

Name of the instructor		Minoru Nakazato		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 Karatedo Shorin-ryu Shorinkan Association			
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 through the kata of the Shorin-ryu Shorinkan Association.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Explanation of seminar contents
		②	Training methods	20 min	Points of attack and block
		③	Kata	50 min	Application and Combination
		④	Applications, kumite etc.	15 min	Meaning and technique of katas
		⑤	Demonstration	15 min	Applied techniques in <i>yakusoku kumite</i>
		⑥	Q&A	10 min	Resolving questions