



Iain Abernethy 26-27 February 2022 Hinnerup, Denmark



We are back! This year's Danish seminar with Iain will be open to everyone (> 15 years of age) with an interest in practical karate applications.

At this seminar we will look at the combative principles common to the two main streams of karate i.e. Naha-Te and Shuri-te. To achieve this, we will break down the applications of Gekisai Dai Ichi (a kata specifically designed by Chojun Miyagi – founder of Goju-Ryu – to be of use to all karateka, regardless of style) and compare it the methods and principles to those encapsulated in the main Shuri-te kata (Pinan/Heian, Tekki/Naihanchi, etc). As Kenwa Mabuni (a practitioner and teacher of both Naha-Te and Shuri-te) said, "There are no styles of karate, only varying interpretations of its principles". This seminar will break down these core principles in a way that will help karateka of all styles better understand all of their kata. Iain will also be teaching his two-person ground work kata, which is unimaginatively called, "Ne-Waza Kata". This kata was specifically designed to give karateka, who may not have previously done any ground work, an overview of the key positions, transitions and escapes that they need to be aware of to approach groundwork effectively. It can also serve as a jumping off point for other methods, and Iain will show how this works by showing additional locks, chokes and strikes that can be added to the kata once the basic version as been learnt. The kata sits nicely within the karate framework and is one Iain teaches in his work dojo. He has never taught it in Denmark before. As always, we will also look at some functional pad drills in order to develop power and the correct combative mindset.

Programme

Saturday 26th February

Kl. 11.00-13.30: Comparing Naha-te and Shuri-te – Part A

Kl. 13.30-14.30: Break

Kl. 14.30-16.30: Ne-Waza Kata

Sunday 27th February

Kl. 09.30-12.00: Comparing Naha-te and Shuri-te – Part B

Kl. 12.00-12.45: Break

Kl. 12.45-15.00: Functional Pad Drills

Adresse

Rønbækskolen (in the small sports hall at the school)

Ådalsvej 100

8382 Hinnerup, Denmark



Price and registration

The price for both days will be 650 DKR and 450 DKR for one day.

Registration should be by e-mail to info@hinnerup-karate.dk before 18th February. Danish participants should please transfer the registration fee to reg.nr 5075 kontonr. 0001196127 or MobilePay 406257, while foreigners can pay when they arrive at the venue.

For more information contact us by e-mail at info@hinnerup-karate.dk or call +45 22 86 67 03 (Jan Drachmann).