

Name of the instructor		Nobuko Oshiro		Rank	Hanshi 9th 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		Shorin-ryu			
School name		Okinawa Karatedo Shorin-ryu Taishinkan Association Honbu Dojo			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	6 years old and up			
Theme of the seminar		Learn and experience the techniques and characteristics contained in the kata for NAIHANCHI and PINAN, the traditional kata of the Shuri-te kei and Shorin-ryu.			
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	35 min	Preparatory and auxiliary exercises
		③	Kata	40 min	NAIHANCHI Sho Dan, NAIHANCHI Ni Dan, PINAN
		④	Applications, kumite etc.	20 min	NAIHANCHI application
		⑤	Demonstration	10 min	Group demonstration (NAIHANCHI Sho Dan, NAIHANCHI Ni Dan, PINAN)
		⑥	Q&A	10 min	