

Name of the instructor		Yoshio Kuba		Rank	Hanshi 10th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input checked="" type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Goju-ryu			
School name		Okinawa Karatedo Kenpokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	High school students and above			
Theme of the seminar		Basics, kata variation and application			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Goju-ryu characteristics
		②	Training methods	60 min	Basic practices, supplementary exercises, moving supplementary exercises
		③	Kata	15 min	SAIFA, SEYUNCHIN (SEENCHIN)
		④	Applications, kumite etc.	15 min	SAIFA, SEYUNCHIN (SEENCHIN)
		⑤	Demonstration	10 min	Katas and introduce acupuncture points
		⑥	Q&A	10 min	