

Name of the instructor		Yoshitaka Taira		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		Matsubayashi-ryu			
School name		Sekai Matsubayashi-ryu Karatedo Renmei			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Junior high school students and above			
Theme of the seminar		Emphasizing natural movements, thrusting, kicking, and <i>unsoku</i> in a fast motion. Training of agility and instantaneous force.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Origin of the name of the ryuha.
		②	Training methods	40 min	Basic movement/basic training/application
		③	Kata	30 min	FUKYUGATA I , WANKAN
		④	Applications, kumite etc.	30 min	Partial kata application, <i>yakusoku kumite</i>
		⑤	Demonstration	5 min	FUKYUGATA I , WANKAN
		⑥	Q&A	10 min	