

Name of the instructor		Yoshitaka Taira		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		Matsubayashi-ryu			
School name		Sekai Matsubayashi-ryu Karatedo Renmei			
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 style follows the lineage of Kyan Chotoku and Motobu Choki. It emphasizes natural breathing and efficient, unforced movements, with fast punches, kicks, and footwork that develop agility and explosive power.			
Duration of the seminar		120 min			
Program of the seminar		Sections		Allocated time	Contents
		①	Introduction	5 min	About the naming of the style
		②	Training methods	40 min	Basic movement, basic training and advanced movements
		③	Kata	30 min	FUKYUGATA I , WANKAN
		④	Applications, kumite etc.	30 min	Kata bunkai and Yakusoku kumite
		⑤	Demonstration	5 min	FUKYUGATA I , WANKAN
		⑥	Q&A	10 min	