

Shinin No Maki

- 1 Isami Tasuki Nage
- 2 Obi Hane Goshi
- 3 Tsurikomi Taoshi
- 4 Momiji Nage
- 5 Gyaku Hayanada
- 6 Hiza Nage
- 7 Osaekomi Gyakute Tori
- 8 Kobushi Shime
- 9 Kesa Hazushi
- 10 Kubi Shime Tomoe Gyakute