

Name of the instructor		Kanji Uechi		Rank	7th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input checked="" type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Uechi-ryu			
School name		Uechi-ryu Karatedo Kyokai Soke Shubukan			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	15 years and older			
Theme of the seminar		Learn and experience movements according to physical strength, focusing on kata inherited from the founder.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Explanation of the history and characteristics of the Uechi-ryu
		②	Training methods	20 min	Preparatory exercises, supplementary exercises, basic practice
		③	Kata	30 min	KANSHIWA
		④	Applications, kumite etc.	30 min	KANSHIWA application
		⑤	Demonstration	10 min	KANSHIWA
		⑥	Q&A	15 min	