

Name of the instructor		Masahiro Nakamoto		Rank	Hanshi 10th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input checked="" type="checkbox"/> Kobujutu			
Style		Okinawa Dento Kobudo (Taira Shinken-kei)			
School name		Okinawa Dento Kobudo Bunbukan Sohonbu			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input checked="" type="checkbox"/> All			
	Age	2nd grade of elementary school and above			
Theme of the seminar		1. Overview and practical training in Okinawa Traditional Kobudo 2. Nunchaku kata and kumite bunkai 3. Basic kata bunkai in bojutsu			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	15 min	Overview and practical training in Kobudo
		②	Training methods	25 min	Basic Nunchaku techniques
		③	Kata	40 min	Maesatono Nunchaku techniques
		④	Applications, kumite etc.	15 min	Dagger vs. Nunchaku techniques
		⑤	Demonstration	15 min	Demonstration by participants
		⑥	Q&A	10 min	Q&A