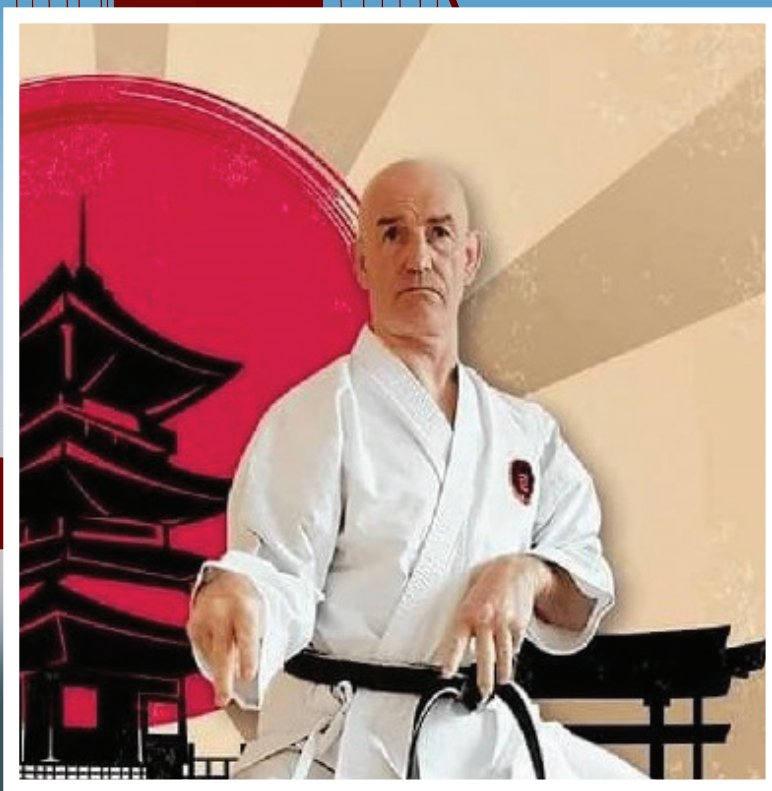


IOGKF-USA Gasshuku 2018 San Francisco, CA



World Vice Chief Instructor 8th Dan, Ernie Molyneux

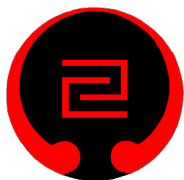
**2018 West Coast Regional &
IOGKF 2018 Black Belt Instructors
Gasshuku
Hosted by Zanshin Martial Arts**

March 9-11, 2018

**Gateway High School
1430 Scott Street
San Francisco, CA 94115**

**Register at sfgoju.com
More information or Questions:
415.221.5425**





IOGKF – USA Gasshuku 2018

San Francisco, CA



Hello from San Francisco! From myself and all of us at Zanshin Dojo, we would like to invite you to the first major IOGKF-USA event of 2018. This gasshuku is special for me as it is the 20th anniversary the opening of my full-time dojo in San Francisco. I wanted to host a special event to commemorate 20 years, and wanted to invite a very special teacher. There are so many amazing teachers in our organization and none more impressive, in his knowledge and teaching ability, than the World Vice Chief Instructor Sensei Ernie Molyneux, 8th Dan. Sensei's ability to teach kihon, kata, and kumite, and combine them all is awe-inspiring. My own teaching style and movement is greatly influenced by training with Molyneux Sensei as a child.

The IOGKF-USA standard and organization has grown strong in recent years. This is in part due to the fantastic leadership of our USA Chief Instructor Sensei Gene Villa, 7th Dan. If you have trained with Sensei Villa in recent years, you understand the level of detail and understanding he possesses. He tirelessly attends many gasshukus, and travels extensively, teaching without any real compensation, but for his love of karate. I think the least we can do for a leader like Sensei Gene is support our USA organization and show up to USA events. For many people, the only contact they will have all year is to attend a gasshuku and strengthen the bond that keeps our organization strong.

The city of San Francisco is universally admired for its attractions, culture, and beauty. I hope you will take the opportunity, not only to train with a few of the best instructors in the world, but also to use this as a great opportunity to bring your family to one of America's most unique and diverse cities. The weather is warm year-round and the spring is beautiful. Some of our major attractions include the Golden Gate Bridge, Alcatraz Island, Pier 39, Fisherman's Wharf, Coit Tower, cable car rides, North Beach, Chinatown, Japantown, and many more. I have arranged the training so that you will have plenty of time in the afternoon to explore the city. Being a central hub, nearly all major airlines fly into San Francisco International Airport, and so prices are competitive for both USA and international flights.

I know that costs for attending gasshukus can add up; that's why I am happy to offer free accommodations at the dojo for anyone who wants to save some money. There is a small kitchen area as well as a bathroom and shower. Nothing fancy, but hey, it's a free place to stay.

I would like to finish by saying that every effort will be made by me and my staff to make your stay as pleasant and convenient as possible. We will be available the entire gasshuku by phone to help with any questions or help you might need.

I look forward to seeing everyone in San Francisco for this unique opportunity to visit our city and train with some amazing karateka!

Best wishes,

Mirko Buchwald

2018 San Francisco IOGKF Gasshuku Training Schedule

Friday, March 9, 2018

Location:

Zanshin Dojo
640 Stanyan St.

Kid Class: 5-6 PM

Adults (all grades): 6-9 PM

Saturday, March 10, 2018

Location:

Gateway High School Gymnasium
1430 Scott Street
San Francisco, CA 94115

Black Belts: 9-10 AM

Adults (all grades): 10 AM-1 PM

Black Belt Grading: 3 PM*

Sunday, March 11, 2018

Location:

Gateway High School Gymnasium
1430 Scott Street
San Francisco, CA 94115

Black Belts: 9-10 AM

Adults (all grades): 10 AM-1 PM

Black Belt Demonstration: 1:30-2 PM

Friendship Dinner TBA

Accommodations:

We recommend searching Expedia.com for hotels near Japantown as it is near the training venue. Book soon for a good deal!

Staying at the dojo:

We will also open the dojo up to anyone who wants to stay there, free of charge. There is a small kitchen and shower/bathroom. Mats can be pulled down for sleeping (no beds). Bring your own sleeping bag, or buy one at the near-by Target.

* The Black Belt grading will take place at Zanshin Dojo (640 Stanyan Street). Grading and paperwork should be sent ahead of time to Andy Franz (IOGKF USA administrator) at least one week prior to the grading.

2018 San Francisco IOGKF Gasshuku Registration Form

March 9th, 10th, & 11th, 2018

Training Fee:

\$70 -One Day

\$150 -3 Days

\$30 -Friday Kids Class

Please pay training fees by sending a check made out to: **IOGKF USA**

Mail checks to: **Zanshin Dojo 640 Stanyan St.**

San Francisco, CA 94117

Please fill out the below information and mail with your training fee.

I would like to attend ____ days.

Days attending (please circle): Friday Saturday Sunday

_____ number of children that will be attending the Friday Kids Class.

Gasshuku T-Shirts: \$20.00

(You must pre-order a shirt. Payment for shirts accepted on the day of the event.)

I would like _____ t-shirt(s).

Size(s) _____ small _____ medium _____ large _____ x-large

Name (Last, First) _____

Address _____

Phone _____ Email _____

Belt Rank _____

Dojo _____ Instructor _____

In consideration of my participation in this program, I hereby release IOGKF, its affiliates, and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I hereby release IOGKF, its affiliates, and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death. By signing below, I agree to the above-mentioned waiver.

Attendee Signature

or Parent (if minor) _____ Date _____

Print Name _____