

AIKIDO Waza Ura/Omote (efter eget valg)	5. KYU	4. KYU	3. KYU	2. KYU	1. KYU	1. DAN	2. DAN
Kote Gaeshi	Ai Hanmi Katate Tori	Gyaku Hanmi Katate Tori					Ryote Tori
Ikkyo			Ai Hanmi Katate Tori + Mawashi Tsuki				Ushiro Katate Tori + Kubi Shime
Nikyo			Ai Hanmi Katate Tori	Ushiro Ryote Tori			Mune Tori
Aiki Otoshi			Ushiro Kakae Tori	Ushiro Katate Tori + Kubi Shime			Ushiro Ryote Tori
Shiho Nage				Gyaku Hanmi Katate Tori + Mawashi Tsuki	Ushiro Ryote Tori		Mune Tori + Mawashi Tsuki
Irimi Nage				Shomen Uchi	Ushiro Katate Tori + Kubi Shime		Uraken Uchi
Koshi Nage					Ryote Tori	Shomen Uchi	Yokomen Uchi
Sankyo					Ai Hanmi Katate Tori + Yokomen Uchi	Shomen Uchi	Ushiro Katate Tori + Kubi Shime
Sumi Otoshi						Gyaku Hanmi Katate Tori	Ai Hanmi Katate Tori
Kaiten Nage						Gyaku Hanmi Katate Tori	Shomen Uchi
Tenshi Nage						Ryote Tori	Gyaku Hanmi Katate Tori + Mawashi Tsuki
Gaeshi Waza			Kote Gaeshi → ← Kote Gaeshi	Ikkyo → ← Ikkyo	Kote Gaeshi → ← Nikyo	Sumi Otoshi → ← Shiho Nage	Sankyo → ← Irimi Nage
					Shiho Nage → ← Aiki Otoshi	Irimi Nage → ← Sankyo	Kote Gaeshi → ← Koshi Nage
Ranraku/Ransoku Waza				Ikkyo + Kote Gaeshi	Irimi Nage + Aiki Otoshi	Ikkyo + Shiho Nage	Koshi Nage + Tenshi Nage
					Shiho Nage + Kote Gaeshi	Koshi Nage + Nikyo	Sankyo + Kaiten Nage
							Tenshi Nage + Sankyo
							Tenshi Nage + Kokyu Ho