

Name of the instructor		<b>Morio Higaonna</b>	Rank	Shihan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input checked="" type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu		
Style		Goju-ryu		
School name		International Okinawan Goju-ryu Karate-do Federation		
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		SANCHIN breathing techniques and the importance of kata, Application		
Duration of the seminar		120 min		
Program of the seminar		Sections		Allocated time
		(1) Introduction (Introduction of instructors and history of Goju-ryu)		10 min
		(2) Warming-up exercise		10 min
		(3) Auxiliary exercises (CHISHI, Nigiri-gami, SASHI, etc.)		15 min
		(4) Basic movements (strike, block, kick)		15 min
		(5) Kata (SANCHIN, SAIFA)		40 min
		(6) Basic application		10 min
		(7) Presentation of results: group kata demonstration (SANCHIN, SAIFA)		10 min
		(8)Q&A		10 min