

Name of the instructor		Shintoku Takara		Rank	10th 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		Okinawa Uechi-ryu Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	16 years old to 70s			
Theme of the seminar		Breathing method, basic kata of Uechi-ryu			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	History of Uechi-ryu
		②	Training methods	10 min	<i>Hojo undo</i> (Auxiliary movement)
		③	Kata	40 min	SANCHIN, SESAN, SANSERYU
		④	Applications, kumite etc.	30 min	SESAN application
		⑤	Demonstration	15 min	Confirmation of kata by all
		⑥	Q&A	10 min	Question and Answer session