

Bunkai-Seminar

with

Iain Abernethy

7. Dan Karate – Chief Instructor World Combat Association

**in Laatzen (near Hannover) 30th and 31st of March
2019**

Place of Seminar:

Sporthalle Rethen
Braunschweiger Straße 2
30880 Laatzen / OT Rethen

Timetable:

Saturday, 30th of March 2019

10:00 – 12:00 Uhr

13:00 – 14:45 Uhr

15:15 – 17:00 Uhr

Sunday, 31st of March 2019

09:30 – 11:00 Uhr

11:30 – 13:00 Uhr

Seminar Fee:

Both days: 60,00 €

Saturday: 40,00 €

Sunday: 30,00 €

Subject: Kanku-Dai / Kushanku and Self-defence.

At this seminar, Iain will be covering practical bunkai and drills for Kanku-Dai / Kushanku. The kata is a record of the combative techniques and concepts formulated by a Chinese martial artist who went by the name of Kushanku. Kushanku can also be pronounced "Kosokun", and the kata was renamed as "Kanku-Dai" in Shotokan karate. Kushanku is said to have come from China to Okinawa in the 1750s with other military personal at the request of Okinawa's king. While in Okinawa, Kushanku taught Tode Sakugawa, who in turn created the kata to record Kushanku's methodology. Tode Sakugawa then taught the kata to Sokon Matsumura, who in turn taught it to the creator of the Heian / Pinan Series; Anko Itosu. Iain will therefore also cover the influence Kushanku's methods have had on the Heian / Pinan series. We will cover how all these methods can be applied in modern-day self-defence, the related focus mitt drills, and stress-inoculation drills.

Let yourself be inspired by Iain's friendly way of teaching, his knowledge and way of training.

The number of participants is limited. It is recommended to register until 10th of March 2019!
Participation is possible from 16 years on or older.

See page 2 for further information.

Ausrichter:



Karate-Dojo im TSV Rethen/Leine e. V.

www.tsv-rethen.de

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Fax: 05101 / 1 30 86

E-Mail: axelsiebert@gmx.net

Catering: Catering will be available.

Liability: There will be no liability at all.

Photo Note / GDPR: Host and participants will take pictures and record videos at the above mentioned event for private purpose and honorary post (Club-Websites & Publications, Homepages). The time of storage depends on the individual interest.

Iain Abernethy, Cumbria, Great Britain.

One of the UK's leading exponents of applied karate.

He has written a number of critically acclaimed books on the practical application of traditional martial arts and is well known for his work on the pragmatic use of the techniques and concepts recorded in the traditional kata.

Iain's seminars, books, DVDs and articles have proved to be very popular with those groups and individuals who wish to practise their arts as the pragmatic systems they were originally intended to be.

Further information on his Homepage: www.iainabernethy.co.uk

Accommodation facilities around:

Ibis Budget Hotel, Magdeburger Strasse 4 in 30880 Laatzen – Rethen, Tel: 05102 / 909 490

Hotel Haase, Am Thie 4 in 30880 Laatzen – Grasdorf, Tel 0511 / 820 160

Rethener Hof, Hildesheimer Straße 347 in 30880 Laatzen – Rethen, Tel 05102 / 3534

Jugendherberge Hannover / Deutsches Jugendherbergswerk, Landesverband Hannover e. V.,

Ferdinand Wilhelm Fricke Weg 1, 30169 Hannover, Tel: 0511 / 16 40 22 2

Sporthotel Erbenholz, Peinerstraße 100, 30880 Laatzen – Rethen, Tel: 05102 / 91 63 33