

Name of the instructor		Tsutomu Nakahodo		Rank	Hanshi 10th Dan
System		<input type="checkbox"/> Shuri/Tomari-te kei <input type="checkbox"/> Naha-te kei <input checked="" type="checkbox"/> Uechi-ryu kei <input type="checkbox"/> Kobujutu			
Style		Uechi-ryu			
School name		Okinawa Karatedo Kyokai (Uechi-ryu)			
Recommended for	Level	<input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/> All			
	Age	Ages 25 and above			
Theme of the seminar		Basic SANCHIN SESAN, SANSERYU, KOTEKITAE			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	3 min	
		②	Training methods	18 min	Mastering the use of kata
		③	Kata	40 min	SANCHIN, SESAN, SANSERYU
		④	Applications, kumite etc.	5 min Break	Kata Bunkai, mastering vital points
		⑤	Demonstration	10 min	SESAN, SANSERYU
		⑥	Q&A	5 min	