

Name of the instructor		<b>Masanari Kikugawa</b>		Rank	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		Okinawa Goju-ryu Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	15 years and older			
Theme of the seminar		SANCHIN and basic techniques Kata and application			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Introduction of lecturers, explanation of Naha-te
		②	Training methods	20 min	Preliminary exercises, basic exercises
		③	Kata	40 min	SANCHIN, SHISOCHIN
		④	Applications, kumite etc.	30 min	Basic application
		⑤	Demonstration	10 min	SANCHIN, SHISOCHIN
		⑥	Q&A	10 min	