

| Teknikker: | 6. Ko | 5. Ko | 4. Ko | 3. Ko | 2. Ko | 1. Ko |
|------------|--|---|--|--|--|---|
| | Gul streg | Gul | Gul-orange | Orange | Orange-grøn | Grøn |
| 1.a | Jodan Kizami Tsuki Age Uke + Chudan Gyaku Tsuki + Jodan Kizami Tsuki + Chudan Mae Geri | Ai Hanmi Katate Tori Gedan Mawashi Geri + Kote Gaeshi (omote). | Gyaku Mawashi Tsuki Gyaku Uchi Shuto Uke + Age Tsuki + Ippon Seoi Nage + Yoko Shiho Gatame | Mune Tori Greb i håndled + Teisho Uchi + Ude Hishigi Tai Waki Gatame (til gulv) | Gyaku Mawashi Tsuki Uchi Uke + Jodan Gyaku Mae Empi Uchi + Mune Tori + Kuzure Ude Hishigi (til gulv) + Ude Garami Henka Waza | Mae Jime Morote Shuto Uke + Kumade Uchi + Kubi Mawashi (til gulv) + Nukite (fastholde) |
| 1.b | Jodan Kizami Tsuki Age Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Kannuki Gatame | Ai Hanmi Katate Tori Gedan Mae Ashi Mawashi Geri + Kote Gaeshi (ura) | Gyaku Mawashi Tsuki Uchi Shuto Uke + Gyaku Shuto Uchi + O Soto Gari/Otoshi + Kata Gatame | Mune Tori Uchi Shuto Uke + Teisho Uchi + Kannuki Gatame + Nedtagning med Tai Sabaki + Kannuki Gatame | Gyaku Mawashi Tsuki Uchi Uke + Teisho Uchi + Kuzure Ude Hishigi + Ushiro Empi Uchi | Mae Jime Morote Shuto Uke + Kumade Uchi + Hiza Geri |
| 2.a | Chudan Gyaku Tsuki Te Nagashi Uke + Yoko Empi Uchi + O Goshi + Gyaku Tsuki | Chudan Mawashi Geri Soto Barai + Gyaku Uchi Shuto Uke + Jodan Gyaku Teisho Uchi + Chudan Mae Geri | Mae Geri Gedan Gyaku Te Nagashi Uke + Chudan Yoko Geri | Ushiro kubi Jime Ushiro Empi Uchi + Tai Waki Gatame (gyaku) + Ude Hishigi (på gulvet) | Ushiro Kubi Shime Grib i arm og synk ned (frigørelse) + Ushiro Empi Uchi + Tai Otoshi + Gyaku Tsuki | Stokkeslag udefra (Gyaku) Uchi Shuto Uke + Gyaku Teisho Uchi + Gedan Hazo Geri + Harai Goshi + Ude Hishigi + våbenkontrol |
| 2.b | Chudan Gyaku Tsuki Te Nagashi Uke + Uchi Shuto Uchi + O Uchi Gari + Gyaku Tsuki | Chudan Mawashi Geri Soto Barai + Gyaku Uchi Shuto Uke + Ashi Hishigi Gatame + Gyaku Tsuki | Mae Geri Gedan Gyaku Te Nagashi Uke + Gedan Yoko Geri (knæhase) + Gyaku Mae Empi | Ushiro kubi Jime Ushiro Empi Uchi + Ippon Seoi Nage + Atemi | Ushiro Kubi Shime Grib i arm og synk ned (frigørelse) + Ushiro Empi Uchi + Ude Garami Henka Waza | Stokkeslag udefra (Gyaku) Uchi Shuto Uke + Nikyo (til gulv) + våbenkontrol |
| 3.a | | Chudan Mae Geri Gedan Barai + Gyaku Tsuki + O Uchi Gari + Yoko Shiho Gatame | | Mae Jime Morote Uke + Jodan Tate Tsuki + Ko Uchi Gari + Tate Shiho Gatame | Ai Hanmi + Gyaku Mawashi Tsuki Ikkyo Omote (på grebsarm) + Fastholde på gulv | Knivstik nedefra Uchi Shuto Uke + Hangetsu Uke + Tani Otoshi + Otoshi Empi Uchi + våbenkontrol |
| 3.b | | Chudan Mae Geri Gedan Barai + Tate Tsuki + O Goshi + Hon Kesa Gatame | | Mae Jime Morote Uke + Soto Shuto Uchi + Uki Goshi + Kannuki Gatame | Ai Hanmi + Gyaku Mawashi Tsuki Ikkyo Ura (på grebsarm) + Ude Hishigi Juji Gatame | Knivstik nedefra Uchi Shuto Uke + Hangetsu Uke + Gedan Gyaku Haito Uchi + De Ashi barai + Gyaku Tsuki + våbenkontrol |
| 4.a | | | | | | Greb i kraven bagfra Yoko Empi Uchi + Sukui Nage + Gyaku Tsuki |
| 4.b | | | | | | Greb i kraven bagfra Hiza Geri + Hizi Maki Komi – til gulv |

