Japan has a long list of emperors, and the last emperor nowadays on Earth is in Japan. Which city did they choose as capital of their empire?

1. Exactly one of the cities is in the prefecture with its same initial.
2. Empress Jito lived right before the capital was moved to Koka.
3. Emperor Konin moved the capital to Nagaoka, or into the prefecture of Shiga.
4. The Niigata prefecture was chosen by Konin or Kanmu.
5. Emperor Shomu moved the capital in 742 or 794. He didn't choose Fujiwara nor Heian.
6. The Yamato prefecture was chosen in 694 or 794.
7. The city of Heian isn't in Yamato, and it wasn't chosen in 781.
8. Emperor Konin followed right after the emperor which moved the capital to Koka.
9. Fujiwara was chosen in 794 or by empress Jito.
10. Kyoto and Niigata have been chosen consecutively somehow.