

Tibon's Goju Gazette

www.tibonkarate.com

December 2010

Students to receive special awards at IN HOUSE Tournament Please be present to receive them

Lydia LU
Dylan Tibon
Teagan Pacheco
Rio Bungalon
Kaitlain Gilmour
Daniel McFall
Treh Oliveria
Elliott Stenzler
Ronny Guzman
Cristian Embry
Mario Evangelista
Morgan Canevari
Anthony Bonocan
Daniel McFall
Melody Her
Justin Gilmour
Grace Dixon
Joshua Kearns

Cyrus Banashihan
Grace Dixon
Raquel Kirn
Jordan Saunders
Dylan Tibon
Cailey Flanagan
Damon Dominguez
Connor Curit
Mark Canevari
Rupert Espinosa Jr.
Gino Tibon
Monica Marquez
Kaithy Huang
Courtney Embry
Chris Hiers
Paul Munoz
Asa Thurston

Last Chance to Register ON LINE Tibon's Goju Ryu Annual Organization "IN HOUSE" Karate Tournament!

December 5th, 2010

San Joaquin Delta College Blanchard Gym



INSIDE THIS ISSUE

- Register now ON LINE 2010 Tibon's Annual IN HOUSE Tourney!
- Mark Your Calendar for Disneyland® Martial Arts Festival at Anaheim Convention Center
- Name List for Students of the Month and 5yr & up awards
- Oshiro Weapons Seminar Schedule
- Tournament Schedule for 2011
- Tibon's Goju Ryu has to raise tuition starting January
- High School ready to start, you can now take Karate for PE Credit instead of Gym Class!
- Welcome new students!
- Don't Forget Can Food Drive for Needy Families

Need parent volunteers for IN HOUSE!
Please contact Yvonne Tibon at main dojo!

Register ON LINE now at www.tibonkarate.com
Please Register ON LINE to help save us time with Bracketing divisions at the front door!

Don't Forget Our Can Food Drive for Needy Families!
Instead of paying for Spectator Fee you can donate Turkey's, Ham's, and Can Foods to watch the tournament of the Year!

WWW.GRASSROOTSKARATE.COM
2011 GRASSROOTS
KARATE CAMP
AUGUST 4th-8th, 2011

University of the Pacific - 3601 Pacific Ave., STOCKTON, CA

CAMP SCHEDULE
 AUGUST 4th - Check in
 Arrive via Sacramento Airport
 AUGUST 5th-7th - Training
 AUGUST 8th
 Depart via Sacramento Airport

SPECIAL
"TOKUBETSU"
RENSHU
TRAINING AT 5AM

Gene Tibon
National Director

The US National Grassroots Karate Program is powered by the experience and knowledge of the premiere Coaches, Senseis and world-class Karate competitors.

Whether you strive to win a title on elite competition or simply improve your karate technical level and knowledge, at the Grassroots Camp you will be prepared to succeed with the guidance from a world-class coaching staff. You'll train more efficiently and effectively than ever before!

Helping you achieve your Karate goals is our passion and only priority!

Sensei Hideharu Igaki
(Kumite Training)

Sensei Toshi Uchiage
(Kata Training)

Sensei George Kotaka
(Kumite Training)

Sensei Antonio Diaz
(Kata Training)

Sensei Chuck Sweigart
(Referee/Rules Training)

Special Clinic by Master Darren Tibon
Heaven Empty Hands vs. Knife & Stick Attacks.

For more information about Schedules and Training Camps contact:
USANKF of Northern California, Inc.
 923 N. Yosemite St., Stockton, Ca. 95203 • Phone: (209) 465-0943
 USANKF of Northern California, Inc. a non-profit 501(c)(3) organization Sports Organization

Financial support is available. Please contact the "Karate Professionals Group, Inc.", a non profit 501(c)(3) organization. This organization was created to help athletes, coaches, and Referees who need financial support to participate. Scholarship request will be selected by panel of "Karate Professionals Group, Inc."

You Can Now Register On Line and Lock in Your Camp Space!

This USA Grassroots Karate Camp is already rated #1 Karate Camp this side of the World

It is the Fastest Growing Developmental Karate Camp in the Country!

