



10. Bunkai & Self-Protection-Days 16./17.06.2018

Peter Consterdine, 9. Dan Karate

Kampfkunstlegende und Chief Instructor der WCA

Iain Abernethy, 6. Dan Karate

Chief Instructor der World Combat Association

	Time	Seminar Subject
Saturday 16.06.2018	10.00 – 12.00 h 13.00 – 14.45 h 15.15 – 17.00 h	Peter Consterdine: Pre-Emption / Close Quarter Combatives / Double-Hip & Transitions / Fit-to-Fight-Drills / Padwork (Please bring Pads with you!)
Sunday 17.06.2018	9.00 – 10.30 h 11.00 – 12.30 h	Iain Abernethy: Close range karate

Seminar fee: 80 Euro for both days (55 Euro Saturday only, 35 Euro Sunday only).

The number of participants is limited. A registration is recommended!

Language: English

Catering: A catering will be available.

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

Organization: Uni Karate Dojo Stuttgart e.V.

Information: www.ukd-stuttgart.de; Participation is possible from 18 years on or elder.

Registration: nicolas.hofele@ukd-stuttgart.de

Peter Consterdine is a 9th Dan in Karate and a former member of the British Team. He has over 50 years of international practical experience in the martial arts. He is one of Iain Abernethy's main teachers and has had a major impact on Iain's approach to karate and self-protection.

Iain Abernethy is one of the UK'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.