

Name of the instructor		Yoshimitsu Matsuzaki		Rank	8th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input checked="" type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Uechi-ryu			
School name		Uechiryu Karatedo Kenyukai Matsuzaki dojo			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	From 18 years old and up to 70s			
Theme of the seminar		Movement according to physical fitness and embodiment of basic karate movements. Representation of techniques and practical movements according to the proficiency of the student.			
Duration of the seminar		120 min			
Program of the seminar  The program content may be subject to slight changes depending on the circumstances of the participants (e.g., their requests).		Sections		Allocated time	Contents
		①	Introduction	10 min	Explanation of the history and characteristics of the Uechi-ryu
		②	Training methods	20 min	Preparatory and supplementary exercises
		③	Kata	30 min	SANCHIN, SESAN, SANSERYU
		④	Applications, kumite etc.	30 min	SESAN application, <i>yakusoku kumite</i> , etc.
		⑤	Demonstration	10 min	SANCHIN in all, Intermediate: SESAN, Advanced: SANSERYU
		⑥	Q&A	15 min	Q&A (3 from Intermediate, 3 from Advanced)