

TO OUR SEMINAR WITH

Iain Abernethy

7th Dan Karate, Chief Instructor World Combat Association



Tekki Sandan



Application of Tekki Sandan

with reference to the methods of Tekki Shodan and Nidan

Saturday 11:00 am – **Application of Tekki Sandan**
2025, Jan. 18th 1:00 pm **with references to Tekki Shodan & Nidan**

2:00 pm – In his seminar, Iain will focus on the
3:45 pm methods of Tekki Sandan and refer to the
Tekki Shodan and Nidan on which it is
based. No previous knowledge of any of
the katas is required.

4.15 pm – The Tekki/Naihanchi katas integrate into
6:00 pm an effective and holistic close combat
system.
Step by step Iain will demonstrate how
the three katas offer control of the
opponent through various techniques.

Sunday 9:00 am – **Training with Hitting Pads**
2025, Jan. 19th 10:30 am

Iain will go through various hitting pad
exercises for the Tekki/Naihanchi series
on Sunday.
The bunkai of the Naihanchi katas is now
the reservoir for our drills with pads. We
combine techniques from the bunkai by
11:00 am – hitting the pads (hand makiwaras). We
12:30 p.m train accuracy and kime. The drills thus
become part of realistic self-defense.

January 2025, 18th & 19th

Training Location: Helmi-Mühlbauer-Halle
Dr.-Max-Str. 20
82031 Grünwald

Seminar fee:
50 EUR
for both days
Only Sat.: 40 EUR
Only Sun.: 20 EUR

Iain values a good learning atmosphere. Therefore, the number of participants is limited. Registration is mandatory to secure a place. All information and details about payment and registration can be found at:

www.karate-gruenwald.de/lehrgangsanmeldung/



Please don't forget your hitting pads!

Food and Beverages are available

Minimum Age: 16 Years



Accommodation:

Overnight stay is possible in the gym-hall.

Participants agree to have their pictures and videos published.