

Kata / Self-Defence / Bunkai



Karate seminar with
Iain Abernethy



Sep 01.-02.2018 in Meckenheim (near Bonn)

Iain Abernethy

- # Iain Abernethy (6. Dan) from England views kata as a complete holistic fighting system. A better understanding of the methods and underlying principles recorded in the kata are of major importance to him. His applications are realistic und contain various fighting situations as well as distances.
- # For further information please visit: www.iainabernethy.co.uk

Content

- # Realistic applications from various kata for self-defence and graduation
- # Strikes, kicks, joint locks, chokes and strangles, throws, takedowns and grappling
- # Pad-drills for punches, kicks, elbow and knee strikes

Training-sessions

- | | |
|---------------------------|-----------------------|
| # Saturday, Sep 01st 2018 | Sunday, Sep 02nd 2018 |
| 10:00 – 12:00 | 10:00 – 11:30 |
| 13:00 – 15:00 | 12:00 – 13:15 |
| 15:30 – 17:15 | |

Location:

- # School Campus – Competition Hall
Siebengebirgsring, 53340 Meckenheim

Fee

- # 55,- € for both Days (40,- € for Saturday, 20,- € for Sunday)

Note

- # Minimum age: 18 years
- # The seminar will be held in English
- # Please bring your own pads

Catering

- # Snacks and beverages will be offered

Registration

- # **Registration secures a slot in the seminar.** A binding registration with name, graduation and style is necessary.

Contact

- # Thorsten Dörrer, E-Mail: karate@budo-zentrum-meckenheim.de,
- # www.budo-zentrum-meckenheim.de

Host / Liability

- # Budo Zentrum Meckenheim e.V.
- # Host and instructor disclaim any kind of liability