

### 12 KYU - (Κόκκινη Ζώνη)

- Ukemi (Ushiro)
- **Tachiwaza**
  - Aihanmi Katatedori - Iriminage
  - Aihanmi Katatedori - Ikkyo

### 11 KYU - (Κίτρινη Ζώνη)

- Ukemi (Mae)
- Ikkyo-Undo (Mae)
- Shikko (Mae)
- Including 12 kyu
- **Tachiwaza**
  - Katatedori - Taino-tenkan-ho
  - Katatedori - Kokyonage
  - Shomenuchi - Iriminage
  - Katadori - Ikkyo

### 10 KYU - (Πορτοκαλί Ζώνη)

- Ukemi (Tobikoshi)
- Ikkyo-Undo (Mae, Ushiro)
- Shikko (Mae, Ushiro)
- Tai Sabaki (Irimitenkan, Tenkan)
- Including 11 kyu
- **Tachiwaza**
  - Katadori - Ikkyo
  - Katadori - Nikkyo
  - Katatedori - Kaitennage
  - Tsuki - Kotegaeshi
  - Yokomenuchi - Kokyonage
  - Ryotodori - Tenchinage
- **Suwariwaza**
  - Shomenuchi - Iriminage

### 9 KYU - (Πράσινη Ζώνη)

- Aikitaïso
- Ikkyo-Undo (Shiho)
- Shikko (Mae, Ushiro, Kaiten)
- Budoetiketten ska eleven kunna lära andra
- Including 10 kyu
- **Tachiwaza**
  - Katate Ryotodori - Kokyonage
  - Ryotodori - Kokyonage
  - Chudan Tsuki - Ikkyo
  - Chudan Tsuki - Nikkyo
  - Yokomenuchi - Shihonage
- **Suwariwaza**

- Shomenuchi - Ikkyo
- Shomenuchi - Kotegaeshi

. **Ushiwaza**

- Ryotodori - Kokyonage
- Ryotodori - Iriminage

### 8 KYU - (Μπλέ Ζώνη)

- Ikkyo-Undo (Happo)
- Including 9 kyu

. **Tachiwaza**

- Yokomenuchi - Iriminage
- Katadori - Kokyonage
- Katatedori - Sankyo
- Katate Ryotodori - Kokyoho
- Katate Ryotodori - Futaridori

. **Suwarwaza**

- Shomenuchi - Ikkyo
- Shomenuchi - Nikkyo

. **Ushiwaza**

- Ryotodori - Ikkyo
- Ryotodori - Nikkyo

### 7 KYU - (Καφέ Ζώνη)

- Including 9 kyu

. **Tachiwaza**

- Katadori - Koshinage (είσοδος απο Ikkyo)
- Tsuki - Yonkyo (είσοδος απο Ikkyo)
- Tsuki - Kokyonage (είσοδος απο Ikkyo)
- Tsuki - Koshinage (είσοδος απο Ikkyo)
- Katadori - Iriminage
- Katate Ryotodori - Futaridori (2 διαφορετικοί τρόποι)

. **Suwarwaza**

- Katadori - Nikkyo
- Ryotodori - Kokyoho

. **Ushiwaza**

- Katate Kubijime - Sankyo
- Katate Kubijime - Kokyonage