

Name of the instructor		Sadayuki Taira		Rank	Kyoshi 8th 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 Gojukai Meibukan Taira Dojo			
Recommended for	Level	<input checked="" 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		Basic movement, the importance of Sanchin's breathing technique, <i>kitae</i>			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Instructor introduction and explanation of kata
		②	Training methods	20 min	Basic stance, SANCHIN standing footsteps
		③	Kata	40 min	SANCHIN, SEPAI
		④	Applications, kumite etc.	30 min	Basic application
		⑤	Demonstration	10 min	SANCHIN
		⑥	Q&A	10 min	