

IAIN ABERNETHY

SAN DIEGO

DECEMBER 1 – 3, 2017

**** NEW LOCATION ****

San Diego City College Fitness Center
1313 Park Boulevard
San Diego, CA 92101-4787

World-renowned martial arts instructor Iain Abernethy is coming to Southern California for the first time. Sensei Abernethy is one of the world's preeminent instructors of applied karate and practical kata application (bunkai/bunghai) and his seminars are in high demand internationally.

This is not pre-arranged one-step sparring or elaborate responses dependent upon a specific attack. Instead, the bunkai he teaches are simple, direct, practical and effective applications and concepts taken directly from the kata.



Sensei Abernethy has been involved in the martial arts since childhood and currently holds a 6th Dan with the British Combat Association (awarded by Peter Consterdine 9th Dan and Geoff Thompson 8th Dan), the English Karate Federation, and the British Karate Association. He is also a member of the Combat Hall of Fame and his series of martial arts DVDs, books, articles, podcasts, and YouTube videos have transformed and added a lost dimension to martial arts.

The seminar will cover practical karate/kata, bunkai, concepts and drills.

Sessions:

Friday, Dec 1 6:00 p.m. to 8:00 p.m.
Saturday, Dec 2 9:00 a.m. to 5:00 p.m.
Sunday, Dec 3 9:00 a.m. to 1:00 p.m.

What Makes Good Bunkai
Pinan – Heian – Pyung Ahn Bunkai
Jion Bunkai / Focus Mitt Drills

BRING FOCUS MITTS/HAND TARGETS!

Pre-Registration: \$150 (all 3 sessions) \$50 Friday only

After Nov 1, 2017: \$200 (all 3 sessions) \$75 Friday only

To sign-up:

1. **Fill out the form at:** www.unitedstatestangsoodo.com/info-signup/
2. **Make a pre-registration payment** using Paypal at:
<http://unitedstatestangsoodo.com/pay-here/>

For more info on Iain Abernethy: www.iainabernethy.com

For more info on the San Diego seminar:
Contact Randy Erickson at 619-248-6709 or rerickson@ericksonlaw.com.

**San Diego City College Fitness Center, 1313 Park Boulevard, San Diego, CA 92101
On the West Side of the Street Directly Across from San Diego Union High School
Next to the Harry West Gymnasium**

Directions:

From I-5 South

Take I-5 S to Park Blvd.
Take exit 1B Continue on Park Blvd to your destination

From CA-163 S

Take CA-163 South to Exit 1B for I-5 S/Park Blvd
Keep right at the fork, follow signs for Park Blvd
Turn right on Park Blvd to your destination

From I-8 West

Take I-8 W to CA-163 S
Take CA-163 South to Exit 1B for I-5 S/Park Blvd
Keep right at the fork, follow signs for Park Blvd
Turn right on Park Blvd to your destination

\$10 Uber from the San Diego Airport

Park north of the Fitness Center. There is no fee for parking.

San Diego City College Fitness Center (Google Maps): <https://goo.gl/maps/3D1su3ZoTvg>
San Diego City College Campus Map:
<https://www.sdcity.edu/CampusLife/FitnessCenter.aspx>

Local Hotels:

Although there are several hotels in downtown San Diego, they tend to be more expensive. The best choices ranging \$75-\$120/night would be in the Mission Valley/Hotel Circle area along Interstate 8 and CA-163, including Howard Johnson, Super 8 Hotel Circle, Best Western Seven Seas, Handlery, Town and County San Diego, Hilton Mission Valley and Sheraton Mission Valley. All are about 15 minutes from San Diego City College.

If you already booked in La Mesa/El Cajon, keep your reservation. It too is about 15-20 minutes from San Diego City College.

(The good news about San Diego is that just about everything you'll want is 15-20 minutes away. The bad news about San Diego is that just about everything you want is 15-20 minutes away.)



About San Diego: Located on the coast of the Pacific Ocean in Southern California, **San Diego** is widely **known** as “America’s Finest City.” **Famous for** its miles and miles of white-sand beaches and amazing weather, the city offers an abundance of fun attractions for visitors of all ages. Top attractions include the World Famous San Diego Zoo, Balboa Park, Sea World, Seaport Villages, Old Town and much more.
<https://www.sandiego.com/articles/2011-07-18/about-san-diego>