

Kaihatsu Karate-do presents:

## Seminar Iain Abernethy

“There are no styles of karate;  
only variations of its principles.”

*Kenwa Mabuni*



**Saturday 12 April and Sunday 13 April 2025 | Drachten**

The third seminar with Iain Abernethy in Drachten, the Netherlands. We dive into the similarities between the various karate styles we know today. Because karate styles may seem very different at first glance, but in the end they are just different expressions of common principles.

Come and discover it for yourself during this two-day karate event in Drachten.

Enroll now via e-mail to [info@kaihatsu.nl](mailto:info@kaihatsu.nl)

Host: Michiel Commandeur, Kaiatsu Karate-do

### Dates and times

Saturday 12 april 2025, 10.00-17.00 uur

Sunday 13 april 2025, 10.00-14.00 uur

Check the entire schedule on page 2.

### Location

Sporthal de Drait

Dollard 125

9204 CM DRACHTEN

### Fees

Both days: € 60,-

Saturday only: € 45,-

Sunday only: € 30,-

### Tickets

Sign up by email to [info@kaihatsu.nl](mailto:info@kaihatsu.nl).

Please list the names of all participants and the days you are participating.

Payment instructions will follow after registration by e-mail.

Your participation is confirmed after receipt of your payment.

This seminar is open to karatekas from the age of 16.



[info@kaihatsu.nl](mailto:info@kaihatsu.nl)

[www.kaihatsu.nl/iain2025](http://www.kaihatsu.nl/iain2025)



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## **Seminar Iain Abernethy**

# **“There are no styles of karate”**

**Saturday 12 April and Sunday 13 April 2025 | Drachten**

### **Saturday 12 april 2025**

#### **Common combative principles**

On Saturday Iain will look at a wide variety of karate methods as they are recorded across a wide range of kata. This will include looking at the common combative principles as expressed in both the “naha-te” and “shuri-te” kata.

We will look at karate close-range striking, trapping, locks, throws, chokes, strangles, etc as expressed in the Pinan / Heian Series, The Gekisai kata, Saifa, Naihanchi / Tekki, Seipai, Chinto / Gankaku, Seienchin, etc.

Iain intends to show that Kenwa Mabuni was correct when he said, “There are no styles of karate; only variations of its principles”.

#### **Schedule Saturday 12 April 2025**

9.00-10.00	Walk-in and registration
10.00-12.00	Session 1: common combative principles
12.00-13.00	Lunch break, catering available (lunch not included)
13.00-14.45	Session 2: Continuation of common combative principles
14.45-15.15	Short break
15.15-16.45	Session 3: Continuation of common combative principles
17.00	End of day, gym closes

### **Sunday 13 april 2025**

#### **Kata based impact drills**

On Sunday we discover how we can practice kata applications on pads. Make an impact with your kata.

You will also learn how to design your own exercises on pads based on your kata.

#### **Schedule Sunday 13 April 2025**

9.00-10.00	Walk-in and registration
10.00-12.00	Session 1: Kata based impact drills
12.00-12.30	Lunch break, catering available (lunch not included) Please note: 30 minutes!
12.30-14.00	Session 2: Continuation of Kata based impact drills
14.00	End of seminar, opportunity for chat and photos until 15.00 (subject to change)

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