

Name of the instructor		Toru Kyan		Rank	Kyoshi 8th 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		Okinawa-Kenpo			
School name		Okinawa Kenpo Karate-Do Association Kenyukai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age				
Theme of the seminar		Teaching Nakamura Shigeru's kata, application, etc., handed down from the Bushi Kuniyoshi.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Transition of ryuha, dojo introduction
		②	Training methods	40 min	Basic movement
		③	Kata	40 min	SESAN, PASSAI
		④	Applications, kumite etc.	20 min	Kata application, <i>Yakusoku kumite</i>
		⑤	Q&A	15 min	