

# Shintoyoshin-Kai (Kimenokata)

1. **Double lapel** ▶ Elbow strike/ O soto gari / Armbar
2. **Front Hair Grab** ▶ Ni Kyo Takedown / Shoulder Pin
3. **Side Headlock** ▶ Strike groin / Hook nose/ Armbar
4. **Straight Shoulder Grab** ▶ Osoto Gari / Ude Garami
5. **Cross Shoulder Grab** ▶ Osoto Gari / Ude Garami
6. **Bear Hug** ▶ Hit groin / Tani Otoshi / Cross mount
7. **Clench** ▶ Kaitenage, / Juji Gatame
8. **Rear Forearm** ▶ Pivot/ O soto gari / Juji Gatami
9. **Full Nelson** ▶ Tani Otoshi / Kesa Gatame
10. **Straight Punch** ▶ Cradle / Prone -Turkey Wing
11. **Hook Punch** ▶ Osoto Gari / Ude Garami
12. **Uke / Yoko Otoshi** ▶ Mount
13. **Rear Forearm Choke** ▶ Seio Nage / Juji Gatame
14. **Clench** ▶ Kubi nage / Choke (Ushiro / Morote)
15. **Hook Punch** ▶ Ogoshi / Kesa Gatame / Face Lock
16. **Straight Punch** ▶ Split entry / Tegatana (Juji gatame)
17. **Straight Punch** ▶ Easy Chair / Choke
18. **Side Kick** ▶ Pat Down / Osoto Gari / Juji Gatame
19. **Rear Hair Grab** ▶ Shio Nage / Wrist Twist
20. **Rear Hair Grab** ▶ Sankyo Takedown / Chicken Wing
21. **Hook Punch** ▶ Seio Nage / Ude Garami
22. **Front Kick** ▶ Smear / Leg Lock
23. **Side Kick** ▶ Pat Down / Grapevine / Leg Lock
24. **High Round Kick** ▶ Tegatana
25. **Reverse Head Lock** ▶ Sukui Nage / Turn Over
26. **Reverse Head Lock** ▶ Chin Lock / Hikkomi or Sumigaeshi / Mount
27. **Straight Punch** ▶ Spinal Tap / Posted Wrist Break
28. **Straight / Hook Punch** ▶ Hiza Nage / Kesa Gatame
29. **Round House Kick** ▶ Return Low Round Kick / Ouchi Gari
30. **High Round Kick** ▶ Ouchi Gari / Heel Lock
31. **Clench** ▶ Hiza Nage / Kataha
32. **Low Charge / Sprawl** ▶ Shimewaza
33. **Hook Punch** ▶ Irimi Nage / Seio Otoshi / Wrist Bend
34. **Straight Punch** ▶ Sumi Otoshi / Whiplash / Wrist Bend
35. **Straight Punch** ▶ Hikki Nage / Shoulder Lock
36. **Rear Forearm Choke** ▶ Seio Otoshi / Kesa Gatame
37. **Bear Hug (Under Arms)** ▶ Soto Makikomi / Cross Mount
38. **Straight Punch** ▶ Whiplash / Standing Armbar
39. **Hook Punch** ▶ Uchi Makikomi / Kesa Gatame
40. **Hook Punch** ▶ Kouchi Makikomi / Mount
41. **Low Charge** ▶ Kaitenage / Prone—Shoulder Pin
42. **Hook Punch** ▶ Osoto Garuma / Ude Garami
43. **Straight Punch** ▶ Yama Arashi / Boat Tail Choke
44. **Front Kick** ▶ Uchi Mata / Leg Lock

