

# **Bunkai-Seminar**

with

## **Iain Abernethy**

**6. Dan Karate – Chief Instructor World Combat Association**

**in Laatzen (near Hannover) 7<sup>th</sup> and 8<sup>th</sup> of April 2018**



**Place of Seminar:**  
Sporthalle Rethen  
Braunschweiger Straße 2  
30880 Laatzen / OT Rethen

**Timetable:**

**Saturday, 7<sup>th</sup> of April 2018**  
10:00 – 12:00 Uhr  
13:00 – 14:45 Uhr  
15:15 – 17:00 Uhr

**Sunday, 8<sup>th</sup> of April 2018**  
09:30 – 11:00 Uhr  
11:30 – 13:00 Uhr

**Seminar Fee:**

Both days:	60,00 €
Saturday:	40,00 €
Sunday:	30,00 €

**Subject:** **Techniques of the Bubishi in our everyday Kata  
the throws of Itoman and Motobu´s two person Drills for self-defence.**

*Kata – Bunkai: The applications of Kata in the context of selfdefense.  
Control of the opponent thru joint manipulation, throws and take  
downs, locks chokes and strangles, work with Focus – Mitts.  
The seminar will be held in english language.*

*Let yourself be inspired by Iain's friendly way of teaching, his knowledge and way of training.*

The number of participants is limited. It is recommended to register until .15<sup>th</sup> of March 2018!  
Participation is possible from 16 years on or elder.

**Ausrichter:**



Karate-Dojo im TSV Rethen/Leine e. V.  
[www.tsv-rethen.de](http://www.tsv-rethen.de)

Mobil: 0176 / 246 50 275

Fax: 05101 / 1 30 86

E-Mail: [axelsiebert@gmx.net](mailto:axelsiebert@gmx.net)

**Catering:** Catering will be available.

**Liability:** There will be no liability at all.

## Iain Abernethy, Cumbria, Great Britain.

One of the UK'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.

Iain's seminars, books, DVDs and articles have proved to be very popular with those groups and individuals who wish to practise their arts as the pragmatic systems they were originally intended to be.

Further information on his Homepage: [www.iainabernethy.co.uk](http://www.iainabernethy.co.uk)

### **Accommodation facilities around:**

Ibis Budget Hotel, Magdeburger Strasse 4 in 30880 Laatzen – Rethen, Tel: 05102 / 909 490

Hotel Haase, Am Thie 4 in 30880 Laatzen – Grasdorf, Tel 0511 / 820 160

Rethener Hof, Hildesheimer Straße 347 in 30880 Laatzen – Rethen, Tel 05102 / 3534

Jugendherberge Hannover / Deutsches Jugendherbergswerk,  
Landesverband Hannover e. V.,  
Ferdinand Wilhelm Fricke Weg 1, 30169 Hannover, Tel: 0511 / 16 40 22 2

Sporthotel Erbenholz, Peinerstraße 100, 30880 Laatzen – Rethen, Tel: 05102 / 91 63 33