Featured in Masters Magazine the past 4 years as the place to be for high level development for the athletes, the coaches, and Instructors.

Register at www.karatetmaster.com and save your place!



Sensei Oshiro Weapons Classes Now Every Other Month

If you are studying Weapons you should be attending these seminars. Sensei Oshiro is world renown as one of the foremost experts in the world. Has been teaching seminars in Japan and Europe and finally making his rounds across the country. He is coming back to Tibon's Goju Ryu Fighting Arts Main Dojo at **923 N. Yosemite in Stockton.**

Weapons Seminar for January 23, 2011
3-4p Beg/Int class 4-5p Advance class

Seminars and Events

- **Tibon's Goju Ryu Organization Annual IN HOUSE Karate Championships San Joaquin Delta College Blanchard Gym and Uchiage Kai Black Belt Testing Dec. 4th, and IN HOUSE Tournament Dec. 5th, 2010.**
- **38th Annual Steveston International Karate Championships February 26, 2011 Richmond B.C Canada Sensei Takechi Uchiage.**
- **Ryobukai NW Classic Championships Mr. Hood Community College March 12 & 13, 2011 Troutdale, Oregon. (Tokubetsu Team to this tournament).**
- **USANKF of Northern California, Inc. Western States Invitational and Grassroots Karate Cup Championships San Joaquin Delta College Blanchard Gym April 9 & 10th, 2011**
- **Disneyland Martial Arts Festival Anaheim Convention Center June 25th, 2011 Disneyland Main Street Grand march June 26th Sunday. Tokubetsu going.**
- **USANKF Nationals and USA Team Trials Arlington, TX July 14-17, 2011 Arlington Convention Center.**
- **USANKF of Northern California, USA Grassroots Karate Super Camp with Sensei George Kotaka, Sensei Hideharu Igaki, Sensei Antonio Diaz, Sensei Toshi Uchiage, Sensei Chuck Sweigart, Master Darren Tibon at the University of the Pacific August 4-8th, 2011. (Tokubetsu Team to this Camp) History Making!**
- **PKF Jr. Pan American Karate Championships Brazil August 28-Sept 4th, 2011.**
- **WKF Jr. Cadet World Karate Championships Maleka, Malaysia Oct.- Nov. 2011.**

Welcome New Students - Tibon's Goju Ryu Karate Organization

Tibon's Goju Ryu - Mia Vasquez Mason Thomason Robert Gerber Sunny Acevedo
Deanna Ceballos Fabian Ceballos Desshon Evans Jacob Evans Manuel Hernandez
Welcome Back: Caitlyn Leedy Allison Leedy

Hiers Goju Ryu – Nathan Tipton Rebecca Windham Joshua Windham Ethan Windham
Stephaine Windham Riley Smith Nicolas Garcia Amanda Whiteley Mattai Hevansavath
Welcome Back: Riley Woznick Maddie Woznick Seth Wentland Isabelle Garcia

Stockton GymStars - Asa Boggs Makenzie Loechler Annika Aistrip Lacy Lucas Camilla Lopez
Kaevan Marshad Aaron Vangsoulatda Austin Schumacher Athaniel Villa Matthew Bravo
Tyler Bravo Fallon Chapple Logan Chapple Delena Hall Christopher Josue Joshua Josue
Alejandro Pimentel Sabrina Boudames Sarah Hinton Jeremiah Lime Aaron Grewal

Modesto GymStars - Spencer Nold Marshall Fisher Marley Ottman Jordan Bloed Jude Quiatchon

Diamond Springs Dojo – Drew

Friendly Reminder: Attention Parents and Students!
Monthly Tuition Increase Jan 2011
Please See New Brochures!

Please note, to assist our students and their families during difficult economic times; Tibon's Goju Ryu has not raised tuitions for the past three years. Unfortunately we now find we must raise our monthly tuition, because of our rising operating costs.

Effective January 1, 2011, an increase of an additional \$5.00 per month, per student will be assessed. This nominal increase is less than .65 cents per class, and represents only a small portion of the increases we are experiencing.

It is our expressed wish; these new tuition fees will not present a hardship to anyone, and please realize we always try very hard to give the best value in instruction and investment, for all of our students training in traditional karate and Kobudo.

