

Name of the instructor		Katsuya Yamashiro		Rank	8th 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		The International Okinawa Goju-Ryu Karate-do Federation Okinawa Yamashiro Do			
Recommended for	Level	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input checked="" type="checkbox"/> All
	Age	Junior high school students and above			
Theme of the seminar		Instruction through movement on the importance of basic techniques and the use of the body expressed through Okinawa dialect "waza kotoba."			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Teaching the importance of basic techniques and how to use the body through movement, using the Okinawan dialect "waza-kotoba."
		②	Training methods	20 min	Warm-up exercises and partial basic training
		③	Kata	40 min	TENSHO, SISOCHIN
		④	Applications, kumite etc.	30 min	Partial kata bunkai and kakie
		⑤	Demonstration	10 min	Group demonstration of Seisan bunkai and kakie
		⑥	Q&A	10 min	