

Practical Karate Seminar

with Iain Abernethy 7th dan
Saturday 20th October 2018

Where:

Ballymena North Business and Recreation Centre,
120 Cushendall Road, Ballymena, BT43 6HB

When:

Saturday 20th of October 2018 - 11AM to 3PM

Who:

All martial arts styles welcome!

Costs:

Just £40.00 sterling! Cheques made payable to "Chujo Karate Association" and send to Mr Dan Redmond, 185 Dunclug Park, Ballymena, BT43 6NU. £20.00 non-refundable deposit paid before 1st October ensures your place on the seminar. Cash ONLY after 1st October.

Registration & More Info:

Dan Redmond via chujo@hotmail.com or 07976987696

Iain Abernethy holds the rank of 7th DAN with the British Combat Association, the English Karate Federation, and the British Combat Karate Association. He has written and produced a number of highly acclaimed books, DVDs, podcasts, and YouTube videos on the subject of kata and its use as a practical application for self-protection. His seminars are in great demand worldwide.



www.iainabernethy.com