

bunkai-JUTSU

SEMINAR

The Practical Application
of Karate Kata

11th September 2011

Chapel Neighbourhood Centre
Chapel Road, Kirkcaldy (west)
Fife (Google Map) KY2 6TT

A92 turn off for Kirkcaldy west, past Sainsburys
on to A910, 1st turn off from Wester Bogie Road

Adults - 12:00pm to 4:00pm

£25/Adults



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Book your place by contacting Stuart Maxwell on stuartmaxwell04@btinternet.com or by calling 01592650862 (between 5pm and 6pm). People need to pre-book a place and payment will be taken on the door. Places are strictly limited so please act soon.

You must book, but pay on the day
Open to ALL Styles/Over 16 years only

Iain Abernethy has been involved in the martial arts since childhood. Iain holds the rank of 6th Dan with the British Combat Association (one of the world's leading groups for close-quarter combat, self-protection and practical martial arts) and 5th Dan with Karate England (the official governing body for Karate in England).

Iain regularly writes for the UK's leading martial arts magazines and he is a member of the *Combat Hall of Fame*. Iain's books and DVDs have sold worldwide and his highly pragmatic approach to kata applications (bunkai) has proved to be very popular with those who wish to practise karate as an effective self-protection system. Iain can be emailed at iain@iainabernethy.com

WWW.IAINABERNETHY.COM
Books and DVDs will be available on the day

"Iain Abernethy brings Karate back into the Real Arena" - Geoff Thompson