

Name of the instructor		Koyu Higa		Rank	Kyoshi 7th 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		Okinawa Shorin-ryu Karatedo Kyudokan Rengokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	All			
Theme of the seminar		Introduction to the basic movements and techniques of the Kyudokan			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Instructor Profiles
		②	Training methods	80 min	Basic movements: <i>tsuki</i> (punch), <i>uke</i> (block), <i>keri</i> (kick), <i>tenshin</i> (dodging and turning the body around), etc.
		③	Kata	20 min	FUKYUGATA I
		④	Demonstration	5 min	FUKYUGATA I
		⑤	Q&A	10 min	