



# OKINAWAN GOJU-RYU KARATE - DO

Bydgoszcz

24-26 PAŹDZIERNIK 2008

GASSHUKU OKINAWAN  
GOJU-RYU  
KARATE-DO



Mistrz Morio Higaonna  
10 Dan  
INTERNATIONAL CHIEF  
INSTRUCTOR

剛柔流





**BYDGOSZCZ** - a 661-year old city, seat of Kujavian-Pomeranian Voivodeship, situated on the Brda and Vistula rivers. Bydgoszcz was granted the city rights in 1346 and has developed dynamically since then. Bydgoszcz is a part of the metroplex Bydgoszcz-Toruń with Toruń, only 45 km away, and over 850,000 inhabitants.



**BYDGOSZCZ today** - agglomeration of 440 000 inhabitants is one of the biggest and most progressive industrial centres in the north of the country. World financial and manufacturing leaders invest here: AT&T-Lucent Technologies, Samsung, Coca-Cola. The city also seats many companies that are well-known on the Polish and European market, i.e. PESA, ZACHEM, Belma, Telefonika Kabel. Bydgoszcz is also a place of business of Wojskowe Zakłady Lotnicze nr 2 (Military Aviation Depot no. 2), an advanced defense sector company, upgrading fighter aircraft SU-22 and MiG-29, and also F-16 aircraft in the future.

**Numerous education institutions** are based in Bydgoszcz: Casimir the Great University, University of Technology and Life Sciences, conservatory. Bydgoszcz Diocese, local stations of Polish Radio and Television, Airport as well as numerous organs of administrations are based in the city. The city takes pride in its cultural institutions: Ignacy Paderewski Concert Hall, Polish Theatre, Nova Opera, and the Łuczniczka arena.



## **Sensei Morio Higaonna - 10 Dan**

Sensei Morio Higaonna was born on 25 December 1938. He took up Shorin-ryu karate at the age of fourteen. At that time, he complemented his training with exercises on makiwara. His stikes later became world famous. When he was sixteen, he began training in the Goju-ryu style, in the garden dojo of Chojun Miyagi. His instructor was sensei Anichi Miyagi. In 1957 the garden dojo moved to a new building named Jundokan, where he spent five hours a day training under the supervision of Eiichi Miyazato and Anichi Miyagi. He also trained kobudo, and his specialised in Sai.



In 1960 Higaonna moved to Tokyo to study at the University of Takushoku, and it was at that time when he started teaching karate in a famous dojo Yoyogi. His technique and incredible power amazed his students. He continued teaching there for twenty-one years gaining such great popularity that sometimes over 1000 people participated in his training daily. Starting from 1970, he strated travelling around the world teaching Okinawa Goju-ryu. Since 1979 he has been the IOGKF Chief Instructor and Chairman.

In the times when many people are addressed as great instructors, and others granted it to themselves teaching techniques different from their initial ones, Morio Higaonna is firm guarding the original message of the teachings of sensei Chojuna Miyagi. He does not permit changes in kata and technique.





