

# Shinin No Maki

## Scroll of Confidence

1. Isami Tasuki Nage: Sleeve ties throw
2. Obi Hane Goshi: Bent knee hip throw with belt
3. Tsurikomi Taoshi: Lifting-pulling dropping throw
4. Momiji Nage: Stomach throw and strangle
5. Gyaku Hayanada: Surprise reverse armbar
6. Hiza Nage: Knee throw
7. Osaekomi Gyakute Tori: Eri Gatame with reverse armlock
8. Kobushi Shime: Fist constriction
9. Kesa Hazushi: Escape from rear bearhug
10. Kubi Shime Tomoe Gyakute: Counter to Momiji Nage
11. Ninin Nage: Two man throw
12. Gyakute Gaeshi: Three arm whip throws
13. Hizaori Nage: Groin kick to Tomoe Nage
14. Gyakyu Hagai; Double armlock from uppercut
15. Ushiro Kannuki: Rear double arm dislocation
16. Mae Kannuki: Front figure four armbar
17. Hikitate Tori Shime: Kneeling attack, armbar, pin on face
18. Ude Garami: Reverse hammerlock and leglock
19. Ebi Shime: Shrimp constriction
20. Ushiro Ebi Shime: Rear shrimp constriction
21. Gyaku Eri Shime: Reverse lapel choke
22. Ushiro Nage: Rear throw
23. Shigarami Shime: Entangled armbar
24. Ashi Kannuki: Double corkscrew leglock
25. Kesa Karoshi: Headbutt throw
26. Hando Shime: Side scissors lock
27. Ashi Gyaku: Corkscrew leglock
28. Kabe Shime: Wall constriction
29. Ashi Karami Tori: Counter to Ashi Karami Shime
30. Nidan Gaeshi: Stomach bump and arm whip throw
31. Satsuma Shime: Perfect choke
32. Tataki Komi: Surfboard hold
33. Ushiro Nage Tori: Rear throw into cross armlock
34. Saru Shigarami: Arm stretch dislocation
35. Sandan Gaeshi: Three Tora Nages, three arm whips, Ashi Gyaku
36. Sannin Hazushi: Three man escape