

Name of the instructor		Kiyohide Shinjo		Rank	Hanshi 10th 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 Kenyukai Honbu Dojo			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	Open to all ages			
Theme of the seminar		We aim to promote a style of karate that everyone can enjoy, regardless of age or gender.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	History and characteristics of Uechi-ryu
		②	Training methods	10 min	Stance, posture, footwork
		③	Kata	20 min	SANCHIN (with a focus on breathing techniques)
		④	Applications, kumite etc.	20 min	Supplementary exercises and applications (Bunkai)
		⑤	Demonstration	50 min	Beginner Level: SANCHIN Intermediate Level: SEISAN Advanced Level: SANSERYU
		⑥	Q&A	10 min	Elementary School (2), Junior High School (2), High School (2), Adult (2)