

Anniversary cousse cologne-nippes

十堅剛

SHOTOKAN-KARATE

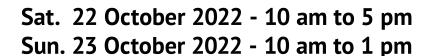
Jukengo.de

IAIN >
ABERNETHY

7. Dan Karate



Chief Instructor of the World Combat Association



Course fee: **60** € for both days (**45** € only Saturday, **30** € only Sunday).

The number of participants is limited. Places are usually allocated quickly.

Early registration is recommended at: anmeldung@jukengo.de

Main focus Sat: Bunkai of the Jiin

Sun: Functional Kihon square drills

The organiser accepts no liability for personal injury or damage to property.

Venue: NPT sports hall, Niehler Kirchweg 35, 50733 Cologne, Germany

Saturday evening there will be a "get-together" (with advance booking).



iainabernethy.co.uk



iukenao.de