| Kihon: | 6. Ko | 5. Ko | 4. Ko | 3. Ko | 2. Ko | 1. Ko |
|---------------------|------------------------|--------------------------|------------------------------|----------------------------------|--|---|
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| Aikido Kihon | | | | | | |
| Kote Gaeshi | | Ai Hanmi Katate Tori | Gyaku Hanmi Katate Tori | Gyaku Hanmi Katate Tori | | |
| Ikkyo | | | | | Ai Hanmi Katate Tori + Mawashi Tsuki | |
| Nikyo | | | | | | Ai Hanmi Katate Tori |
| Aiki Otoshi | | | | | | Ushiro Kakae Tori |
| Gaeshi Waza | | | | | | Kote Gaeshi >< Kote Gaeshi |
| Nage Kihon | | | | | | |
| | O Goshi | O Uchi Gari | Seoi Nage | Uki Goshi | Harai Goshi | Sukui Nage |
| | | | O Soto Gari/Otoshi | Ko Uchi Gari | Tai Otoshi | De Ashi Barai |
| | | | | | | Tani Otoshi |
| Gaeshi Waza | | | | | | Uki Goshi >< O Goshi |
| Rasoku/Ranraku Waza | | | | O Goshi + O Uchi Gari | O Uchi Gari+ Ko Uchi Gari | O Soto Gari + Seoi Nage |
| Ne Waza | Hon Kesa Gatame | Yoko Shiho Gatame | Kata Gatame | Tate Shiho Gatame | Ude hishigi juji gatame | Gyaku Tate Shiho Gatame |
| Atemi Kihon | | | | | | |
| Slagpuder: | Jodan Oi Tsuki | Chudan/Jodan Gyaku Tsuki | Mawashi Geri | Yoko Geri | Yoko Empi Uchi | Gedan Hazo Geri |
| | Chudan Oi Tsuki | Mae Geri | Gyaku Mae Empi Uchi | Age Tsuki | Uraken Uchi | Ushiro Geri |
| | | | Kizami Tsuki | Uchi Shuto Uchi | | Haito Uchi |
| | | | Gyaku Mawashi Tsuki | Soto Shuto Uchi | | |
| 1. Kombination | <i>Jodan Oi Tsuki</i> | <i>Chudan Oi Tsuki</i> | <i>Jodan Gyaku Tsuki</i> | <i>Chudan Gyaku Tsuki</i> | <i>Kizami Tsuki</i> | <i>Gyaku Mawashi Tsuki</i> |
| | Age Uke | Te Nagashi | Age Uke + Gyaku Tsuki | Te Nagashi + Gyaku Mae Empi Uchi | Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki | Uchi Shuto Uchi + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki |
| 2. Kombination | <i>Chudan Mae Geri</i> | <i>Chudan Mae Geri</i> | <i>Chudan Gyaku Tsuki</i> | <i>Chudan Mawashi Geri</i> | <i>Uraken Uchi</i> | <i>Oi Tsuki</i> |
| | Gedan Barai | Soto Barai | Uchi Shuto Uke + Gyaku Tsuki | Gedan Barai + Mae Geri | Soto Uke + Yoko Empi Uchi + Jodan Gyaku Mae Empi | Gyaku Shuto Uke + Yoko Geri + Gyaku Tsuki |

| Kamp m.m. | 6. Ko | 5. Ko | 4. Ko | 3. Ko | 2. Ko | 1. Ko |
|--|----------------|------------------|------------------|------------------|-----------------------|--|
| | Gul streg | Gul | Gul-orange | Orange | Orange-grøn | Grøn |
| Kamp | Ne Waza *) | Ne Waza *) | Ne Waza *) | Ne Waza *) | Fighting - JJIF | Aikido *) |
| | | Randori *) | Randori *) | Randori *) | | Fighting - JJIF |
| | | Kumite *) | Kumite *) | Kumite *) | | |
| *) Laves som Yakusoku Geiko (let kamp) | | | | | | |
| Duo | | | Duo - serie A | Duo - serie A | Duo - serie B | Duo - serie B |
| Frit forsvar: | 5 stk. | 10 stk. | 15 stk. | 20 stk. | 25 stk. | 30 stk. delvis forudsagte |
| | | | | | | 1) Slag/spark 2) Omklamringer 3) Greb 4) Våben 5) Dobbelt angreb 6) Frie angreb |
| Ukemi: | Yoko Ukemi | Yoko Ukemi | Yoko Ukemi | Yoko Ukemi | Yoko Ukemi **) | Yoko Ukemi **) |
| | | Mae Maware Ukemi | Mae Maware Ukemi | Mae Maware Ukemi | Mae Otoshi Ukemi | Mae Otoshi Ukemi |
| | | | Ushiro Ukemi | Ushiro Ukemi | Ushiro Otoshi Ukemi | Ushiro Otoshi Ukemi |
| | | | | | **) over forhindring | **) over forhindring |
| Andet: | Etikette | Etikette | Etikette | Etikette | | |
| (kendskab til) | Hajime / Matte | Hajime / Matte | Hajime / Matte | Hajime / Matte | | |
| | Afklapning | Afklapning | Afklapning | Afklapning | | |