

Name of the instructor		Takeshi Nakazato		Rank	Hanshi 9th Dan
System		<input checked="" type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Shorinji-ryu			
School name		Zen Okinawa Shorinji-ryu Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Junior high school students and older (13 years old and up)			
Theme of the seminar		Experience the traditional techniques of Shorinji-ryu passed down from Master Chotoku Kyan to Master Joen Nakazato			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	History of Shorinji-ryu
		②	Training methods	20 min	Basic training
		③	Kata	75 min	ANANKU, SESAN, PSSAI
		④	Applications, kumite etc.	15 min	Partial application