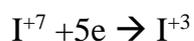


The first, you need to find oxidation state for I. In reaction with IO_3^- and IO^- :

I in IO_3^- has : $((3 \times (-2))_{\text{oxygen}} + (-1)_{\text{extra}}) = -7$, so I is **+7**

Then it becomes: $((-2)_{\text{oxygen}} + (-1)_{\text{extra}}) = -3$ so I is **+3**

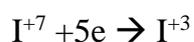
Simplified reaction:



Using next statements:

Oxidation is the loss of electrons or an increase in oxidation state by a molecule, atom, or ion.

Reduction is the gain of electrons or a decrease in oxidation state by a molecule, atom, or ion.



So I^{+7} is reduced

I suppose that reaction between I^- and I_3^- is not redox reaction, cause there is no changing in oxidation state:

