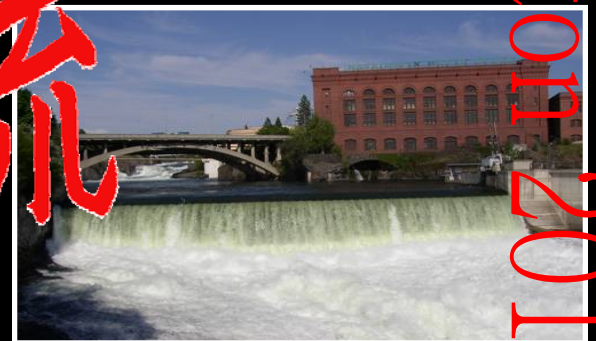


# Miyagi Chojun Festival & Pan-American Karate Championships



**Master Morio Higaonna**  
10th degree Black Belt  
Chief Instructor of the  
International Okinawan Goju-Ryu Karate-  
Do Federation

# 空剛 手柔 道流



Spokane  
Washington 2010

**June 2 - 6, 2010**

**Spokane, Washington**

Hosted by **The Family Karate Center**  
**Gene Villa, Festival Coordinator**

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For further information, Contact Gene at:  
Dojo: (509) 448-0422 or Cell: (509) 869-3672

[www.spokanekarate.com](http://www.spokanekarate.com) or [www.ioqkf-usa.com](http://www.ioqkf-usa.com)



# Miyagi Chojun Festival 2010



**Dear IOGKF Instructors,**

On behalf of myself and my dojo, I would like to invite you and your students to the Miyagi Chojun Festival 2010 and the Pan-American Karate Championships. I am honored and excited to once again be hosting this prestigious event in Spokane. I hosted the MCF in the summer of 1996, and it is still one of the highlights of my nineteen years in the IOGKF.

The event will be held at the Mirabeau Part Hotel in the Spokane Valley. The hotel has undergone extensive remodeling and is ideal for our needs. Their restaurant, The Max, is one of the finest in Spokane

I have three main goals for the MCF 2010 & Pan-American Karate Championships:

- 1. To provide events that emphasizes camaraderie and friendship among all IOGKF members.**  
The two main social events are the Welcome Party and the Sayonara Dinner. These two events give everyone a chance to get to know one another and some of the senior instructors just a little better.
- 2. To put together a dynamic training schedule that fosters growth, understanding and sweat, not only in Goju-Ryu, but in other arts as well.**

The training schedule provides every skill level and rank the opportunity to train extensively over the four days of the festival. It is a great pleasure to have Higaonna Sensei back in Spokane. His last visit here was in 2002. Nakamura Sensei will also be teaching, as well as many senior instructors. I have also included two guest instructor seminars: Mr. Roy Harrington will be conducting a Filipino knife seminar and Mr. Chris Charnos will conduct a ground fighting seminar. Both instructors are highly qualified and will certainly add to the overall experience.

- 3. To organize a tournament that runs smoothly and efficiently, and helps prepare anyone who plans on attending the World Championships in South Africa.**

The Pan-American Karate Championships will be the finale of the MCF. The event will essentially be two tournaments. All kyu grades will compete under current IOGKF friendship tournament rules, while all black belts age 10 & up will be competing under the tournament rules of the South African Goju-Ryu Association. This will provide those competing in the World Championships in South Africa, to have the opportunity to compete under those rules in advance and therefore be better prepared. This tournament will also be the final selection process for choosing the USA Team.

It is my sincere desire to make the MCF 2010 a memorable event and everyone's stay in Spokane an enjoyable one. **Near nature. Near perfect. It's more than a slogan in Spokane; it's a reality.** With all the big city amenities you could wish for, fabulous natural beauty, shops and restaurants, Spokane has it all. I hope you and your students will consider this as not only a premier karate event, but also a part of your summer vacation plans.

Sincerely,

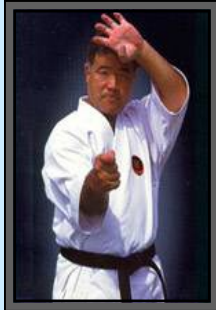




# Miyagi Chojun Festival 2010



## Our Honored Guests



**Sandaime Soke Morio Higaonna** is the Goju-Ryu 3rd Generation Successor and World Chief Instructor of the IOGKF. His mastery of Goju-Ryu is surpassed by none. His training methods, skill, speed and power, are legendary. Very few individuals have ever attained the level of understanding of Goju-Ryu that Higaonna Sensei has. He has dedicated his entire life to ensure the preservation of the art of Goju-Ryu. Sensei formed the IOGKF in 1979 with that purpose. Although he has never sought to promote himself, he has been featured in countless martial arts publications and television programs. We are all privileged to have him share his vast knowledge, warmth and good humor with us.



