

Name of the instructor		Zenpo Shimabukuro		Rank	Hanshi 10th 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		Shorin-ryu			
School name		Kokusai Okinawa Shorin-ryu Seibukan Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	Elementary school students and above			
Theme of the seminar		Learn and experience the techniques and characteristics of Shorin-ryu Seibukan, the style of Chotoku Kyan sensei, who studied under Sokon Matsumura sensei and other teachers.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Transition of ryuha, introduction of dojo
		②	Training methods	40 min	Basic movement I, Basic movement II
		③	Kata	40 min	FUKYUGATA I , SEISAN
		④	Applications, kumite etc.	20 min	Partial kata application, <i>Yakusoku kumite</i>
		⑤	Demonstration		
		⑥	Q&A	15 min	