

Name of the instructor		Morinobu Maeshiro		Rank	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		Okinawa Shorin-ryu Karatedo Kyokai			
Recommended for	Level	<input 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		Learn the techniques and characteristics of the Shorin-ryu, which has been passed down from Sokon Matsumura, Anko Itosu, and Choshin Chibana.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Transition of the ryuha, introduction of dojo
		②	Training methods	40 min	Basic movement 1-6 NAIHANCHI→PINAN→PASSAI (MATSUMURA)
		③	Kata	40 min	NAIHANCHI→PINAN→PASSAI (MATSUMURA)
		④	Applications, kumite etc.	20 min	NAIHANCHI kata application
		⑤	Q&A	15 min	Question and Answer session