

12.& 13. JANUARY 2019



GRÜN WALD

near Munich

TO THE BUNKAI JUTSU OF

BASSAI SHO

with

Iain Abernethy



7. Dan Karate, Chief Instructor of the World Combat Association

Date and time Content of training

Saturday 12.1.19	11.00 am - 1.00 pm	Bassai Sho Bunkai and drills. This will cover flow drills, close-range striking, trapping, locks and throws. Connections with the
	2.00 pm - 3.45 pm	Bassai Dai will be looked at as well.

Sunday 13.1.19	4.15 pm - 6.00 pm	
	9.00 am - 10.30 am	Bassai Sho: We will also spend some time on the pads to discuss impact development and to learn some of the pad drills of the Bassai Sho .
	11.00 am - 12.30 pm	We will look at Kata-Based-Sparring (KBS) too.

Please bring pads along!

Infos & Registration:

Iain values a good learning atmosphere, so there is a limit of participants.



Registration is required here or by the QR-tag:

www.karate-gruenwald.de/abernethy2019

Food & Beverages / accommodation

Food & Drinks available.
Overnight stay is possible in the gym hall.

Organizer:

Karateabteilung des TSV Grünwald e.V.

Training Location:

Helmi-Mühlbauer-Halle
Dr.-Max-Str. 20
82031 Grünwald



Seminar fee:

50 EUR for both days

(35 EUR only Saturday; 20 EUR only Sunday)

Course language: English

Participation from up 16 years possible!

Iain Abernethy lives in Cumbria, UK, and has intensively been working with bunkai of the katas (Bunkai Jutsu) for many years. He is now giving courses in Europe, Australia and North America. In the tradition of the ancient Okinawan masters, he sees kata as a coherent combat system that extends over different combat distances and situations. Iain is always emphasizing the realistic application of the techniques and fighting principles of a kata. More information about Iain: www.iainabernethy.co.uk