



# Conway Wong, Renshi

- 5th Dan, Shuri-Ryu Karate-Do
- 2nd Dan, Tenshin Aikido

## Memberships:

- United States Karate Alliance
- International Shuri-Ryu Association
- Shuri-Te Bujutsu Kai
- Gospel Martial Arts Union

Phone: 314-737-2905

Email: [conway.h.wong@gmail.com](mailto:conway.h.wong@gmail.com)

Website: [www.shurikaratestl.com](http://www.shurikaratestl.com)

Conway Wong is the head instructor of **Shuri-Ryu Karate of St. Louis**. He has studied the martial arts since 1987. Mr. Wong began studying Shuri-Ryu Karate-Do in Phoenix, Arizona under the martial arts pioneer Grandmaster Robert A. Trias at the *Trias International Institute of Karate and Judo*. Sadly, *Trias International* was soon closed after Grandmaster Trias passed away in 1989.

Mr. Wong then became a student of Master Milt Calander in 1991 training with him privately and then at his *All-American Martial Arts Academy* in Mesa, Arizona. Mr. Wong continues his close relationship with Master Calander to the present day.

After moving to St. Louis, Mr. Wong became a student of the Tenshin school of Aikido in 2004 and began studying under Master Elliot Freeman at *Three Rivers Aikido*. Mr. Wong studied Aikido for 9 years and also taught defensive tactics and violent behavior management to criminal justice students, medical professionals, security officers, and public safety officers for Master Freeman's *Defensive Tactics Technologies* until 2013.

Mr. Wong continues to research new methods, techniques, and tactics through his attendance of martial art seminars and classes both locally and throughout the country. In 2005, he began training in the White Crane Fist Style and Okinawan kobudo with Grandmaster Robert Bowles. In 2022, Master Troy Price awarded Mr. Wong with a Renshi Certificate.

Mr. Wong has also placed numerous times in fighting, forms, and weapons competitions and has been rated on the state, regional, and national levels. This includes placing in weapons, forms, and fighting in black belt divisions at the United States Karate Alliance National (2008, 2018) and World (2017 and 2019) Championships.



Listed below are some of the martial arts instructors (not a complete list and not in any particular order) that Conway Wong has trained with via seminars, privately, or on a regular basis:

- Robert Trias - Shuri-Ryu, Kobudo, Judo
- Milt Calander - Shuri-Ryu, Kobudo, Judo
- Tony Bisanz – Shuri-Ryu, Kobudo
- Elliot Freeman - Tenshin Aikido
- Ken O'Neill - Progressive Awareness System/Integrated Martial Arts, Systema, FMA, Jun Fan Gung Fu
- Robert Bowles – Shuri-Ryu, Kobudo, Jujitsu, White Crane Forms
- Sandra Bowles – Tai Chi Chuan
- Pete Rabino – Shuri-Ryu, Kobudo
- Ridgely Abele – Shuri-Ryu, Jujitsu
- Dale Benson – Shuri-Ryu, Kobudo
- Johnny Linebarger – Shuri-Ryu
- John Venson – Shuri-Ryu
- Mike Awad – Shuri-Ryu
- George Sheridan – Shuri-Ryu, Jujitsu
- Joseph Walker – Shuri-Ryu, Kobudo, Judo, Haganah
- Greg Holmes – BJJ, Kobudo, Shuri-Ryu
- Jorge Angulo - Aikido
- Hiroshi Ikeda – Aikido
- Fumio Demura – Shito-Ryu
- Doug Perry – Shorinkan Shorin-Ryu
- Eddie Bethea – Shorinkan Shorin-Ryu
- Glenn Keeney – Goju-Ryu
- Dan Inosanto – JKD, FMA, Silat
- Felix Valencia – Lameco Escrima
- Johnny Russell – Pachivas Pankration
- Michael Proctor – Knife Self-Defense
- Pat Golden – Haganah, Knife Self-Defense
- David and Rick Merrell - Systema
- Bill Thomas - Systema
- Lee Richards – Oyata Te
- Troy Price – Shuri-Te Jujutsu, Combative Flow
- Alex Ormaza – Oyata Te, BJJ, FMA
- Joe Pounder – Shuri-Ryu, Shuri-Te Jujutsu
- Ron Layton – Combatives
- Clarence Murry – Shorin-Ryu
- Kevin Gurganus – Knife Flow, Self-Defense, Knife Kata

合氣道  
首里流空手道