



Nesodden karateklubb



Seminar with Iain Abernethy in Norway - October 13th and 14th

About Sensei Iain Abernethy: He has been involved in the martial arts since childhood. Iain holds the rank of 7th Dan with the British Combat Association (one of the world's leading groups for close-quarter combat, self-protection and practical martial arts), the British Combat Karate Association, and the English Karate Federation. For more information, please check out his web: <https://www.iainabernethy.co.uk/>.



Target participants: All styles and belts. Please see program below. **Limited places available as club members are given priority.**

Main program/Dates/Times: Bunkai based on the **Pinan/Heian kata series**. Sensei Iain will cover the self-defence applications & combative principles of the Pinans/Heians kata. We will also cover a number of impact drills derived from the kata. The core concepts covered will be relevant to everyone. Prior knowledge of the kata is not needed.

Saturday October 13th: 10:00-11:00: Children age 7-13*, 11:00 - 17:00: Main program, 13 y/o and above.

*Open to all for participation/observation. Age appropriate content.

Sunday October 14th : 09:30-15:30: Main program continues, 13 y/o and above.

Lunch/Meals/Drinks: Self catering, please bring your own.

Cost: Non-members 13 y/o and above (both days) - NOK 800.
Non-members below 13 y/o (one hour training Saturday) - NOK 100.

Registration: To secure your place, please register at https://www.deltager.no/iain_Abernethy_Nesodden_Norway_2018

Location/Transportation: Nesodden is a peninsula just south of Oslo. You can get there by ferry (23 minutes from the city center) or by car. Dojo location is the school gymnasium of [Nesoddtangen \(barne\)skole](#), Kongleveien 4, 1450 Nesoddtangen (next to Nesodden skatebowl). Plenty of free parking in the school yard. Corresponding bus service from Nesoddtangen ferry terminal to "Tangenåsen" (five minutes). Two minutes by foot from bus stop to Dojo.



The host club: <http://nesodden-karateklubb.com/>, <https://www.facebook.com/NesoddenKarateklubb>

Accommodation: There are no hotels at Nesodden, but plenty in Oslo.

Additional information: Please contact dojo head, Rune Flordalen, 41 666 444, flordalen@online.no.

Seminar details might be subject to change.