

Mark E. Colgan

Current Karate Rank: 5th Dan Shuri Ryu, 6th Dan Shorin Ryu

Current Kobudo (Weapons) Rank: 3rd Dan

DOB: 17 Oct 1958

(541) 241-6777

Sensei's Philosophy

My karate training has been an incredibly strong and deeply personal experience. Put in words it has been rewarding, frustrating, challenging, frightening and spiritual. But this does not adequately express what is seemingly impossible to describe verbally. Karate has truly made and enriched my life.

Karate-do (empty hand way) is a lifelong journey, a way of life that encourages and develops self-discipline, confidence, perseverance and inner peace. It is my life's passion, and full-time profession since 1995 to train and improve myself and to pass on my knowledge and training experiences to my students, with the hope of lighting in them, a flame, quenched only by the thirst for lifelong training in the martial arts.

Sensei's Karate Resume

Training History

1974 – 1976: Training in Tae Kwon Do in the garage of a high school friend, Joel Lopez, under the instruction of his older brother Terry Lopez (Green Beret, Vietnam veteran, 5th Degree Black Belt). This instruction and training consisted mainly of kicking and free sparring. No official rank was awarded because Mr. Lopez believed the commercial belt ranking system in the US had become a farce. I was only aware of Mr. Lopez's rank because Joel had shown me the certificates awarded to his brother while he was stationed in Korea. I relocated and could no longer continue training.

1977 – 1979: Training in Northern Shaolin Kung Fu under the instruction of Colonel Lam, the security guard of my community. Mr. Lam was a Colonel in the South Vietnamese Special forces who fought the French and the Chinese communists. He taught me what he referred to as his "family system." He called me an apprentice. Training ended when Mr. Lam moved out of state.

1979 – 1984: Training in Shuri-ryu Karate-do under Maria Doest in Houston, TX. I achieved the rank of 1st degree black belt on January 22, 1983.

1985- 1991: I was without an instructor during this time. I continued working out on my own and with other students of Sensei Doest at our homes and attending numerous seminars

1992 – 2000: Trained and taught Matsubiyashi Shorin Ryu with Michael Helton under the direction of 9th Degree Okinawan Master Ota, Eihachi Sensei. I earned the rank of 3rd Degree Black Belt in both Karate and Kobudo (Weapons) under Sensei Ota.

2001 – To Present: Trained and taught Okinawan Shuri-Ryu

2010: Promoted to 6th Degree Black Belt May 10, 2010.

2011 to Present: Chief Instructor @ Victory Martial Arts, Bend , OR.

Accomplishments:

I began competition in 1979 while training with Maria Doest, Sensei. I averaged approximately seven tournaments per year until Sensei moved to California following my Shodan promotion. I never kept track of specific titles and the majority of the awards from this time period were lost in a fire including my Shodan certificate signed by Grandmaster Robert A. Trias, founder of Shuri-Ryu

- Fought in 7 full contact kick boxing bouts 1981-1982, record, 7 wins no losses.
- Founder of the Young Dragons anti-gang youth program in San Antonio, TX 1995.
- Winner of 5 gold, 1 silver and 1 bronze medal at the AAU National Championships 1996 – 1998.
- Elected South TX AAU State Representative 1996 - 2000
- AAU All-American 1996
- Selected to United States karate Team 1999
- Kata Bronze Medalist @ All Okinawan World Karate Championships in Naha, Okinawa 1999.
- USKA World Champion in Black Belt Men Kata (forms) and Kobudo (weapons) 2002
- USKA World Champion in Black Belt Men Kata (forms) and Kobudo (weapons) 2004
- PKC (Professional Karate Commission) International Karate Championships Black Belt Men Kata (forms) Grand Champion 2004
- USKA World Champion in Black Belt Men Kata (forms) and Kobudo (weapons) 2005
- USKA World Champion in Black Belt Men Kata (forms) 2007
- 2006 – 2007 USKA National Point Champion in Black Belt Men Kata (forms) and Kobudo (weapons).
- 2007 USKA All-American
- USKA World Champion in Black Belt Men Kata (forms) 2008

The list above is not complete, keeping track of personal accolades has never been my motivation for competition, however, as a competitor, I have placed in top 3 in every USKA & PKC tournament I have participated in over the past 12 years. This includes numerous first place finishes at the national and world tournaments as well as Kata Grand Champ at the 2004 PKC Nationals. The PKC kata grand title has particular significance for me because it came after recovering from tearing my Achilles tendon in early 2003. I have always loved competition simply for the enjoyment of the competition itself and the camaraderie that is created. Nevertheless, from the outset of my competitive career there have been very few tournaments that I have competed from beginner through black belt that I did not place in the top three in at

least one of the disciplines of kata, kobudo or kumite. What I see looking back is my level of spirit and consistency of effort.

Student Highlights

Without students there would be no teachers. Thus, I can more accurately remember the accomplishments of my students rather than my own.

- I had 12 students competing in the 1997 AAU Nationals (over 3000 competitors) these great kids won 17 medals.
- Christina Wholnawitz, one of my black belts, places 1st in the 18 – 35 women’s black belt kata division at her 1st USKA tournament, the 2000 World Championships in New Orleans.
- For 2 consecutive years, 2004 and 2005, my students were the first 4 competitors in the finals parade at Nationals.
- In the 2006 USKA nationals I had 14 (the top 2 in their divisions) of 19 students competing make the finals.
- 2007 USKA National Championships I had 7 National Champions in their respective divisions
- 2007 USKA World Championships I had 7 World Champions in their respective divisions
- 2007 my wife, Karra, swept her division in all there events of kata (forms), kobudo (weapons), and kumite (fighting) winning triple crowns at the USKA Nationals, the USKA World Championships and in the 2006 – 2007 National Point Standings
- 2007 my son, Aaron(15), won the 2006 – 2007 USKA National Point Championship in kumite (fighting)
- 2008 my wife, Karra, won both prestigious Kata (forms) and Kobudo (weapons) Grand Champion awards at the USKA National Championships and the USKA World Championships and the second of her USKA National Point Championship triple crowns.
- 2009 my wife, Karra, won an unprecedented 3rd National Point Championship triple crown

It should go without saying that I am far more proud my students and their accomplishments than any which I have personally achieved.

Students Promoted to Black Belt:

Gabe Soto, Christina Wholnawitz, Guillermo Martinez, Michael Silva, Susan Silva
Carlos Cardenas, Luis Medina, Gianne Miranda, Jeremy Daley, Phil King, Eric Colgan,
Robert Kreutzer, Karra Colgan, Alla El Awar, Jonathan Roberts, Jessica Devine