

Gojushiho Sho & Dai



with

Iain Abernethy



7. Dan Karate, Chief Instructor der World Combat Association

JANUARY 16 & 17, 2021

GRÜN WALD

near München

Date and Time Content of Training

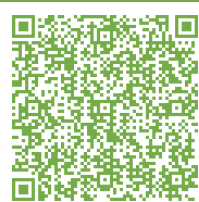
Saturday Jan. 16, 2021	11.00 am - 1.00 pm	Gojushiho Sho & Dai This will cover Bunkai and Drills of all techniques of the
	2.00 pm - 3.45 pm	Gojushiho Sho and Dai. Differences and similarities of both katas will be reviewed. This
	4.15 pm - 6.00 pm	will include flow drills, close-range striking, trapping, locks and throws.

Sunday Jan. 17, 2021	9.00 am - 10.30 am	Bunkai, Kata-Based-Sparring & Pad Drills of the Gojushiho Sho/Dai Along with other variations of the Bunkai we will also train the Bunkai with hitting pads . We will also spend some time on the pads to discuss impact development.
	11.00 am - 12.30 pm	Kata-Based-Sparring (KBS) will conclude the seminary.

Don't forget to bring along hitting pads!

Infos & Registration:

Iain values a good learning atmosphere, so there is a limited number of participants. **Please register!**



Registration is required here or by the QR-tag:
www.karate-gruenwald.de/abernethy

Food & Beverages / accommodation Food & Drinks available. Overnight stay is possible in the gym hall.

Organizer: TSV Grünwald e.V., Department of Karate

Training Location:

**Helmi-Mühlbauer-Halle
Dr.-Max-Str. 20
82031 Grünwald**



Seminar fee:

50 EUR for both days
(35 EUR only Saturday; 20 EUR only Sunday)

Seminary language: English

Minimum Age: 16 years

Iain Abernethy lives in Cumbria, UK, and has intensively been working with bunkai of the katas (Bunkai Jutsu) for many years. In the tradition of the ancient Okinawan masters, he sees kata as a coherent combat system that extends over different fight distances and situations. Iain is always emphasizing the realistic application of the techniques and fighting principles of a kata.

More information about Iain: www.iainabernethy.co.uk