

I A I N S A B E R N E T H Y S E M I N A R Y

FRIDAY MARCH 31 6pm - 8pm

SATURDAY APRIL 1 9am - 5pm

SUNDAY APRIL 2 9am - 1pm

General Seminars Covering

- The Historical Development and Background of Kata
- The 4 Stage Approach to Kata
- The Language of Kata
- How to Analyze the Movements of Kata
- The Nature of live Conflict
- How to Create Effective Bunkai Drills
- Karate Grappling (throws, locks, chokes, strangles and groundwork).
- Bunkai-Based Flow Drills
- Kata-Based-Sparring (live bunkai drills and how to make them appropriate for all levels)
- Kata Applications (Tekki / Naihanchi, Kushanku/Kanku-Dai, Passai/Bassai-Dai, Heian etc.

ALL THREE SESSIONS* \$100

FRIDAY SESSION ONLY \$30

*\$20 late fee for all registrations made after March 15th

Alexanders Martial Arts
51 Nance Rd.
Madison, Al 35758

For updates check out Alexander's Martial Arts on Facebook



I A I N B A B E R N E T H Y B I O G R A P H Y

Iain Abernethy has been involved in the martial arts since childhood. Abernethy 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 the British Karate Association.

Abernethy is in great demand on the seminar circuit and he teaches many seminars on his approach to practical karate both in the UK and overseas. The bunkai that Abernethy teaches are not pre-arranged karateka vs. karateka applications; nor are they static, complex, elaborate or reliant upon finite movement. Abernethy's approach to karate makes kata application practical, simple, direct and accessible to all.

Abernethy regularly writes for the UK's leading martial arts magazines and he is a member of the Combat Hall of Fame. Abernethy'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 practice karate as an effective self-protection system. Abernethy can be e-mailed at iain@iainabernethy.com

Abernethy brings karate back into the real arena with his pioneering concepts of kata bunkai.

- Geoff Thompson

World-Renowned Martial Artist, Self-Protection Expert and Best-Selling Author

Sensei Abernethy teaches functional application of traditional kata. The "secret applications" of kata are laid bare by his hands on, practical instruction.

- Dan Anderson

4 time US National Karate Champion, 7th Dan Karate, 6th Dan Modern Arnis, 8th Dan MA-80

If you are interested in learning effective (no nonsense), practical Karate Kata Bunkai that includes chokes, strangles, locks, throws, groundwork that is taught in a friendly, safe, professional and very informative manner, then Abernethy's seminar's are a must!

- Ken Harrison

4th Dan Karate, Guildhall Wado Kai



IAIN ABERNETHY REGISTRATION

Return checks and registration to:
Midori Yama Budokai
2150 Shenandoah Drive
Leavenworth, Ks 66048
POC: Ken Baker, 913-651-5018

Payment may also be processed with Paypal at
<http://www.midoriyamabudokai.com/Events.asp>

The seminar is at:
Alexanders Martial Arts
51 Nance Rd.
Madison, Al 35758

Name _____
Address _____
City _____ State _____ Zip _____
Email _____
Participant Signature _____
Parent or Guardian (if under age 18) _____

I am participating in the following session(s). (Check one)
 All Three Sessions \$100* Friday Session Only \$30
*\$20 late fee for all registrations made af ter May 14th

I HEREBY CERTIFY THAT I AM AWARE OF, AND UNDERSTAND ALL OF THE RISKS AND DANGERS INHERENT IN PARTICIPATING IN MARTIAL ARTS. I HEREBY AGREE NOT TO BRING A CLAIM AGAINST OR SUE KEN BAKER, MIDORI YAMA BUDOKAI, INC, JAY ALEXANDER, ALEXANDER'S MARTIAL ARTS OR IAIN ABERNETHY (INSTRUCTOR). I FREELY AND VOLUNTARILY ACCEPT ALL RISKS OF INJURY, DEATH OR PROPERTY DAMAGE AND AGREE FOR MYSELF AND MY HEIRS RELEASE, HOLD HARMLESS AND INDEMNIFY THE AGENT, INSTRUCTOR AND MIDORI YAMA BUDOKAI, INC, INSTRUCTORS, EMPLOYEES, AGENTS OR AUTHORIZED GUESTS FROM ANY AND ALL LIABILITY FOR PERSONAL INJURY, INCLUDING DEATH AND PROPERTY DAMAGE RESULTING FROM THIS TRAINING.

