

TRAININGSWEEKEND IAIN ABERNETHY

18 - 19 - 20 SEPTEMBER

Timetable:

Friday September 18th: youth seminar up to 15 years

Saturday September 19th: 16 years and up 10.00 - 16.00 hrs

Sunday September 20th: 16 years and up 10.00 - 14.00 hrs (9.00 - 10.00
Special Instructors Class)

Where?

Sportscentre 'De Randhorst', Randweg 7 te GELDERMALSEN, the Netherlands

What do you get?

A practical perspective on karate! A combination of the physical elements of self defence, personal combat and the psychology of the confrontation. Iain is a very well asked instructor across the world because of his hands-on, practical approach. Nothing he shows you is pre-rehearsed nor standard. Besides all of his seminars across the world he also writes for the major English Martial Arts magazines and he's a member of the Combat Hall of Fame. His books and DVD's are sold worldwide and his practical approach proves very popular amongst them who wish to practise karate as an effective self-defence system.

This is his third time in Holland and a true 'must' for all those who wish to enhance their theoretical knowledge and their practical approach to combat. On the Sunday Iain gives a special Instructor's Class for those who also teach a Martial Arts.

Costs:

Saturday: € 45,00 Sunday € 35,00 Instructors Class (zo) € 15,00
Passe Par Tous € 85,00

More information at www.veerkrachttrainingen.nl. Subscribe via email at info@rdta.nl. ATTENTION: final subscription only after payment is due! And full = full!

Payment: on account number **NL40 RABO 0168 9991 37** of R&D Training & Advies B.V. in Tiel, referencing IAIN ABERNETHY.

TRAININGSWEEKEND IAIN ABERNETHY

18 - 19 - 20 SEPTEMBER

Iain Abernethy has been practicing karate ever since he was a boy and he holds a 6th dan with the British Combat Association: one of the world's most influential societies for close combat, self-defence and practical Martial Arts. Additionally he holds a 5th dan at the British Karate Association. He's also one of the few people in England allowed to use the title of 'coach'; the highest instructor's grade of the BCA.



Do you also experience a lack of internal logic in Martial Arts? Would you like to train more realistically? Do you wish to know what value kata really has in self-defence? If the answer to all of these questions is YES than you're ready for a nice dose of Iain Abernethy.

Iain combines excellent personal skills with a lot of streetwise and a thorough knowledge base. This enables him to create the Missing Link created by a lot of Japanese Masters between theory and real live combat situations. Iain gives kata for example a more functional role in Martial Arts and shows you that really there aren't any real secrets. In short; do you wish to raise your Martial Arts skills to a higher level of insight and simultaneously train more realistically? Then participating in a Iain Abernethy Seminar is a step that you must have taken in my opinion.

Jan Bloem