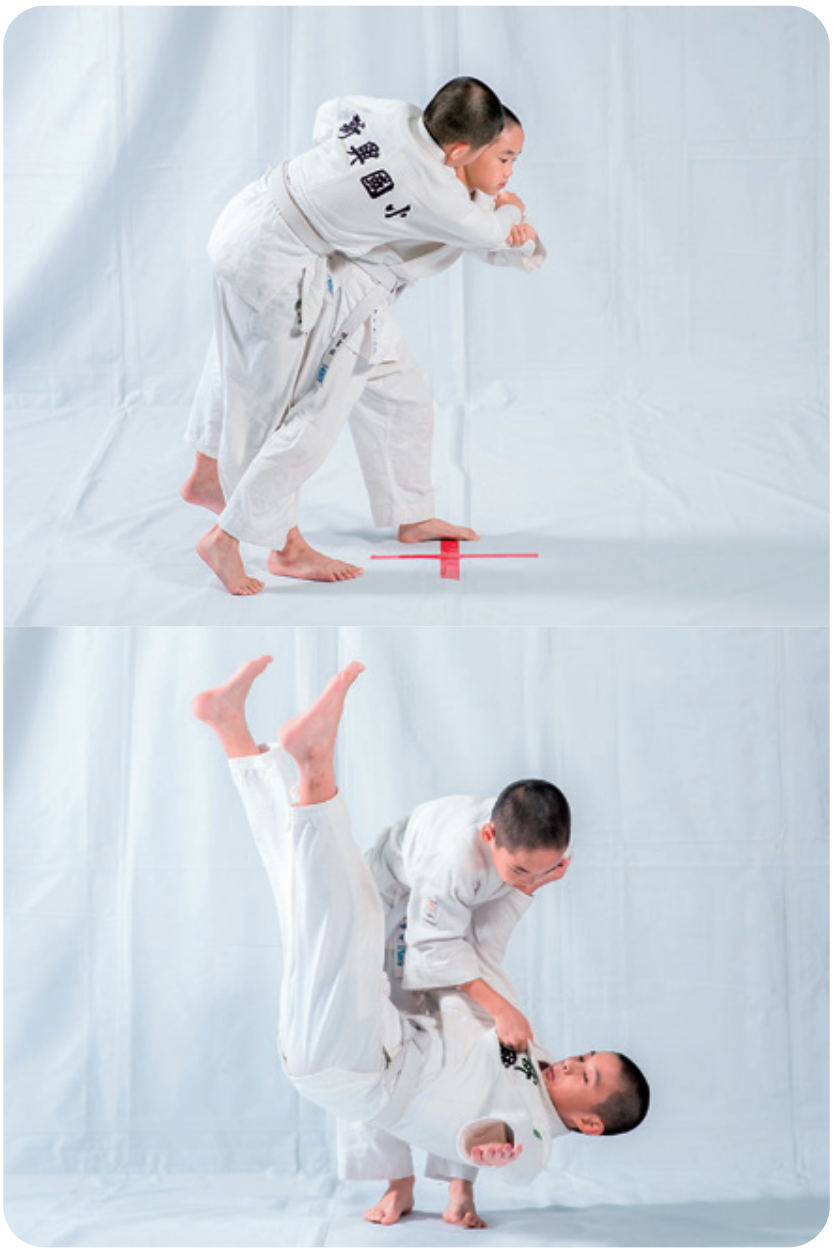
柔道的技術二：寢技





Judo techniques：Ne-waza

得意技：融會貫通、無往不利



combat expertise：
Full comprehension,invincible

K

術業兼修重榮譽



Combination of the honor, skills & learnings

K

JOKER

SSES

新興國小

教育部體育署校本體育課程

標竿學校

體能・生活・精神・競技

JOKER

JOKER

SSES

新興國小

教育部體育署校本體育課程

標竿學校

體能・生活・精神・競技

JOKER