

Name of the instructor		Masaaki Ikemiyagi		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		Gojukai Okinawa Meibukan			
Recommended for	Level	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input checked="" type="checkbox"/> Advanced	<input type="checkbox"/> All
	Age	General (ages 15 and above)			
Theme of the seminar		Mastering traditional, proper techniques			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Instructor introduction, overview of Naha-te
		②	Training methods	20 min	Warm-up exercises
		③	Kata	40 min	SANCHIN, SESAN
		④	Applications, kumite etc.	30 min	Applied Bunkai
		⑤	Demonstration	10 min	Group kata demonstration (SANCHIN, SESAN)
		⑥	Q&A	10 min	