

KARATEPRAXIS-CASTLE RETREAT JULY 2024



KARATEPRAXIS-CASTLE RETREAT

Backdrop for the **KARATEPRAXIS-CASTLE RETREAT** will be the beautiful mideval castle Stahleck at Bacharach near the river Rhine. We aim to create an invaluable Karate experience for all participants while enjoying this beautiful landscape and the charme of this historic place. Best thing is: **The whole venue is reserved for us exclusively!**

    	<p>IAIN ABERNETHY 7. Dan - Karate The practical application of Karate www.iainabernethy.co.uk</p> <hr/> <p>CHRISTIAN WEDEWARDT 6. Dan - Karate Karatepraxis – Moderne Tradition www.karatepraxis.com</p>
---	---

When: Thursday: 11.07.2024 - Arrival at 5 pm until
Sunday: 14.07.2024 - 2 pm end of the seminar and departure.
Where: Castle Stahleck, 55422 Bacharach, Deutschland

karatepraxis.com

KARATEPRAXIS–CASTLE RETREAT JULY 2024



Prerequisites for attending: At least green belt - minimum age 16yrs (with parental consent)

The venue is booked exclusively for us (except day-tourists)

FYI – What to expect → Training indoor and outdoor paralell

Free food including “Schnitzel-Parade” and BBQ-Party! The castle of Stahleck is managed as a youth hostel and offers typical capacities in terms of boarding (Single, double and shared rooms). Rooms are reserved in all three categories. Those will be distributed due to preference and availability. Besides the healthy, common catering, be training roughly 18 hours of Karate practice in the historic, around 150qm large, tatami floored knights hall, all participants will have the opportunity to explore the castle and it’s town during their leisure time.

- - - Be prepared to be amazed ! - - -

Instructors:

- **Iain Abernethy**,
one of the most influential modern karate teachers and worldwide known for his unique way of teaching practical applications.
- **Peter Consterdine**, 10th Dan. Living legend and source of inspiration. One of the rare opportunities to training with him outside of the UK.

Themes of the KARATEPRAXIS-RETREAT:

- Kata Bunkai with Iain (What if !?) & Christian (PAT)
- Training with Pads and Focus-Mitts, Partner-Drills
- Fantastic Bunkai-Jazz (!)
- Blackbelt-Promotion within the WCA

Memories that never fade!

KARATEPRAXIS–CASTLE RETREAT JULY 2024

Goals:

- Enjoying applicable Karate training
- Exclusive, intensive, learning
- Training traditional Karate as a modern tradition
- Experiencing the Karate community regardless of which style
- Belt testing preparation & belt testings

Protection:

Jockstrap is obligated. Further protection has to be at hand in one's sole discretion.

Registration: info@karatepraxis.com

After registration you will receive a confirmation with further payment details. Registration and participation slot is only reserved after payment completion.

Please note your favoured room situation (no guarantee for fulfilment).

Important information

An initial-fee of 250,- EUR is necessary to secure your booking.

Please do only book if you are absolutely sure that you'll be able to attend the seminar, since the initial payment is non-refundable in case of your cancelation.

I do recommend travel- and health insurance.

Organizational notes:

Detailed information about class schedule, meal and leisure times and seminar content will be sent out via e-mail beforehand.

Costs per person (All-Inclusive)

*Including all cold drinks, Coffee, "Schnitzel-Parade" & BBQ-Party.

The Venue will be exclusively for us!

Single-Room: + 150 EUR

only **499,- EUR**

(incl. 19% Tax)

Belt testing fees & registrations

In case of a black belt testing the participant will take care of all organizational arrangements and costs linked to the German Karate Association (DKV)

For promotion within the WCA please get in touch with me in good time.

References:

Visit us at www.karatepraxis.com

Organizer and host will assume no liability.

Including insurance:
If the Seminar can't take place
– 100% reimbursement !

Karatepraxis Premium Gis – Now available!!!