



## Iain Abernethy 3-4 February 2018 Hinnerup, Denmark



This year's Danish seminar with Iain will be open to everyone (> 15 years of age) with an interest in practical karate applications. and the themes of the event will be:

**Transcending Styles:** In these sessions we will explore the core principles and methods that are key to all styles of karate. We will examine the, often unseen, similarities between the kata and bunkai of the most widely practised styles of karate, including Goju-Ryu, Shotokan, Shito-Ryu and Wado-Ryu. We will be exploring the common principles that make karate what it is; irrespective of the way they are expressed in individual styles. "There are no styles of karate, only varying interpretations of its principles" – Kenwa Mabuni.

**"Old School Karate Methods":** In this section we will decode the methods of the Bubishi. This historically important text is often vague. Iain will share his interpretation of some of the combative methods recorded in the text and show where they can be found in the karate kata. We will also look at some of the fighting methods of Choki Motobu. These close-range methods will be of interest to practitioners of all styles.

**Pad Drills – Power, Placement and Physical Conditioning:** Iain will share a number of pad drills to help the karateka develop explosive and effective close-range combinations. We will also show how the drills can be practised to develop the mental and physical attributes all karate need. Please bring your own focus-mitts if you have them!

### Programme

#### Saturday 3rd February

Kl. 11.00-13.30: Transcending Styles 1

Kl. 13.30-14.30: Break

Kl. 14.30-16.30: Old School Karate Methods

#### Sunday 4th February

Kl. 09.30-12.00: Transcending Styles 2

Kl. 12.00-12.45: Break

Kl. 12.45-15.00: Pad Drills – Power, Placement and Physical Conditioning



### Adresse

Rønbækskolen (in the small sports hall at the school)

Ådalsvej 100

8382 Hinnerup, Denmark

### Price and registration

The price for both days will be 500,00 DKR and 350,00 DKR for one day.

Registration should be by e-mail to [info@hinnerup-karate.dk](mailto:info@hinnerup-karate.dk) before 1st February. Danish participants should please transfer the registration fee to reg.nr 5075 kontonr. 0001196127, while foreigners can pay when they arrive at the venue.

For more information contact us by e-mail at [info@hinnerup-karate.dk](mailto:info@hinnerup-karate.dk) or call +45 22 86 67 03 (Jan Drachmann).