

Name of the instructor		Meitatsu Yagi		Rank	Hanshi 10th Dan
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		Kokusai Meibukan Goju-ryu Karatedo Renmei			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	All			
Theme of the seminar		Goju-ryu basic kata, SANCHIN, <i>Kote kitae</i> , <i>Kakete</i> , <i>Kaishu Kata</i> , GEKISAI I ~			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Introduction of the instructor and explanation of Goju-ryu
		②	Training methods	10 min	Basic techniques (thrusting, kicking)
		③	Kata	40 min	SANCHIN
		④	Applications, kumite etc.	40 min	<i>Kote kitae</i> , <i>Kakete</i> , GEKISAI I ~
		⑤	Demonstration	10 min	
		⑥	Q&A	10 min	