

Name of the instructor		Nobuko Oshiro		Rank	Hanshi 9th 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 Taishinkan Association			
Recommended for	Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced			<input checked="" type="checkbox"/> All
	Age	Ages 5 and above			
Theme of the seminar		Participants will learn hands-on experience with the techniques and characteristics of Naihanchi and Pinan, traditional kata of the Shuri-te kei and Shorin-ryu style.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	Style lineage and instructor introduction
		②	Training methods	35 min	Warm-ups and supplementary exercises
		③	Kata	20 min	NAIHANCHI Shodan / Nidan, PINAN
		④	Applications, kumite etc.	20 min	NAIHANCHI Bunkai
		⑤	Demonstration	10 min	Goup kata demonstration (Naihanchi Shodan / Nidan, Pinan)
		⑥	Q&A	10 min	