

TO OUR SEMINAR WITH

# Iain Abernethy

7th Dan Karate, Chief Instructor World Combat Association



# Jitte

Bunkai & Flow-Drill of Jitte

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## Application of Jitte

With

# Hitting Pads

**Saturday** 11:00 am -  
2024, Jan. 13th 1:00 pm

2:00 pm -  
3:45 pm

4.15 pm -  
6:00 pm

### Bunkai of the Jitte

Over all, we will focus on the applications. Iain will guide us through his complete Bunkai of the Jitte. Emphasis will be on every step of the kata.

Furthermore, it will be our basis for a "flow drill". We will learn and practice the "flow drill" of the Jitte kata for two people.

This drill also emphasizes the variations of the Jitte between some styles in karate. Karatekas can practice their style-specific applications. Depending on the time available, Iain will also refer to the Jion and Ji'in katas.

**Sunday** 9:00 am -  
2024, Jan. 14th 10:30 am

11:00 am -  
12:30 p.m

### Training with Hitting Pads

The Jitte's bunkai becomes the basis for our drills with hitting pads (hand makiwaras). Step by step, we will approach most applications of the kata.

Iain will also show us a series of pad drills - taken from the Jitte - to improve our spatial coordination. We will work at improving our timing, accuracy and kime. Pad drills will bring us a step closer to self-defense.

January  
2024

13th+14th

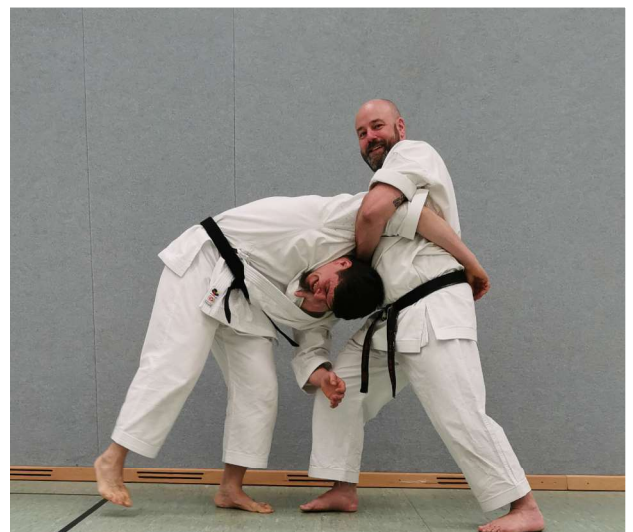
Seminar fee:

**50 EUR**  
for both days

Only Sat.: 40 EUR  
Only Sun.: 20 EUR

**Training Location:**

**Helmi-Mühlbauer-Halle**  
**Dr.-Max-Str. 20**  
**82031 Grünwald (near München)**



### Infos & Registration:

[www.karate-gruenwald.de/lehrgangsanmeldung/](http://www.karate-gruenwald.de/lehrgangsanmeldung/)

### Registration is mandatory!

Iain values a good learning atmosphere; the number of participants is limited.

**Minimum Age: 16 years**



**Please don't forget hitting pads!**

**Food & Beverages** *are available*

**Accommodation:** *Overnight stay is possible in the gym-hall*

**Miscellaneous:**

Participants agree to have their pictures and videos published.