

Name of the instructor		Seiki Takushi		Rank	Hanshi 10th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input checked="" type="checkbox"/> Kobujutu			
Style		Goju-ryu, Kobudo Matayoshi kei			
School name		Goju-ryu Shobukan Sohonbu			
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		History of Okinawa Kobudo Key characteristics of Matayoshi Kobudo			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	15 min	Instructor introduction
		②	Training methods	25 min	Supplementary exercises (basics of bojutsu techniques)
		③	Kata	40 min	TSUKEN NU KUN
		④	Applications, kumite etc.	15 min	Explanation of the Embusen
		⑤	Demonstration	15 min	Demonstration
		⑥	Q&A	10 min	