

Budokan Nürnberg @ TV Eibach 03 presents

Iain Abernethy

7. Dan British Combat Association

Nuremberg (Germany) – Oct 12+13th, 2019



Dojo-Jubilee 40 Years

武道館 ニュルンベルク アイバツハ



The popular martial artist Iain Abernethy (7th Dan) comes to us on Oct 12.-13th, 2019 .

Venue, host and organizer: Budokan Nürnberg im TV Eibach 03 e.V., Hopfengartenweg 66, 90451 Nürnberg

Karl-Heinz Rudolf, <http://www.karate-budo.de>

Course Language: English, no translation

Neither Iain Abernethy nor the organisers, teachers and trainers shall be responsible for any potential losses or damage to property or personal injury or death!

Overnight: booking.com hrs.de Air BNB, ...

Signing in per e-mail is necessary and obligatory -> carlos.rudolf@freenet.de

Fee:

Sa t+ Sun: 55 Euro (+5 Eu without signing in)

Only Sat: 40 Euro (+5 Eu without signing in)

Only Sun: 25 Euro

Catering Sat + Sun Anniversary Buffet.

Please bring your own cups, spoons and plates to help protect the environment.



Course Content: Saturday: practical and complete bunkai applications and flow drills for real self-defense. These exercises help to apply the techniques of the kata in case of need. After the seminar cozy get-together in the club **restaurant**.

Sunday: core concepts, techniques and drills of Tegumi, Chokes, strangles, locks, grappling and anti-grappling as well as background information. During the seminar Sat+Sun Jubilee Buffet in the gym.

Saturday: 10:00 bis 12:00 / 1:00 bis 2:45 p.m. / 3:15 bis 5:00 p.m. / 6:00 p.m. Club Restaurant

Sunday: 10:00 bis 11:30 / 12:00 bis 1:30 p.m. / Club Restaurant / Pls. bring your own focus mitts!

Signing in: per e-mail is necessary and obligatory via email carlos.rudolf@freenet.de We ask you to register with us by providing your name, style and rank. After receipt of your application, we send you a confirmation via e-mail. Limitation of the participants! The spots will be filled at the first come, first served principle. The minimum Age is 16 years

Iain Abernethy from Cumbria / UK, member of the "Combat Hall of Fame", is one of the UK's guiding experts of applied karate. He makes the kata application direct, practical, simple and accessible to all. Neither he teaches prearranged bunkai (karateka against karateka) nor static or complex movements. In contrary he teaches kata as an integrated combat system. Iain shows suitable concepts and techniques for self-defense. We will practice using the strategies of the kata as self-defense against real attacks. In addition to punching and kicking techniques from different distances and combat situations, applications of grabbling, throwing, locks and strangulations are shown. Iain impresses with its open, relaxed and professional manner and his extensive knowledge. By quotations from the first edition of Funakoshi's books and from other old Karate Masters he brings them to life. Info: www.iainabernethy.co.uk The bunkai includes some not yet published applications, mitt drills and drills (also of interest for karate teachers). Please bring your own fighting gloves and pads/mitts!

The seminar will be photographed and filmed. By participating, you agree that these recordings will be published in the media also for promotional purposes.

Further Jubilee Seminar: July, 20, 2019 LG mit Fritz Oblinger, Harald Strauß - 40 Years Dojo