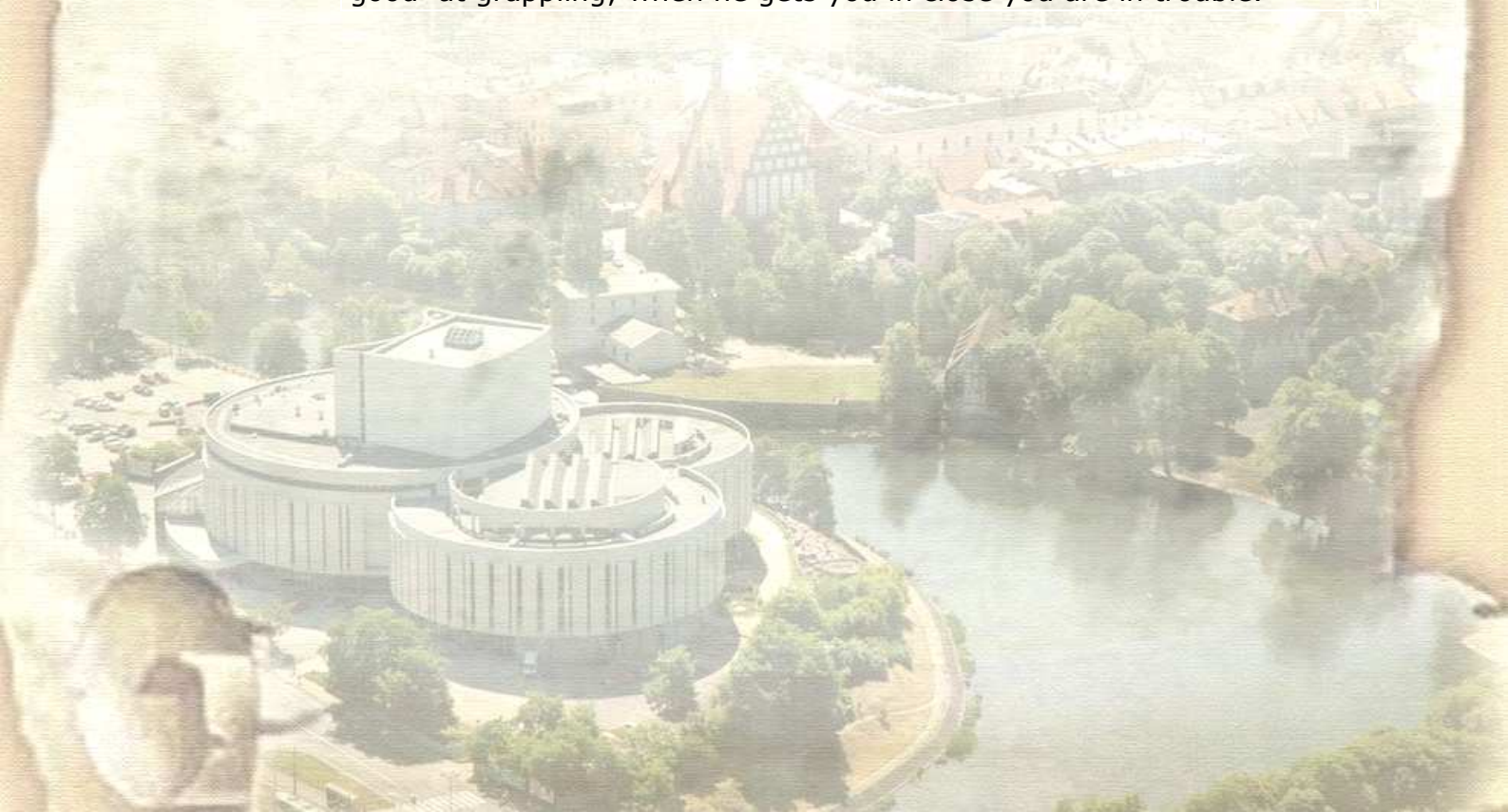
### **What does he say about his trainings?**

"I am pleased to say my training has hardly changed over the years. Recently I started to study meditation with Sakiyama sensei who is a famous Zen priest. Everyday I run, practice hojo undo, kata, and also meditation. My family is as supportive as ever so I am free to train for at least six hours each day.

"Of course you must remember that physical training is just the gateway to mastery of the mind. That's why you must strive to achieve true humility through training. Good karate makes good people, and I feel a responsibility to pass on what was given to me as a way of thanking my teacher, An'ichi Miyagi. (...) If you do not train hard you should not teach!"

### **What do other masters say about master Higaonna?**

Don Draeger "is the most dangerous man in Japan in real fight ". Terry O'Neil – the famous European karate Shotokan champion (kata and kumite), said: "As close as one can come to the model of the classical karate master". Harry Cook, when asked about the greatest artist of martial arts, said:"Of the Japanese teachers I would have to say Morio Higaonna. Higaonna sensei can do it all; his basics are very powerful, his kata are excellent and he can demonstrate many bunkai for all the kata. There is no doubt about his fighting ability and he is exciting to watch. We used to watch him do demonstrations in Tokyo and you were always glad that you weren't his assistant! He's also very good at grappling; when he gets you in close you are in trouble.



## GASSHUKU INFORMATION

1. DATE: 24-26 OCTOBER 2008r.

2. Place: School no. 28  
Kromera street 11  
Bydgoszcz – Fordon

<b>Friday</b>	17 <sup>30</sup> - 19 <sup>00</sup>	Brown & black belts,
	19 <sup>00</sup> - 21 <sup>00</sup>	Black belts.

