

Iain Abernethy



Seminar October 9th and 10th 2021

Helsinki, Finland

The seminar will focus on Kushanku / Kanku-Dai applications (bunkai) and pad drills (covering of course Pinan / Heian kata as well)

Iain Abernethy is world renowned kata bunkai and applications specialist from the UK. Now you have a unique opportunity to learn bunkai and self defense techniques "hidden" in Kushanku / Kanku-Dai (and in Pinan / Heian kata).

Reserve your place in the seminar now.

Time schedule:

Saturday Oct 9th 2021

10.30–12.00 Training 1
13.30–15.30 Training 2
16.00–18.00 Training 3

Dinner with the Sensei
– book your place in
the dinner in advance

Sunday Oct 10th 2021

10.00–13.00 Training 4



Seminar fees:

Full seminar 90 eur
(one day 60 eur)

Registration:

Limited availability.
Registration before 25.9.2021:

<http://erankarate.fi>

Registration is binding. Please note that should COVID-19 situation prevent us from organizing this seminar safely you will get full refund.

Place:

Tapanilan Erä Karate dojo
Jäkälätie 2, 00730 HELSINKI

More information:

erankarate@gmail.com erankarate.fi

Our hotel partner is brand new VALO Hotel which is located in Helsinki. It is near a local railway station and tram number 10. Hotel address is Mannerheimintie 109, 00280 Helsinki. Our special prices are available until 1.9.2021:

- Smart room (12m²) 78 € for single room, 88 € for double room

- Comfort room (17m²) 88 € for single room, 98 € for double room.

All rates are including breakfast, wi-fi, Wellness -area access, VAT. Comfort rooms are equipped also with bathrobe and slippers.

Reservations: Online bookings: via hotel web pages <https://valohotel.fi/en/> with the code "ALLKAR0810"

Remember to mention the reservation code "ALLKAR0810" when contacting via email and/or phone.

Email: reservations.helsinki@valohotel.fi

Phone: +358 340 4000

More information regarding hotel and it's services: <https://valohotel.fi/en/>

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