

No.	ZNKR Seitei	Muso Shinden Ryu			
		Shoden [Omori Ryu]	Chuden [Hasegawa Eishin Ryu]	Okuden	
				Suwariwaza	Tachiwaza
1	Mae	Shohatto	Yokogumo	Kasumi	Yukizure
2	Ushiro	Sato	Toraissoku	Sunegakoi	Tsuredachi Rentatsu
3	Uke nagashi	Uto	Inazuma	Tozume	Somakuri
4	Tsuka-ate	Atarito	Ukigumo	Towaki	Sodome
5	Kesagiri	Inyo Shintai	Oroshi	Shihogiri	Shinobu
6	Morotetsuki	Ryuto	Iwanami	Tanashita	Yukichigai
7	Sanpogiri	Junto	Urokogaeshi	Ryozume	Sodesurigaeshi
8	Ganmenate	Gyakuto	Namigaeshi	Torabashiri	Moniri
9	Soetetsuki	Seichuto	Takiotoshi		Kabezoi
10	Shihogiri	Koranto	Nukiuchi		Ukenagashi
11	Sogiri	Inyo Shintai Kaewaza			Itomagoi
12	Nukiuchi	Batto			

Kumitachiwaza
Tachi Uchi no Kurai
Deai
Tsukekomi
Ukenagashi
Ukekomi/Uke-iri
Tsukikage
Suigetsuto
Dokumyoken
Zetsumyoken
Shinmyoken
Uchi komi