<b>Saturday</b>	9 <sup>15</sup> - 10 <sup>15</sup>	Black belts,
	10 <sup>15</sup> - 14 <sup>00</sup>	All Grades,
	14 <sup>30</sup>	DAN-gradings *
	20 <sup>15</sup>	SAYONARA PARTY- DINNER (Will be announced)

<b>Sunday</b>	9 <sup>15</sup> - 10 <sup>15</sup>	Black belts,
	10 <sup>15</sup> - 11 <sup>15</sup>	Childrens' trening,
	11 <sup>15</sup> - 14 <sup>30</sup>	All Grades.
	14 <sup>30</sup> - 15 <sup>00</sup>	Group Photo,

\* Candidates, please contact your CI wether your are allowed or not to participate the grading according to the new IOGKF DAN-grading regulations. And please have a written permission of your country CI and your written exam ready to display.

\* CI - Chief Instruktor.

### 3. COST OF PARTICIPATION IN GASSHUKU:

- ❖ IOGKF members
  - Adults - **70 euro**
  - Children up to 14 - **50 euro**
- ❖ Others
  - Adults - **85 euro**
  - Children up to 14 - **50 euro**
- ❖ Seminar observers - **30 euro**
- ❖ Sayonara party- dinner - **25 euro**
- ❖ 1-day participation: - **50 %**



### **PLEASE NOTE:**

1. The seminar organizer shall not be held responsible for any lost valuables.
2. At the gasshuku the use of cameras is prohibited!!!  
Persons who shall not comply with the above regulation, will be asked to leave the room.

### 4. REGISTRATION

We inform individual persons interested in participation in gasshuku that tickets-badges will be sold one hour before the gasshuku in a ticket office in arena.

Sports clubs, centres and associations are asked to fill in the form and send it to: [siewkowski@goju-ryu.lo.pl](mailto:siewkowski@goju-ryu.lo.pl) If you have questions regarding gasshuku, please contact Mr Tomasz Siewkowski - Senior instructor Okinawan Goju-ryu in Poland: e-mail: [siewkowski@goju-ryu.lo.pl](mailto:siewkowski@goju-ryu.lo.pl) [www.goju-ryu.lo.pl](http://www.goju-ryu.lo.pl)

5. ACCOMODATION: not included

The organizer of gasshuku does not provide lodging, but we recommend the following hotels:

" HOTEL FOCUS "				
Adres	ul. Modrzewiowa 1 Bydgoszcz 85-631			
e-mail	<a href="mailto:bydgoszcz@hotelfocus.com.pl">bydgoszcz@hotelfocus.com.pl</a>	Web.	<a href="http://www.hotelfocus.com.pl">www.hotelfocus.com.pl</a>	
Tel:	tel.+48 52 3401766 fax+48 52 3460096			

" HOTEL ELDA "				
Adres	ul. Fordońska 26 Bydgoszcz 85-085			
e-mail	-----	Web.	<a href="http://www.hotelelda.pl">www.hotelelda.pl</a>	
Tel:	tel.+48 52 342 98 55 fax +48 52 342 98 55			

" HOTEL POMORSKI "				
Adres	ul. Fordońska 112 Bydgoszcz 85-739			
e-mail	<a href="mailto:pomorski@hotel-pomorski.pl">pomorski@hotel-pomorski.pl</a>	Web.	<a href="http://www.hotel-pomorski.pl">www.hotel-pomorski.pl</a>	
Tel:	tel.+48 52 3758545 fax +48 52 3426035			

" HOTEL CENTRUM "				
Adres	ul. Nowotoruńska 8 Bydgoszcz 85-091			
e-mail	<a href="mailto:centrumteam@centrumteam.pl">centrumteam@centrumteam.pl</a>	Web.	<a href="http://www.centrumteam.pl">www.centrumteam.pl</a>	
Tel:	tel.+48 52 375 55 87			

" HOTEL PARK "				
Adres	ul. Wroclawska 3 Bydgoszcz 85-211			
e-mail	<a href="mailto:parkhotel@parkhotel.bydgoszcz.pl">parkhotel@parkhotel.bydgoszcz.pl</a>	Web.	<a href="http://www.parkhotel.bydgoszcz.pl">www.parkhotel.bydgoszcz.pl</a>	
Tel:	tel.+48 52 3763626 fax+48 52 3763625			