A quick survey of our local competitors, assures us we are offering quality instruction at a more modest rate, for up to twice the amount of real class-time instruction. Further, we feel we have a proven record of being a karate school that strives for excellence in developing our students to reach a national and international level of development. This is confirmed by our ability to place athletes on the U.S. National Karate Team every year.

We hope you understand the necessity to raise tuitions, to compensate for higher costs in doing business and in order to keep our programs at the high level of technical quality that you have come to expect.

If you are interested in pre-paying your tuition, a discount program is in place, please ask myself, or Mrs. Tibon for more information.

Thank you for your continued business, support and cooperation.

Sincerely, Sensei Gene & Yvonne Tibon



GROUPON

Parents and Students Please be aware of the Groupon Special that we are going to be offering for new and return students. If you know of any families who would like to take advantage of this one time great deal on

starting new students they need to keep an eye out for this special on the Internet.

2011 Disneyland Martial Arts Festival
Save the Date on you Calendar!
A Tournament of a Life Time!
Director Japanese Okinawan Karate
Sensei Gene Tibon



DOJO REMINDERS

Please make sure you pick up your child on time.

- All tuition payments are due by the 10th of each month – NO EXCEPTIONS. A late charge of \$15.00 will apply; a return check charge of \$20.00 will apply.
- Sensei Oshiro continues to give Kobudo instruction here at the Dojo. Students should take advantage of being taught by one of the foremost weapons instructors in the world. Only \$25 per class plus you must provide your own weapons.
- Per the Goju Ryu Uchiage Kai rules, there will no longer be any rank skipping, unless you pay for each level of the test. This may seem rather harsh, but traditional training makes the student wait at least six months between each level to properly be prepared for the test. This is based on a two days per week program.
- The Brown Belt Kyu tests are one year apart, and 100 assisted classes minimum are due before each promotion. A requirement of 300 assisted classes by the brown belt must be logged before allowing testing for Black Belt candidate. Also have to be registered with Goju Ryu Uchiage Kai membership three years consecutive before allowed to test.
- Private lessons MUST be prepaid, or they will be cancelled. We are sorry to announce this, but lately we have had an abundance of no-shows, or last minute cancellations. There are no refunds on these types of issues.
- We still have had complaints about people parking in the street waiting to pick up their children. Please pull into a parking spot, circle the block, or park in the rear of the school so this does not create unsafe conditions while picking up your child. Thank you!
- Please see Yvonne about any make-up classes you need to schedule. She is always happy to help you! Please Note: Four classes equal one half month which is \$65. Any classes over four is equal to a full month or \$75.
- All Dojo Information see www.tibonkarate.com

Special Announcement! Please look for all of the great products that we are selling on our website under "Links and Products" "Products" will now feature the famous "Monavie" health drink with "Acai Berry" and 19 other power fruits. This may well be the healthiest drink on the planet.

We are now selling "SANBON" Martial Arts Clothing also online our website. All custom shirts. www.tibonkarate.com online



Tibon's Goju Ryu America's New Finest Program

This is a new program Sensei Gene Tibon has dedicated to the Law Enforcement Officers of Stockton, Lodi, Manteca, Lathrop, Tracy, Dept. of Corrections, Parole Agents, Fire Fighters, EMT's, and our active Military.

When an Officer, Fire Fighter, or Military Personnel is able to show us an I.D. or a badge **Tibon's Goju Ryu Karate School** will give them **FREE LESSONS** in our adult class, if they have their children signed up in our regular program. This is our way to say thank you for these **Public Safety Officers, First Responders, and our Military Soldiers** who put their lives on the line each day to protect the families of our dojos.

If you have any of the above in your family and they are interested in taking classes, please have them call Sensei Tibon or Yvonne Tibon at the main dojo at (209) 465-0943.

Our Military Kids, Inc.

**Have Supported Athletes Who have Trained At
Tibon's Goju Ryu Fighting Arts Karate Organization
For Special Military Kids Grants
For Children of Military Parents who have been called to Active Duty**

Tibon's Goju Ryu is proud to instruct the young children of parents who have been called to active duty and deployed while being a Reserve or National Guard military parent.

