

Iain Abernethy Seminar

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September 13 - 15, 2013
Lenexa, Kansas, USA

Sponsored by Hanshi Dan Kennedy and the United States Kenpo Kobujitsu Federation

Friday, September 13th | 6pm - 8pm

Cedar Ridge Christian Church Gymnasium
8835 Lackman Rd., Lenexa, KS 66215
(Just south of 87th on Lackman)

Saturday, September 14th | 9am - 5pm

Cedar Ridge Christian Church Gymnasium
8835 Lackman Rd., Lenexa, KS 66215
(Just south of 87th on Lackman)

Sunday, September 15th | 9am - 1pm

Lenexa Karate Academy
13960 Santa Fe Trail Drive, Lenexa, KS 66215
913-962-1640

All three sessions \$125

Friday only \$35

\$25 late fee for all registrations made after September 6th

Send completed registration forms and payment to:

Lenexa Karate Academy
13960 Santa Fe Trail Drive
Lenexa, Kansas 66215

General Seminars Covering the Following:

- ⊙ Historical Development / Background of Kata
- ⊙ The 4 Stage Approach to Kata
- ⊙ The Language of Kata
- ⊙ How to Analyze the Movements of Kata
- ⊙ The Nature of Live Conflict
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- ⊙ How to Create Effective Bunkai Drills
- ⊙ Karate Grappling (throws, locks, Chokes, strangles and groundwork).
- ⊙ Bunkai-Based Flow Drills Kata-Based-Sparring (live bunkai drills and how to make them appropriate for all levels)
- ⊙ Kata Applications (Tekki / Naihanchi, Kushanku / Kanku-Dai, Passai / Bassai-Dai, Gankaku/Chinto, Empi/Wansu, Chinte, Unsu)



Iain Abernethy Biography

Iain Abernethy has been involved in the martial arts since childhood. Abernethy holds the ranks of 6th Dan with the British Combat Association (one of the world's leading groups for close-quarter combat, self protection and practical martial arts) and 5th Dan with the British Karate Association.

Abernethy is in great demand on the seminar circuit and he teaches many seminars on his approach to practical karate both in the UK and overseas. The bunkai that Abernethy teaches are not prearranged karateka vs karateka applications; nor are the static, complex, elaborate or reliant upon finite movement. Abernethy's approach to karate makes kata application practical, simple, direct and accessible to all.

Abernethy regularly writes for the UK's leading martial arts magazines and he is a member of the Combat Hall of Fame. Abernethy's books and DVDs have sold worldwide and his highly pragmatic approach to kata applications (bunkai) has proved to be very popular with those who wish to practice karate as an effective self-protection system. Abernethy can be emailed at iain@iainabernethy.com

"Abernethy brings karate back into the real arena with his pioneering concepts of kata bunkai."

Geoff Thompson
World-Renowned Martial Artist, Self-Protection Expert and Best-Selling Author

"Sensei Abernethy teaches functional application of traditional kata. The "secret applications" of kata are laid bare by his hands on, practical instruction."

Dan Anderson
4 time U.S. National Karate Champion, 7th Dan Karate, 6th Dan Modern Arnis, 8th Dan MA-80

"If you are interested in learning effective (no nonsense), practical karate kata bunkai that includes chokes, strangles, locks, throws, groundwork that is taught in a friendly, safe, professional and very informative manner, then Abernethy's seminars are a must!"

Ken Harrison
4th Dan Karate, Guildhall Wado Kai



Iain Abernethy Registration

Return checks and registration to:

Lenexa Karate Academy
13960 Santa Fe Trail Drive, Lenexa, KS 66215
POC: Dan Kennedy, 913-962-1640

★ ★ ★ ★ ★
September 13 - 15, 2013
Lenexa, Kansas, USA

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Participant Signature: _____

Parent or Guardian (if under age 18) _____

I am participating in the following session(s). (Check one)

All three sessions \$125

Friday session only \$35

\$25 late fee for all registrations made after September 6th

I hereby certify that I am aware of, and understand, all of the risks and dangers inherent in participating in martial arts. I hereby agree not to bring a claim against or sue Dan Kennedy, Lenexa Karate Academy, United States kenpo Kobujitsu, or Iain Abernethy (instructor). I freely and voluntarily accept all risks of injury, death or property damage and agree for myself and my heirs to release, hold harmless and indemnify the agent, instructor, Lenexa Karate Academy and United States Kenpo Kobujitsu federation, Instructors, employees, agents or authorized guests from any and all liability for personal injury, including death, and property damage resulting from this training.

