

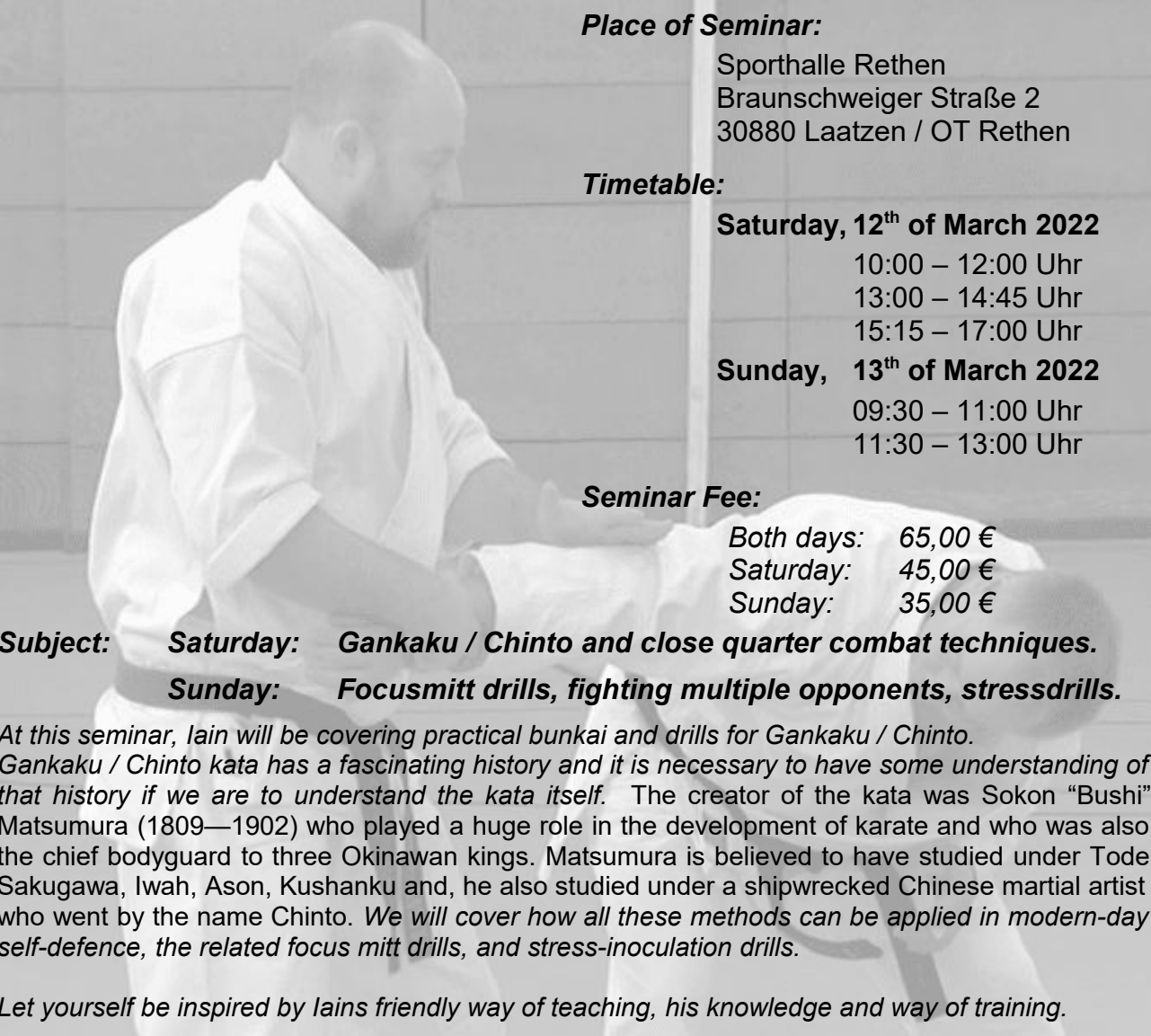
Bunkai-Seminar

with

Iain Abernethy

7. Dan Karate – Chief Instructor World Combat Association

**in Laatzen (near Hannover) 12th and 13th of March
2022**



Place of Seminar:
Sporthalle Rethen
Braunschweiger Straße 2
30880 Laatzen / OT Rethen

Timetable:

Saturday, 12th of March 2022
10:00 – 12:00 Uhr
13:00 – 14:45 Uhr
15:15 – 17:00 Uhr

Sunday, 13th of March 2022
09:30 – 11:00 Uhr
11:30 – 13:00 Uhr

Seminar Fee:

Both days: 65,00 €
Saturday: 45,00 €
Sunday: 35,00 €

Subject: Saturday: Gankaku / Chinto and close quarter combat techniques.
Sunday: Focusmitt drills, fighting multiple opponents, stressdrills.

At this seminar, Iain will be covering practical bunkai and drills for Gankaku / Chinto. Gankaku / Chinto kata has a fascinating history and it is necessary to have some understanding of that history if we are to understand the kata itself. The creator of the kata was Sokon "Bushi" Matsumura (1809—1902) who played a huge role in the development of karate and who was also the chief bodyguard to three Okinawan kings. Matsumura is believed to have studied under Tode Sakugawa, Iwah, Ason, Kushanku and, he also studied under a shipwrecked Chinese martial artist who went by the name Chinto. We will cover how all these methods can be applied in modern-day self-defence, the related focus mitt drills, and stress-inoculation drills.

Let yourself be inspired by Iain's friendly way of teaching, his knowledge and way of training.

The number of participants is limited. It is recommended to register until 28th of February 2022. Participation is possible from 16 years on or elder.

See page 2 for further Information.

Ausrichter:



Karate-Dojo im TSV Rethen/Leine e. V.
www.tsv-rethen.de

Mobil: 0176 / 246 50 275

Fax: 05101 / 1 30 86

E-Mail: axelsiebert@gmx.net

Catering: Catering will be available.

Liability: There will be no liability at all.

Photo Note / GDPR: Host and participants will take pictures and record videos at the above mentioned event for private purpose and honorary post (Club-Websites & Publications, Homepages). The time of storage depends on the individual interest.

Iain Abernethy, Cumbria, Great Britain.

One of the UK's leading exponents of applied karate.

He has written a number of critically acclaimed books on the practical application of traditional martial arts and is well known for his work on the pragmatic use of the techniques and concepts recorded in the traditional kata.

Iain's seminars, books, DVDs and articles have proved to be very popular with those groups and individuals who wish to practise their arts as the pragmatic systems they were originally intended to be.

Further information on his Homepage: www.iainabernethy.co.uk

Accommodation facilities around:

Ibis Budget Hotel, Magdeburger Strasse 4 in 30880 Laatzen – Rethen, ☎ 05102 / 909 490

Hotel Haase, Am Thie 4 in 30880 Laatzen – Grasdorf, ☎ 0511 / 820 160

Rethener Hof, Hildesheimer Straße 347 in 30880 Laatzen – Rethen, ☎ 05102 / 3534

Jugendherberge Hannover / Deutsches Jugendherbergswerk, Landesverb. Hannover e.V., Ferdinand Wilhelm Fricke Weg 1, 30169 Hannover, ☎ 0511 / 16 40 22 2

Sporthotel Erbenholz, Peinerstraße 100, 30880 Laatzen – Rethen, ☎ 05102 / 91 63 33