

Programa grados

Pre aikido	Aihanmi	Aihanmi	Aihanmi							
	Katate dori	Katate dori	Katate dori							
	Shiho nage	Irimi nage	Ikkyo							
Blanco amarillo	Aihanmi			Aihanmi						
	Katate dori	Shomen uchi	Shomen uchi	Katate dori						
Amarillo	Nikyo	Irimi nage	Ikkyo	Kote gaeshi						
Amarillo naranja		Gyakuhanmi	Gyakuhanmi							
	Yokomen	Katate dori	Katate dori	Yokomen						
Naranja	Ikkyo	Irimi nage	Shiho nage	Tenchi nage						
Naranja verde										
	Chudan tsuki	Ushiro ryote	Ryote dori	Ushiro ryote						
Verde	Kote gaeshi	Irimi nage	Sankyo	Ikkyo						
Verde azul		Kata dori	Ushiro	Ushiro						
	Muna dori	Menuchi	Ryo kata dori	Ryo hiji dori						
Azul	Ikkyo	Irimi nage	Nikyo	Kote gaeshi						
Azul marrón	Suwari waza	Suwari waza	Hanmi hand	Hanmi hand	Aihanmi		Ushiro	Ushiro	Yokomen	Chudan tsuki
	Ryo kata	kata men	Katate dori	Ryote dori	Katate dori	Jodan tsuki	Katate kubi	Eri dori		
Marrón	Yonkyo	Irimi nage	Uchi kaiten	Shiho nage	Aiki otoshi	Hiji kime os	Katame	Sankyo	Jiyu waza	Jiyu waza