

# Weekend Seminar with Iain Abernethy



**September 8th, 9th, 10th**

**Location:** East Franklin Elementary School. 100 Watuaga Drive And Cat Creek Lodge

**Friday September 8th 6-8pm**

Foundational Bunkai followed by Tapas

**Saturday September 9<sup>th</sup>**

8-9am – Breakfast at Cat Creek

9-5pm — This year's seminar will cover old school karate close-range striking, trapping, locking, takedowns and more! These methods will be taken from traditional kata such as Empi (Wanshu), Jitte and Tekki (Naihanchi) Nidan and Sandan. Iain has never taught his Jitte, Naihanchi / Tekki Nidan and Naihanchi / Tekki Sandan bunkai and drills in the USA before!

5-7pm Family BBQ

**Sunday September 10th 8-11am**

Breakfast and Checkout by 11

**Cost:** Seminar is \$160 per person before July 1. \$195 after that date. Lodging and meals available a la carte . See brochure for details

**Lodging:** There are rooms available at Cat Creek Lodge or local hotels such as Microtel, Hampton Inn, etc. Please contact Abel Wellness early for reservations at Cat Creek.

**Registration :** Register in person at Abel Wellness or mail form and checks to the studio.

See Brochure for details

## Abel Wellness

110 Macon Center Drive  
Franklin NC 28734

Phone: 828-634-0026

Website: Abel-Wellness.com

E-mail: AbelWellness@gmail.com





## LODGING INFORMATION

**8 spacious rooms are available on site at Cat Creek Lodge. Each room features a queen sized bed and a queen sized pull out couch with plenty of room for an inflatable mattress. Reservations are first come first serve. We ask that you plan far in advance if wanting to stay on site at beautiful Cat Creek.**

*Reservations for on-site lodging will be taken by Abel Wellness.*

**Guests who stay on site will have opportunities to chat with Iain and have their martial arts questions answered outside of the formal training.**

## Family Activities

This year we invite your whole family to join us for a relaxing retreat weekend.

On-site rooms very comfortably sleep families of up to 6. Each room has a personal kitchen and dining area, screened in porch, tv and internet. A large outdoor pool will keep kids entertained for hours while moms relax in a lounge chair on the sun deck.

Gem mining and morning Plates classes will be available while participants are training with Iain. Everyone will come back together for Friday night tapas and a Saturday night BBQ.

**We look forward to  
seeing you there!**

### Abel Wellness

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Franklin, NC 28734

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**2017 Annual  
Iain**

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Presented by:  
**Abel Wellness**