



Karateverein Kushanku-Kai Leipzig presents

IAIN ABERNETHY

7. Dan Karate WCA | The leading exponent of applied karate and kata bunkai



16. | 17. March 2024

seminar date

Saturday, 16. March 2024
Bunkai Heian | Pinan Kata
10 - 12 | 12.30 - 2.30 | 3 - 5 o'clock

Sunday, 17. March 2024
Kata Based Sparring
10 - 12 | 12.30 - 2.30 o'clock

seminar location

Sports hall Gustav-Hertz-Gymnasium
Dachsstr. 5 | 04329 Leipzig
📍 51.35676 12.46885

seminar fees

both days: 60 €
one day: 50 €

Kushanku-Kai club members:
both days 20 € | one day 15 €

registration

The binding registration takes place via
info@kushanku-kai.de

Payment is made within two weeks after
receipt of the confirmation e-mail by
bank transfer

seminar content

On **Saturday** Iain will teach the applications on the Heian/Pinan series. These kata were created by Anko Itosu be a holistic summary of the core methods of the older shuri-te kata. Gichin Funakoshi (a student of Itosu) wrote, "Once you have learnt these kata you can be confident of your ability to defend yourself in most situations." Iain will show how this is true by covering the striking, trapping, locks, throws, cranks, strangles, etc with in this kata series. We will also cover how the kata series presents this wide range of methods in a logical order to guide the student's progress.

On **Sunday** we will cover the basics of kata-based sparring. This is a series of safe, productive and fun live drills which will bring the kata to life. Funakoshi wrote, "Sparring does not exist apart from the kata, but for the practise of the kata." Choki Motobu (who also trained under Itosu) wrote, "Kumite is a live fight where we use the techniques of the kata to grapple with an opponent". Today, most karate sparring is based on the modern competitive format. Therefore, the traditional link between kata and kumite has been severed. Iain will lead the group through a series of sparring drills that will allow the karateka to spar with the methods of the kata as was the case in the past. These drills are fun to do, they are safe, and they show just how effective kata methods can be when correctly drilled.

info

Participation is possible from the age of 18 and open to all styles and belts

The seminar is limited to 60 participants

The seminar language is English

Please bring your own focus mitts

The organizer is not assuming any liability