If a member of your family qualifies for this grant contact **“Our Military Kids, Inc.”** at (703)734-6654.



Attention Parents!
New T&T Dragons Program
Tiny & Tough 2-5 yr old Pre Karate Program is
Well on It's Way! We Still Have Room in Classes!

Behavioral development for young students entering into Karate program, Pre-school program, helps with sibling interaction, physical development, discipline, patience, respect, responsibility, listening skills

Call to reserve your child's place now at 465-0943 list is already filling up!



Tibon's Goju Ryu Fighting Arts Karate Studio
Approved as a Physical Education Alternative for
St. Mary's High School & Lincoln High School
Most all Stockton Unified School District High Schools accept Tibon's Goju Ryu Karate
Program as a Physical Education alternative, just check in with your Counselor.

Connecting Waters Charter School

Connecting Waters is Fully Accredited by the Schools Commission
of the Western Association of Schools and Colleges (WASC)



We have many students in the Connecting Waters Charter Schools that come to Tibon's Goju Ryu Fighting Arts Programs for their physical education requirements. If you have questions about our program and how to qualify through Connection Waters Charter Schools just call our main Karate school at (209) 465-0943.



Stockton Collegiate International Schools
public charters for Kindergarten through 12th grade

Stockton Collegiate Int'l Schools
P.O. Box 4266
Stockton, CA 95204
USA

info@stocktoncollegiate.org

Phone: 209-210-7843

Fax: 209-464-7108

Sensei's Corner
Goju Ryu Kata list

Sanchin ("Three Battles") represents mind, body, and spirit.

When you are young you practice Sanchin kata with all your strength to develop power. As you get older, your focus should shift to developing the movements of the kata into smooth, flowing techniques, as well as utilizing strength and power. After you have practiced Sanchin kata over a period of time you will be able to concentrate all of your power in the tanden (concentration is placed on tightening the muscles of the lower abdomen and preparing the spirit for combat). This accomplishment, many believe will not only help you to live a longer life, but will also help you to deal with stressful situations in a much calmer manner.

Tensho ("Rolling Palms") created by Miyagi Sensei, which emphasizes the softness of the art, as opposed to the hardness of the Sanchin Kata. Thus the name "Goju Ryu: meaning "Hard and Soft School".

Gekisai-Dai-Ichi and Gekisai-Dai-Ni ("Attack and Smash the Fortress I & II") Miyagi Chojun Sensei created this kata in the mid 1930's for young students for development as he became more involved in the school system teaching Goju Ryu to the young. He needed a kata that developed young students physical education.

Saifa ("Smash and Break") it is necessary to consider attacks from the side in order to perform this kata. The striking techniques of Saifa are circular and so performed with the joints of the arm, wrist, elbow, and shoulder, all free of tension. Only at the point of execution are the joints locked and the muscles tightened, so effectively focusing all your power at the point of impact.

Seiyunchin ("To Grab and Pull in Battle") There is no kicking in this kata, main purpose of the kata being to develop a strong and stable stance. Without a strong stance it is impossible to develop full power in your techniques. Shiko dachi is heavily stressed. Within the kata there are numerous pulling and throwing techniques for close in fighting

Sanseru ("Thirty-six Hands") is derived from $6 \times 6 =$ the first 6 represent eye, ear, nose, tongue, body, and spirit.

The second 6 represent color, voice, taste, smell, touch, and justice.

This kata also contains four directional movements and techniques used in close combat. In real fighting it is often the case that an attack comes suddenly and without warning. Very quickly, calm turns to sudden action. Throughout the kata the moves follow this rhythm: slow, smooth movements followed by fast explosive ones. This is a purely fast and hard kata designed to develop speed and power and it is therefore not as intricate as other kata. Much more research still needs to be done on this kata to fully understand its deeper meaning and hidden techniques.

Seipai ("Eighteen Hands") is derived from $6 \times 3 =$ the 6 represents color, voice, taste, smell, touch, and justice the same as the second 6 of Sanseru.

The 3 represent good, bad, and peace.

