



Hinnerup Karate and Ten Chi Jin Martial Arts Academy organise the next Danish seminar with Iain Abernethy in 2017. Iain is one of the leading experts in practical application of karate, and this seminar will be open to everyone (> 15 years of age) with an interest in practical karate applications. The seminar will as always be packed with useful information and practical drills, which you can implement in your own training and teaching. So we hope to see as many practical minded martial artists in Hinnerup in February as possible.

The theme of this event will be close-range impact and limb-control. Being able to hit hard, clear a path for the strike, and hit the right target are vital for self-defence, and knowledge of these topics is a must in order to understand kata. We will look at these methods as found in Naihanchi / Tekki 1-3 and Seienchin (prior knowledge of the kata is not necessary) in order to show the commonality of these principles across all styles and throughout all kata. In addition to partner practise and drills, we will also cover the practise of these methods on focus-mitts (please bring your own if you have them).

## Programme

### Saturday 4th February

Kl. 11.00-13.30: The basics of close-range striking and limb control

Kl. 13.30-14.30: Break

Kl. 14.30-16.30: Naihanchi / Tekki 1-3 and Seienchin methods 1

### Sunday 5th February

Kl. 09.30-12.00: Naihanchi / Tekki 1-3 and Seienchin methods 2

Kl. 12.00-12.45: Break

Kl. 12.45-15.00: Impact drills

## Adresse

Rønbækskolen (in the small sports hall at the school)

Ådalsvej 100

8382 Hinnerup, Denmark

## Price and registration

The price for both days will be 450,00 DKR and 350,00 DKR for one day.

Registration should be by e-mail to [info@hinnerup-karate.dk](mailto:info@hinnerup-karate.dk) before 1st February. Danish participants should please transfer the registration fee to reg.nr 5075 kontonr. 0001196127, while foreigners can pay when they arrive at the venue.

For more information contact us by e-mail at [info@hinnerup-karate.dk](mailto:info@hinnerup-karate.dk) or call +45 22 86 67 03 (Jan Drachmann).