

Name of the instructor		Takayuki Miyakozawa		Rank	7th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input checked="" type="checkbox"/> Naha-te kei <input type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Goju-ryu			
School name		Okinawa Goju-ryu Karatedo Sohonbu Jundokan			
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		The relationship and use of Sanchin and kata leading up to Bunkai (Kumite) in Jundokan.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction		
		②	Training methods	40 min	SANCHIN (Training based on preparatory and warm-up exercises)
		③	Kata	40 min	<ul style="list-style-type: none"> • Body mechanics based on Sanchin • Points to note during the demonstration
		④	Applications, kumite etc.	40 min	<ul style="list-style-type: none"> • Application of body mechanics in kata (including Sanchin) • Points to note during demonstrations and the principles behind the Bunkai
		⑤	Demonstration		
		⑥	Q&A		