

Name of the instructor		Minoru Nakazato		Rank	Hanshi 10th Dan
System		<input checked="" type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Shorin-ryu			
School name		Okinawa Karatedo Shorin-ryu Shorinkan Association			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced			<input checked="" type="checkbox"/> All
	Age	Elementary school students and above			
Theme of the seminar		Participants will learn and experience the techniques and characteristics of the Okinawa Karatedo Shorin-ryu Shorinkan Association through its kata and kumite.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	10 min	Introduction of the instructor and explanation of the seminar overview
		②	Training methods	20 min	Basic movements (punches, kicks, warm-up exercises)
		③	Kata	50 min	NAIHANCHI, PINAN, etc.
		④	Applications, kumite etc.	30 min	Meaning of kata and Yakusoku kumite
		⑤	Demonstration	10 min	Demonstration of group kata and Yakusoku kumite
		⑥	Q&A		Responding to questions as they arise