



SHOTOKAN KARATE DOJO des TSV GRÜNWALD E.V.
WELCOMES YOU TO OUR SEMINAR WITH



Iain Abernethy

8th Dan Karate, Chief Instructor World Combat Association

Topic

Decoding Kata

Essential keys to decode and understand kata and bunkai

Date

Saturday, January 10th, 2026

11:00 am - 1:00 pm | 2:00 pm - 3:45 pm | 4:15 pm - 6:00 pm

Sunday, January 11th, 2026

9:00 am - 10:20 am | 10:40 am - 12:15 pm

Location

Helmi-Mühlbauer-Halle | Dr.-Max-Str. 20

82031 Grünwald

Germany

Registration

Registration is mandatory to secure a place.

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



www.karate-gruenwald.de/lehrgangsanmeldung/

Seminar Fee

For both days: 50 EUR

Saturday: 40 EUR

Sunday: 30 EUR

More Infos

- Minimum Age: 16 Years
- Food and Beverages are available
- Please don't forget your hitting pads (*hand makiwara*)!
- Accommodation: Overnight stay is possible in the gym-hall.
- Participants agree to have their pictures and videos published.

Content



Mastering effective bunkai: Decoding and unlocking the secrets of kata

On Saturday, Iain Abernethy will cover the information karateka need to understand what the kata is showing and how to apply and teach that information to acquire good bunkai effectively. The seminar will cover key concepts necessary to decode any kata, the requirements of convincing bunkai, and how to view kata within their correct historical context, as well as a series of fun exercises.

Our sessions will help ensure that karateka, irrespective of style, are best placed to understand and apply all the kata they practice.

On Sunday, Iain will conduct various hitting pad exercises. We will apply our newfound knowledge and combine techniques from the previous bunkai by striking the pads (*hand makiwara*). These drills will focus on improving accuracy and kime, making our training more applicable to realistic self-defense situations.