

Iain Abernethy

Practical Karate Seminar

Sunday 15th December 2019

What:

Exploring Saifa and Seipai, their close range strikes, locks, counter-locks, cranks, limb-redirection, and exploring the principles found in all kata and styles of karate.

Prior knowledge of the kata is not necessary.

Where:

Northampton School for Boys
Billing Road, Northampton. NN1 5RT

When:

Sunday 15th December 2019, 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 helping younger students in their karate journey

