

Name of the instructor		<b>Masaaki Ikemiyagi</b>		Rank	Hanshi 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		Goju-ryu Okinawa Meibukan Honbu			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	15 years and older			
Theme of the seminar		Mastering traditional and correct techniques			
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	Warming-up exercises
		③	Kata	40 min	SANCHIN, SESAN
		④	Applications, kumite etc.	30 min	Application
		⑤	Demonstration	10 min	Group demonstration (SANCHIN, SESAN)
		⑥	Q&A	10 min	