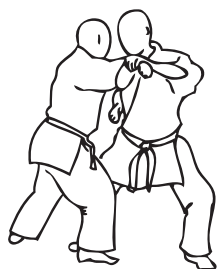


IAIN ABERNETHY

**SECOND TIME
IN HAMBURG!**



SATURDAY MAY 21ST 2022

KARATE

10:00-13:00 Enpi / Wanshu: Bunkai & Drills 1

12:30-13:00 Lunch break

13:00-15:30 Enpi / Wanshu: Bunkai & Drills 1

SUNDAY MAY 22ND 2022

SELF PROTECTION

10:00-11:30 Basics of self protection (covering, fleeing, pre-emptive striking etc.)

11:45-13:00 Protecting others

13:00-13:30 Lunch break

13:30-14:45 Fighting from non-ideal positions

The seminar is open for participants from all martial arts and styles of all ranks aged 16+ years.

Please bring your own pads / focus mitts.
The seminar is held in English.

Registration

1. Please register via

iain-in-hamburg@gmx.de

leaving the following data: participant's name, martial art & rank, day(s) of participation.

Any questions? Please don't hesitate to ask.

2. For binding registration, please pay your total amount no later than 14 days prior to the seminar, stating the participant's name.

• Either via bank transfer:

Knut Riedel

IBAN: DE32 5001 0517 5439 1837 30

ING (BIC: INGDDEFFXXX)

• or via PayPal: iain-in-hamburg@gmx.de
(owner: Knut Riedel)

Fees

- 60 euro for both days
- 35 euro for Saturday only
- 30 euro for Sunday only

Organizer: Knut Riedel, Lokstedter Weg 59c, 20251 Hamburg
No liability held for slight negligence on the part of the organizer.
(version valid: Feb. 17th 2022)



IAIN ABERNETHY

(7th Dan Karate WCA) is internationally recognized as THE expert for application oriented Karate and self-defence-related Kata interpretation (Bunkai). He is well known for his fun and hands-on style of teaching.

The seminar mainly consists of partner exercises and drills. Knowing the Kata's sequence is helpful, but no prerequisite.

COVID-19 RESTRICTIONS

The Corona rules of the city of Hamburg for „sports activities in closed rooms“ apply, valid for the date of the course.

A timely version can be found here, search for “Sportbetrieb in geschlossenen Räumen”:
www.hamburg.de/faq-sport/

Location

Budocentrum

Sportvereinigung Polizei Hamburg von 1920 e. V.
Carl-Cohn-Straße 41

22297 Hamburg

Limited parking!

Subway: Line U1 (stop: Alsterdorf)

Bus: Line 19 (stop: Carl-Cohn-Strasse)

Lunch and drinks can be purchased in the sport location's Thai Restaurant „Budopoint“



**KARATE
ACADEMY**

空手道

