

Name of the instructor		Haruki Goya		Rank	6th 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		Uechi-ryu Karatedo Goya Dojo			
Recommended for	Level	<input checked="" type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Elementary school students and above			
Theme of the seminar		Movements suited to each participant's physical ability, Uechi-ryu breathing techniques			
Duration of the seminar		100 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Key Characteristics of Uechi-ryu
		②	Training methods	20 min	Supplementary Exercises
		③	Kata	30 min	SANCHIN, KANSHIWA, SESAN
		④	Applications, kumite etc.	30 min	KANSHIWA, SESAN(Bunkai), Yakusoku Kumite
		⑤	Demonstration	10 min	All Participants: • SANCHIN • KANSHIWA Intermediate Level: • SESAN
		⑥	Q&A	10 min	Approximately 3 people