

Name of the instructor		Tomoichiro Nagamine		Rank	7th 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 Shinken kei)			
School name		Ryukyu Kobudo Ryushikai			
Recommended for	Level	<input checked="" type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Elementary school students and above			
Theme of the seminar		Experiencing basic kobudo movements of the Taira Shinken-kei			
Duration of the seminar		60 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Self-Introduction and Today's Theme
		②	Training methods	15 min	Basic practice of bo while standing and moving
		③	Kata	15 min	Bo kata
		④	Applications, kumite etc.	10 min	Bo
		⑤	Demonstration	10 min	Bo
		⑥	Q&A	5 min	Bo and kobudo in general