



Iain Abernethy
2-3 February 2019
Hinnerup, Denmark



This year's Danish seminar with Iain will be open to everyone (> 15 years of age) with an interest in practical karate applications. and the themes of the event will be:

Chinto / Gankaku Bunkai and Drills: This year we will cover bunkai for the whole of Chinto / Gankaku kata! This will cumulate in a unique two-person drill that will run through the bunkai for the full kata, in the same order as the kata! The bunkai, and related drill, include gripping skills, disengagements, locks, throws, close-range strikes, strangles, trapping, and a host of other combative methods! Iain has only publicly taught this drill on two other occasions (Germany and Switzerland) and never before in Denmark!

Pad Drills for Close-Range Combat: These drills will cover the development of power when we are in close-proximity to the enemy; they are therefore vital for self-defence. We will also cover the integration of close-range striking with other close-range methods including trapping, gripping, throwing, take-downs, locks, etc.

Pad Drills for Attribute Development: We will also cover how we can use pads to develop the attributes required for effectively apply techniques under pressure. This will include drills for dealing with stress, disorientation, surprise and confusion.

Programme

Saturday 2nd February

Kl. 11.00-13.30: Chinto / Gankaku Bunkai – Part A

Kl. 13.30-14.30: Break

Kl. 14.30-16.30: Pad Drills for Close-Range Combat

Sunday 3rd February

Kl. 09.30-12.00: Chinto / Gankaku Bunkai – Part A

Kl. 12.00-12.45: Break

Kl. 12.45-15.00: Pad Drills for Attribute Development

Adresse

Rønbækskolen (in the small sports hall at the school)

Ådalsvej 100

8382 Hinnerup, Denmark



Price and registration

The price for both days will be 500,00 DKR and 350,00 DKR for one day.

Registration should be by e-mail to info@hinnerup-karate.dk before 30th January. Danish participants should please transfer the registration fee to reg.nr 5075 kontonr. 0001196127, while foreigners can pay when they arrive at the venue.

For more information contact us by e-mail at info@hinnerup-karate.dk or call +45 22 86 67 03 (Jan Drachmann).