**Sensei Tetsuji Nakamura** is a 6th degree black belt, the IOGKF Vice Chief Instructor and Administrative Director and Chief Instructor of Canada. He has trained in Goju-Ryu Karate for over 25 years, having first started his serious study of the art under Aragaki Shuichi Sensei and then directly under Higaonna Sensei. He first came to the U.S.A. to assist at the Honbu Dojo in California from 1991 to 1994. His dedication and devotion to Higaonna Sensei then led him to the Japanese headquarters in Tokyo (1995-1997). He moved to Canada in 1997 and now calls Canada home. He resides there with his lovely wife Rania and their two children, Emily and Sophia.



**Sensei Mirko Buchwald** is a 5th degree black belt in the IOGKF and has been studying Goju-Ryu Karate for over 25 years. Originally from England, Sensei Buchwald came to the U.S.A. in 1989 to compete in the first MCF held in San Diego. He decided to stay and make the U.S.A. his new home. In 1998, Sensei Buchwald opened a dojo in San Francisco where he currently resides. Widely known for his irikumi skills, he last competed in and won the grand championship at the prestigious Kanazawa Cup Tournament in 2006. Sensei's Buchwald's dedication to training is matched by his dedication to passing on the teachings of Higaonna Sensei to future generations.



**Sensei Chris de Wet** is a 5th degree black belt in the IOGKF and has been studying karate for over 33 years. Originally from South Africa, Sensei de Wet came to the U.S.A. in 1992 to train directly with Higaonna Sensei. In 2000 he moved to Singapore and was appointed by Higaonna Sensei as Chief Instructor. Sensei de Wet returned to the U.S. in 2007 and now resides in New Jersey with his wife and children. He has competed in events worldwide in Judo, Karate, Kickboxing, Sanshou and Submission Wrestling and world championships; including those of the IOGKF, WIKF, IKOK and most recently, the Daido Juku/Kudo 3rd World Hokutoki in Tokyo in October 2009.







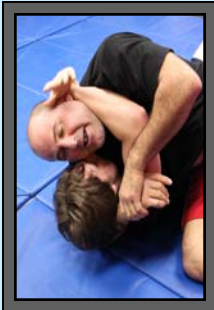
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## Our Honored Guests



**Ajarn Roy Harrington** is a 6th degree black belt in the Lotus Thai Kickboxing system. He began his training in Thailand while stationed in the Air Force in 1974. He has been teaching for over 30 years and is one of the most respected instructors in Spokane. Among his various studies of the martial arts, he included knife training under the prominent instructor Bram Frank in 2000. He continues his training under Punong Guro Myr-lino Hufana, grandmaster of the Hufana Traditional Arnis International.



**Chris Charnos** started as a wrestler, going to state championships several times. As he got older he became interested in the martial arts studying gung fu with Jesse Glover (early student of Bruce Lee), Datu Kelly Worden in Filipino martial arts and Jeet Kune Do, and with Matt Hume, a former Mixed Martial Arts champion. Mr. Charnos brings his professional ring experience to teaching ground fighting. His approach to ground fighting centers on training the mind and the body for a more street practical method.



**Sensei Michael Han** is a 6th degree black belt in the IOGKF and is the Southeast Regional Coordinator for the IOGKF-USA and a member of the Executive Committee. Sensei Han began his training in 1966 in the USA Goju System under Peter Urban at the Little Tokyo Dojo in East Broadway, New York. He moved to Liverpool, England in 1970 and trained in Shotokan karate until 1983, when he finally found a Goju-Ryu club instructed by Sensei Roy Flatt. He has been a member of the IOGKF since and has never looked back. Sensei Han moved back to the U.S.A in 1994 and resides in Clearwater, Florida with his wife.



**Sensei Herbert Allen** is a 6th degree black belt in the IOGKF and is the Northeast Regional Coordinator for the IOGKF-USA and a member of the Executive Committee. Sensei Allen started training in 1969 and received his black belt in 1973. Over the years, he has accumulated innumerable awards in martial arts competitions. At the World Budosai in 2008, Sensei Allen was honored by Higaonna Sensei with the distinction of being the only U.S. instructor to perform in the Master's Demonstration.

