

Name of the instructor		Masanari Kikugawa		Rank	Hanshi 10th 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		Okinawa Goju-ryu Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner	<input checked="" type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> All
	Age	Ages 15 and above			
Theme of the seminar		Sanchin and fundamental techniques Kata, Bunkai, and Practical Applications			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Instructor introduction and overview of Naha-te
		②	Training methods	20 min	Warm-up exercises and basics
		③	Kata	40 min	SANCHIN, SHISOCHIN
		④	Applications, kumite etc.	30 min	Basic Bunkai and Advanced Bunkai
		⑤	Demonstration	10 min	SANCHIN, SHISOCHIN
		⑥	Q&A	10min	