

Name of the instructor		<b>Hidemi Tamayose</b>		Rank	10th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input checked="" type="checkbox"/> Kobujutu			
Style		Ryukyu Kobudo (Taira-kei)			
School name		Ryukyu Kobudo Tesshinkan Kyokai			
Recommended for	Level	<input checked="" type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Junior high school students (13 years old) and up			
Theme of the seminar		History of the Taira-kei, Characteristics of the Taira-kei			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	15 min	Introduction of the lecturer, history of the Taira-kei
		②	Training methods	30 min	Bo basics and application
		③	Kata	40 min	SHUSHI NU KUN (SHO)
		④	Applications, kumite etc.	15 min	SHUSHI NU KUN (SHO) application
		⑤	Demonstration	10 min	Demonstration
		⑥	Q&A	10 min	Q&A