



Iain Abernethy
10-11 February 2024
Hinnerup, Denmark



This year's Danish seminar with Iain is open to everyone (> 15 years of age) with an interest in practical karate.

In Hinnerup Karate, we are often asked, how we train karate in our club, because most karate practitioners are mainly familiar with karate taught as kihon, kata and kumite. Therefore, the theme for the event this year will be how to practise and teach practical karate. Iain will share how he breakdown kata and teach basic karate techniques in his own dojo. This seminar is thus a most for everyone, who wants to take their daily karate practise to the next level!

Programme

Saturday 10th February 11:00-16:30

On Saturday, Iain will breakdown the keys to understanding kata. This will include both the bunkai principles and combative principles needed to understand why the kata is constructed the way it is, and how to apply the methods within. Iain will breakdown a variety of examples from the various karate styles (Shotokan, Wado-Ryu, Goju-Ryu, Shito-Ryu, etc) to illustrate these ideas, before leading the group through various exercises and methodologies that will better equip the karate to decode kata for themselves and hence improve their training and teaching. Saturday there will be a one hour lunch break.

Sunday 11th February 09:30-15:00

On Sunday, Iain will cover practical kihon, combinations and pad-drills. The core of this will be leading the group through the combinations and pad-drills Iain teaches in his own dojo. This will start with 9th kyu methods and then build up to what the advanced students do. Those in attendance will therefore be able to see who they integrate and progress. These methods will again be useful to all pragmatically-minded karateka in their training and teaching. Sunday there will be 45 minutes lunch break.

Place of venue

Rønbækskolen (in the small sports hall at the school)
Ådalsvej 100
8382 Hinnerup, Denmark

Price and registration

The price for both days will be 750 DKR and 500 DKR for one day.

Registration should be by e-mail to info@hinnerup-karate.dk before 1st February. Danish participants should please transfer the registration fee by MobilePay 406257 or to reg.nr 5075 kontonr. 0001196127. Foreigners can pay when they arrive at the venue.

Practical information

There will be room for only approximately 45 people at the seminar. So, book your place as soon as possible!

During the weekend, we will use impact equipment for the pad drills. To ensure there will be equipment for everyone, please bring your own pads if you have them.

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