

Name of the instructor		Tetsu Gima		Rank	9th 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 Sohonbu Jundokan			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	15 years and older			
Theme of the seminar		Breathing techniques and basics, application, practical application			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Introduction of instructor and history of Naha-te
		②	Training methods	20 min	Preparatory exercises unique to Goju-ryu
		③	Kata	30 min	SANCHIN, FUKYUGATA II
		④	Applications, kumite etc.	40 min	Basic and application
		⑤	Demonstration	10 min	Kata, SANCHIN
		⑥	Q&A	10 min	