

Bunkai-Seminar

with

Iain Abernethy

7. Dan Karate – Chief Instructor World Combat Association

**in Laatzen (near Hannover) 13th and 14th of April
2024**

Place of Seminar:

Sporthalle Rethen
Braunschweiger Straße 2
30880 Laatzen / OT Rethen

Timetable:

Saturday, 13th of April 2024

10:00 – 12:00 Uhr
13:00 – 14:45 Uhr
15:15 – 17:00 Uhr

Sunday, 14th of April 2024

09:30 – 11:00 Uhr
11:30 – 13:00 Uhr

Seminar Fee:

Both days: 65,00 €
Saturday: 45,00 €
Sunday: 35,00 €

Subject: Saturday: Enpi / Wanshu: Practical bunkai and drills.
**Sunday: Elements of selfdefense including close range drills,
dealing with multiple enemies, escape tactics, scenario
drills, etc!**

Wankan - This short kata covers the key ways to disrupt the enemy's posture in order to take them to the ground. The applications of the kata will be discovered in full and trained in Drills. This will be a great opportunity for all self-defense interested Martial Artists – regardless of core style – to expand their practical knowledge base.

The number of participants is limited. It is recommended to register until 4th of April 2024. Participation is possible from 16 years on or elder.

See page 2 for further Information.

Host:



Karate-Dojo im TSV Rethen/Leine e. V.
www.tsv-rethen.de

Mobil: 0176 / 246 50 275

E-Mail: axelsiebert@gmx.net

Liability: *There will be no liability at all.*

Photo Note / GDPR: Host and participants will take pictures and record videos at the above mentioned event for private purpose and honorary post (Club-Websites & Publications, Homepages). The time of storage depends on the individual interest.

Iain Abernethy, Cumbria, Great Britain.

One of the UK's leading exponents of applied karate.

He has written a number of critically acclaimed books on the practical application of traditional martial arts and is well known for his work on the pragmatic use of the techniques and concepts recorded in the traditional kata.

Iain's seminars, books, DVDs and articles have proved to be very popular with those groups and individuals who wish to practise their arts as the pragmatic systems they were originally intended to be.

Further information on his Homepage: www.iainabernethy.co.uk

Accomodation facilities around:

Ibis Budget Hotel, Magdeburger Strasse 4 in 30880 Laatzen – Rethen, ☎ 05102 / 909 490

Hotel Haase, Am Thie 4 in 30880 Laatzen – Grasdorf, ☎ 0511 / 820 160

Rethener Hof, Hildesheimer Straße 347 in 30880 Laatzen – Rethen, ☎ 05102 / 3534

Jugendherberge Hannover / Deutsches Jugendherbergswerk, Landesverb. Hannover e.V., Ferdinand Wilhelm Fricke Weg 1, 30169 Hannover, ☎ 0511 / 16 40 22 2

Sporthotel Erbenholz, Peinerstraße 100, 30880 Laatzen – Rethen, ☎ 05102 / 91 63 33