



Kaihatsu Karate-do presents:

Seminar Iain Abernethy

7th dan karate World Combat Association

Saturday 13 March en Sunday 14 March 2021

Drachten, The Netherlands



Kata is so much more than punching the air while looking angry. In this seminar you will learn to decode kata, so you can discover realistic and pragmatic applications of the movements. Iain Abernethy gives you the tools. Historically substantiated and thoughtfully presented. Fun learning guaranteed. Treat yourself to this broadening or deepening of your karate training.

Iain Abernethy is one of the world's leading experts in the pragmatic application of techniques and principles as laid down in traditional kata.

Location

Sportcentrum Drachten
Leerweg 3 in Drachten
The Netherlands

Pricing

Saturday and Sunday: € 60,-
Saturday only: € 45,-
Sunday only: € 30,-

Tickets

Tickets can be ordered by e-mail: info@kaihatsu.nl.
Your participation is confirmed after receipt of your payment.
Advice on overnight stays on request.
This seminar is open to karatekas of 16 years and older.

Saturday 13 March 2021

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| 9.00-10.00 | Walk-in and registration |
| 10.00-12.00 | Session 1: what do the kata really teach you? Iain gives you the most important keys for "decoding" kata. You will learn how to discover the practical application of the moves yourself, along with a partner.

With countless examples from Pinan kata, Gekisai and other common kata. |
| 12.00-13.00 | Lunch break, catering available , subject to Corona measures (lunch not included) |
| 13.00-14.45 | Session 2: Continuing with the most important keys to decoding kata. |
| 14.45-15.15 | Short break |
| 15.15-16.45 | Session 3: the Kata Decoding Challenge! With the baggage you have gained today, you will get to work decoding (pieces from) your kata. Iain likes to think along with you. |
| 17.00 | End of day 1, gym closes |

Sunday 14 March 2021

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| 9.00-10.00 | Walk-in and registration |
| 10.00-12.00 | Session 1: how do you train complete, realistic and pragmatic karate, with kata as the beating heart? Iain introduces you to various training forms. You practice skills such as grappling, a few throws that we also find in the kata and some groundwork. |
| 12.00-12.30 | Lunch break, catering available , subject to Corona measures (lunch not included)
Note: 30 minutes! |
| 12.30-14.00 | Session 2: "Impact therapy!" Time to hit some focus mitts. You will learn how to safely practice pragmatic partner exercises with impact. This is how you complete your karate. Bring your own focus mitts if you have them. |
| 14.00 | End of seminar, gym closes |

www.kaihatsu.nl/iain2021