



# Uni Karate Dojo Stuttgart e.V.

## 12. Bunkai & Self-Protection-Days 03./04.07.2021

### Iain Abernethy, 7. Dan Karate

Chief Instructor of the World Combat Association

	Time	Seminar Subject
<b>Karate in close range for self-protection</b>		
<b>Saturday</b> 03.07.2021	10.00 – 12.00 h 13.00 – 14.45 h 15.15 – 17.00 h	<ul style="list-style-type: none"><li>• Gripping and choking techniques incl. drills</li><li>• Creating openings for strikes</li><li>• Disengage from the grapple to successfully escape</li><li>• The principles of throws and takedowns</li><li>• The “9 throws” of Gichin Funakoshi and their relevance to self-defence</li></ul>
<b>Sunday</b> 04.07.2021	9.00 – 10.30 h 11.00 – 12.30 h	<ul style="list-style-type: none"><li>• Continue from Saturday and pad drills (<u>Please take pads with you!</u>)</li></ul>

**Seminar fee:** 60 Euro for both days (45 Euro Saturday only, 30 Euro Sunday only). The number of participants is limited, the ranks are filled fast, as usual. An early registration is recommended!

**Language:** English

**Catering:** Catering will be available.

**Liability:** The organisers reject any liability which could arise from the participation in the seminar.

**Organization:** Uni Karate Dojo Stuttgart e.V.

**Information:** [www.ukd-stuttgart.de](http://www.ukd-stuttgart.de); Participation is possible from 18 years on or elder.

**Registration:** [nicolas.hofele@ukd-stuttgart.de](mailto:nicolas.hofele@ukd-stuttgart.de)

#### About Iain Abernethy

Iain Abernethy (Cumbria, GB) is one of the world'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.

Further information can be found on Iain's website [www.iainabernethy.co.uk](http://www.iainabernethy.co.uk)

**Venue:** Sporthalle Wolfbuschschule, Köstlinstraße 76, 70499 Stgt-Weilimdorf