

Name of the instructor		Naonobu Ahagon		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 Karate / Kobudo Shorin-ryu Reihokan Kyokai			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced			<input checked="" type="checkbox"/> All
	Age	Junior high school students and above			
Theme of the seminar		This school belongs to the lineage of Master Chibana Choshin, who studied under Master Itosu Anko. Participants will learn about and experience the techniques and kata characteristic of the Shorin-ryu Reihokan.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Lineage of karate styles / Dojo introduction
		②	Training methods	25 min	Basic movements
		③	Kata	40 min	NAIHANCHI Sho Dan, PINAN Sho Dan
		④	Applications, kumite etc.	40 min	Kata Applications (Bunkai), etc.
		⑤	Demonstration		
		⑥	Q&A	10 min	