

Name of the instructor		Haruyoshi Shimabukuro		Rank	Hanshi 9th 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 Kyokai Nahaminami Shubukan			
Recommended for	Level	<input checked="" type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	General			
Theme of the seminar		History and Fundamentals of Uechi-ryu Karate			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Training methods	30 min 40 min	Basic kicks, tsuki (punches), and uke (blocks) Supplementary exercises
		②	Kata	50 min	SANCHIN