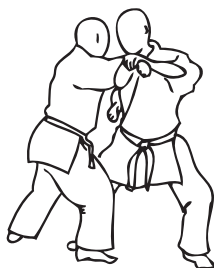


# IAIN ABERNETHY

**FIRST TIME  
IN HAMBURG!**



**SATURDAY SEP 4TH 2021**

## **KARATE**

**10:00-13:00** Heian / Pinan Godan: Bunkai & Drills 1  
**13:00-13:30** Lunch break  
**13:30-16:00** Heian / Pinan Godan: Bunkai & Drills 2

**SUNDAY SEP 5TH 2021**

## **SELF PROTECTION**

**10:00-11:30** Basics of self protection (covering, fleeing, pre-emptive striking etc.)  
**11:45-13:00** Protecting others  
**13:00-13:30** Lunch break  
**13:30-14:45** Fighting from non-ideal positions

**The seminar is open for participants of all ranks from all martial arts and styles aged 16+ years.**

Please bring your own pads / focus mitts.  
The seminar is held in English.

### **Advance notification and further questions**

Please pre-register quickly via [iain-in-hamburg@gmx.de](mailto:iain-in-hamburg@gmx.de) leaving the following data:

- name, martial art & rank, day(s) of participation

### **Binding registration**

For binding registration, please pay your total amount no later than 14 days prior to the seminar stating the participant's name:

- Either via bank transfer:  
Knut Riedel  
IBAN: DE65 2004 0000 0160 7472 02  
Commerzbank Hamburg (BIC: COBADEFFXXX)
- Or via PayPal to the following PayPal-Moneypool:  
*iain-in-Hamburg* (Owner: Knut Riedel)

### **Fees**

- 60 euro for both days
- 35 euro for Saturday only
- 30 euro for Sunday only

**Organizer:** Knut Riedel, Lokstedter Weg 59c, 20251 Hamburg  
No liability held for slight negligence on the part of the organizer.  
(version valid: June 11th 2021)



## **IAIN ABERNETHY**

(7th Dan Karate WCA) is internationally recognized as THE expert for application-oriented Karate and self-defence-related Kata interpretation (Bunkai). He is well known for his fun and hands-on style of teaching. The seminar mainly consists of partner exercises and drills. Knowing the Kata's sequence is helpful, but no prerequisite.

## **COVID-19 RESTRICTIONS**

The conditions and restrictions regarding COVID are under constant examination. Information will be given out to all pre-registered participants via email in a timely manner. The organizer reserves the right of timely cancellation. In this case, all payments will be refunded immediately.

### **Location**

SVP Budocentrum Hamburg  
Carl-Cohn-Straße 41  
22297 Hamburg  
Limited parking! If possible, please use public transport:  
Subway: Line U1 (stop: Alsterdorf)  
Bus: Line 19 (stop: Carl-Cohn-Strasse)

Lunch and drinks can be purchased in the sport location's Thai restaurant.

**KARATE  
ACADEMY**

空手道

