

HALLOWEEN-SEMINAR WITH



IAIN ABERNETHY

7. DAN KARATE.

CHIEF INSTRUCTOR DER WORLD COMBAT ASSOCIATION

OCTOBER 31ST / NOVEMBER 1ST 2020
FRANKFURT AM MAIN

About the seminar

This seminar will focus on the oft-neglected grappling side of karate. Iain will begin by covering the vital gripping and limb controls skills needed to fight at close range; and how these methods are found in the karate of the past and the art of Tegumi (Okinawan wrestling).

We will then move on to cover the "forgotten" karate throws described by Gichin Funakoshi in his books. This will include all of the nine throws of "Karate-Do Kyohan" and some of the more obscure ones hidden away in the pages of his other books. For comparison, we will also look at the throws described by other karate masters including Mabuni, Itoman, etc.

Iain will also teach, in full, his two-person ground fighting kata. This kata is designed to impart the basics of ground fighting to the karateka. It is ideal for those with no prior ground fighting experience.

Finally, we will cover a number of enjoyable drills to ensure competence in live stations.

The seminar will be held in English. Please bring your own focus mitts if possible.

Location:

BSG Commerzbank Frankfurt
Schaumainkai 65
60596 Frankfurt am Main

Times Saturday:

11:00 - 13:00
14:00 - 15:45
16:15 - 18:00

Times Sunday:

9:00 - 10:30
11:00 - 12:30

Seminar fee:

- ☐ 70 EUR for both days
- ☐ 45 EUR for Saturday only / 30 EUR for Sunday only

Registration:

The number of participants is limited to 40 persons (minimum age 16). We kindly ask you to register and pay in advance.

Registration form: <https://forms.gle/2wCVr4kbCnLyiQde8> or use the QR code at the bottom.

Please contact us by email if you have questions:

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Myriam Traub - myriam.traub@gmail.com

PARTICIPATION IS AT THE PERSONAL RISK OF THE PARTICIPANTS. THE ORGANISERS ACCEPT NO LIABILITY FOR PERSONAL INJURY OR PHYSICAL DAMAGE.



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