

Name of the instructor		Tsutomu Nakahodo		Rank	Hanshi 10th 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		Okinawa Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	High school student (16 years old) and above			
Theme of the seminar		How to use the three katas of the Uechi-ryu Beginner: KANSHIWA Intermediate: SESAN Advanced: SANSERYU			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Explanation of characteristic techniques of Uechi-ryu
		②	Training methods	10 min	Preparatory and auxiliary exercises
		③	Kata	40 min	Beginner: KANSHIWA Intermediate: SESAN Advanced: SANSERYU
		④	Application, kumite, etc.	(5 min break) 45 min	Basic application of each of the three katas
		⑤	Demonstration	10 min	Beginner: KANSHIWA Intermediate: SESAN Advanced: SANSERYU
		⑥	Q&A	5 min	—