

Iain Abernethy

Practical Karate Seminar

Sunday 16th December 2018

What:

Exploring Bassai-Dai and its bunkai to understand core combative principles that can be found in all kata and styles of karate.

Prior knowledge of the kata is not necessary.

Where:

Benham Sports Arena
Kings Park Road, Northampton. NN3 6LL

When:

Sunday 16th December 2018, 1pm – 4pm

Who:

All martial arts styles welcome

Costs:

Just £30 per person*
(Instructors - bring four students and you go free)

Registration & More Info:

Andy Stewart via andy@troozers.com

Iain Abernethy holds the rank of 7th Dan with the British Combat Association, the English Karate Federation, and the British Combat Karate Association. He has written and produced a number of highly acclaimed books, DVDs, podcasts, and Youtube videos on the subject of kata and its use as a practical application for self-protection. His seminars are in great demand worldwide.



www.iainabernethy.com

*Any profits from the seminar will be matched £-for-£ by Troozers Ltd and used towards aiding underprivileged students in their karate journey

