

YAMABERNEY

martial arts seminars

FRIDAY OCTOBER 7 6pm - 8pm
Funakoshi's Nine Official Throws of Karate

SATURDAY & SUNDAY OCTOBER 8 & 9 9am - 4pm
General Seminars Covering

- The Historical Development and Background of Kata
- The 4 Stage Approach to Kata
- The Language of Kata
- How to Analyze the Movements of Kata
- The Nature of Live Conflict
- How to Create Effective Bunkai Drills
- Karate Grappling (throws, locks, chokes, strangles and groundwork).
- Bunkai-Based Flow Drills
- Kata-Based-Sparring (live bunkai drills and how to make them appropriate for all levels)
- Kata Applications (The Pinan / Heian Series, Tekki / Naihanchi, Kushanku / Kanku-Dai, Passai / Bassai-Dai)

ALL THREE SESSIONS* \$100

FRIDAY SESSION ONLY \$20

*\$20 late fee for all registrations made after September 7

MCC-Blue River Arts and Sciences Building Room 100
20301 E. Highway 78, Independence, MO 64057



Proceeds from this seminar support the Blue River Martial Arts Club.



Metropolitan
Community College
Blue River

IAIN ABERNETHY

biography

Iain Abernethy has been involved in the martial arts since childhood. Abernethy holds the rank of 6th Dan with the British Combat Association (one of the world's leading groups for close-quarter combat, self-protection and practical martial arts) and 5th Dan with the British Karate Association.

Abernethy is in great demand on the seminar circuit and he teaches many seminars on his approach to practical karate both in the UK and overseas. The bunkai that Abernethy teaches are not prearranged karateka vs. karateka applications; nor are they static, complex, elaborate or reliant upon finite movement. Abernethy's approach to karate makes kata application practical, simple, direct and accessible to all.

Abernethy regularly writes for the UK's leading martial arts magazines and he is a member of the Combat Hall of Fame. Abernethy's books and DVDs have sold worldwide and his highly pragmatic approach to kata applications (bunkai) has proved to be very popular with those who wish to practice karate as an effective self-protection system. Abernethy can be e-mailed at iain@iainabernethy.com

Abernethy brings karate back into the real arena with his pioneering concepts of kata bunkai.

- Geoff Thompson

World-Renowned Martial Artist, Self-Protection Expert and Best-Selling Author

Sensei Abernethy teaches functional application of traditional kata. The "secret applications" of kata are laid bare by his hands on, practical instruction.

- Dan Anderson

4 time US National Karate Champion,
7th Dan Karate, 6th Dan Modern Arnis, 8th
Dan MA-80

If you are interested in learning effective (no nonsense), practical Karate Kata Bunkai that includes chokes, strangles, locks, throws, groundwork that is taught in a friendly,

safe, professional and

very informative

manner, then

Abernethy's

seminar's are a must!

- Ken Harrison

4th Dan Karate,
Guildhall Wado Kai



**Metropolitan
Community College**
Blue River

I AM ABERNETHY

registration form

Return Registration to: Amy Slater, Campus Life and Leadership

For More Information Contact Eric Parsons: eric.parsons@mccck.edu or 816.686.9707

Funakoshi's Nine Official Throws of Karate Friday October 7th

General Sessions Saturday October 8th and Sunday October 9th

The seminar is located at: Metropolitan Community College-Blue River

Arts & Sciences Building - Room 100 (gym), 20301 E. 78 Highway, Independence, MO 64057-2053

Name _____

Address _____

City _____ **St.** _____ **Zip** _____

E-mail _____

Participant _____

Parent/Guardian (if under 18) _____

I am participating in the following session(s): (Check One)

All Three Sessions \$100*

Friday Session Only \$20

I HEREBY CERTIFY THAT I AM AWARE OF, AND UNDERSTAND, ALL OF THE RISKS AND DANGERS INHERENT IN PARTICIPATING IN MARTIAL ARTS. I HEREBY AGREE NOT TO BRING A CLAIM AGAINST OR SUE ERIC PARSONS, METROPOLITAN COMMUNITY COLLEGE (AGENT), OR IAIN ABERNETHY (INSTRUCTOR). I FREELY AND VOLUNTARILY ACCEPT ALL RISKS OF INJURY, DEATH OR PROPERTY DAMAGE AND AGREE FOR MYSELF AND MY HEIRS TO RELEASE, HOLD HARMLESS AND INDEMNIFY THE AGENT, INSTRUCTOR AND METROPOLITAN COMMUNITY COLLEGE, ITS OFFICERS, INSTRUCTORS, EMPLOYEES, AGENTS, MEMBERS OR AUTHORIZED GUESTS FROM ANY AND ALL LIABILITY FOR PERSONAL INJURY, INCLUDING DEATH, AND PROPERTY DAMAGE RESULTING FROM THIS TRAINING.



Signature _____ **Date** _____

* \$20 late fee assessed for all registrations made after September 7