

Bunkai-Seminar

with

Iain Abernethy

7. Dan Karate – Chief Instructor World Combat Association

**in Laatzen (near Hannover) 22nd and 23rd of April
2023**

Place of Seminar:

Sporthalle Rethen
Braunschweiger Straße 2
30880 Laatzen / OT Rethen

Timetable:

Saturday, 22nd of April 2023

10:00 – 12:00 Uhr
13:00 – 14:45 Uhr
15:15 – 17:00 Uhr

Sunday, 23rd of April 2023

09:30 – 11:00 Uhr
11:30 – 13:00 Uhr

Seminar Fee:

Both days: 65,00 €
Saturday: 45,00 €
Sunday: 35,00 €

Subject: Saturday: Enpi / Wanshu: Practical bunkai and drills.
**Sunday: Solo and partner Focusmitt drills for the Kata,
final session will give the keys to understanding the
applications of all kata.**

Enpi / Wanshu is said to be named after a Chinese martial artist who inspired the methods. Gichin Funakoshi renamed the kata "Enpi" (swallow) due to the changes in height in the kata reminding him of the flight of a swallow. The kata contains strikes, locks, throws, unbalancing, limb-control, etc. We will breakdown the kata in full and cover drills for the practise of the methods within.

The number of participants is limited. It is recommended to register until 12th of April 2023. Participation is possible from 16 years on or elder.

See page 2 for further Information.

Host:



Karate-Dojo im TSV Rethen/Leine e. V.
www.tsv-rethen.de

Mobil: 0176 / 246 50 275

E-Mail: axelsiebert@gmx.net

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

Accomodation facilities around:

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

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

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

Jugendherberge Hannover / Deutsches Jugendherbergswerk, Landesverb. Hannover e.V., Ferdinand Wilhelm Fricke Weg 1, 30169 Hannover, ☎ 0511 / 16 40 22 2

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