

Name of the instructor		Morinobu Maeshiro		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 Shorin-ryu Karatedo Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced			<input checked="" type="checkbox"/> All
	Age	Ages 15 and above			
Theme of the seminar		Participants will learn the techniques and characteristics of Shorin-ryu as passed down through Matsumura Sokon, Itosu Anko, and Chibana Choshin.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	The lineage of the style, dojo introduction
		②	Training methods	40 min	Basic Movements 1–6: NAIHANCHI → PINAN → PASSAI (MATSUMURA)
		③	Kata	40 min	NAIHANCHI → PINAN → PASSAI (MATSUMURA)
		④	Applications, kumite etc.	20 min	NAIHANCHI Bunkai
		⑤	Demonstration		
		⑥	Q&A	15 min	