



11. Bunkai & Self-Protection-Days 29./30.06.2019

Iain Abernethy, 7. Dan Karate

Chief Instructor of the World Combat Association

Time		Seminar Subject
The evolution of karate by comparing the old with the new		
Saturday 29.06.2019	10.00 – 12.00 h 13.00 – 14.45 h 15.15 – 17.00 h	<ul style="list-style-type: none">• The evolution of kata (both the positive and the negative)• Compare the two-person-drills of the past with the drills of today• Lost training practices that we should reintroduce
Sunday 30.06.2019	9.00 – 10.30 h 11.00 – 12.30 h	<ul style="list-style-type: none">• Modern training methods that should be embraced even though they were not part of training in the past. (Please take pads with you!)

Seminar fee: 60 Euro for both days (45 Euro Saturday only, 30 Euro Sunday only).

The number of participants is limited, the ranks are filled early as usual.
An early registration is recommended!

Language: English

Catering: A catering will be available.

Liability: The organisers 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 older.

Registration: nicolas.hofele@ukd-stuttgart.de

About Iain Abernethy

Iain Abernethy (Cumbria, GB) is one of the world'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.

Further information can be found on Iain's website www.iainabernethy.co.uk