****Please note that this may not be the 'exact' theory of how Seipai was created. There are numerous different theories and this is one suggestion out of many.**

The name Seipai originates is from '18 (Seipai) Rakan-Te'. The kata consists of 18 basic hand techniques of the 18 Rakan-Ken of Nan-Pa (Ha) Shorin-Ken. It is the 18 hands of basics from Tsuki, Keri and Uke (punch, kick and block).

Rakan is a saint whose worldly passions attain a higher perception of life. Gautama (Sakyamuni) appointed the names of 18 saints and they reached the stage of Arakan.

After Seipai, Sanseiru (36 hands) and Suparimpei (108 hands) were created. The two katas were created as a reverse, opposite and throw technique variations of Seipai. This is why the numbers of Sanseiru and Suparimpei are multiples of 18. It is interesting that in Japanese, 18-hand (read as 'Ohako') can mean favorite and Seipai was Sensei's Miyagi's favorite Kata. Seipai includes 'Gyaku-Waza' and 'Nage-Waza' with sekkin-sen (close distance fighting). Seipai has particular Goju movements called 'En' which means that all the movements are circular. Seipai has a variety of 'Atemi-Waza', 'Gyaku-Waza' and 'Nage-Waza'. There is a good balance of techniques and energetic motion, and therefore it is a difficult kata to perform.

Shisochin ("Four Directions Battle") This kata stresses four directional fighting. When performing you imagine striking and pushing away four opponents. As you strike, power is concentrated in the palm heel and tanden, and you exhale as you strike. In addition to pushing techniques, which create distance between you and your opponent, the kata also contains techniques for close in fighting such as joint locks and attacks, nukite, and hiji ate. Thus, in a real fight if you fail to distance yourself from your attacker, the close combat techniques of the kata can be used effectively.

Seisan ("Thirteen Hands") The outstanding feature of this kata is the combination of circular and straight movement, speed with heavy powerful muchimi (sticky hands), and hard and soft technique. The circular smoothness of the blocks and the linear power of the attacks combine to create a kata of sublime aesthetic beauty. Seisan kata contains a great variety of contrasting techniques. For example, circular movements quickly change to linear moments in combination; fast and slow movements are performed with minimum of excess body motion. This kata is characterized by combinations of techniques containing fast explosive movements balanced and interspersed by slower heavy movements performed with muchimi. Each technique, seeming to be only one strike or block, may contain many meanings. For example, towards the end of the kata a mae geri is performed. It appears to be only one movement, but in fact, a combination of three techniques is involved.

Kururunfa ("To Destroy with Ancient Mantis Techniques") This kata is very quick kata. It is characterized by very fast movements of the hands (mostly open-hand techniques), feet and hips. For this reason, and because of its perfectly balanced combination of go and ju techniques, it is a very important kata in Goju Ryu. The very essence of Goju Ryu is displayed in perfect harmony within this kata. Sabaki is a key feature in this kata. There are three main kinds: moving to the side, zigzag sabaki, and twisting of the hips. All are performed with great speed and agility. Low stances such as neko ashi dachi and long zen kutsu dachi are emphasized when moving.

Suparimpei ("108 Hands") is derived from $36 \times 3 =$ Eye, ear, nose, tongue, body, and spirit; times color, voice, taste, smell, touch, justice equals 36

Times 3, which represents Past, Present, and Future.

***108 have a special significance in Buddhism. It is believed that man has 108 evil passions, and so in Buddhist temples on December 31st, at the stroke of midnight, a bell is rung 108 times to drive away those spirits.

Another name for this kata is Pichurin. Originally in China there were three variations of Suparinpei, the Dai, Chu, Sho variations. The kata practiced today is the sho variation. Suparimpei is the most difficult kata in Goju Ryu. Higaonna Kanryo Sensei taught this kata to Miyagi Chojun Sensei as his second kata, after Miyagi Sensei had mastered Sanchin kata. The fact that he taught him Suparimpei so soon is any indication of the faith Higaonna Sensei held for Miyagi Sensei's ability. Miyagi Sensei then took this kata, and through many years of detailed research arduous and training honed and developed his ability until his performance of the kata could be said to be truly a demonstration of pure art.



December

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|---|--|------------|------------|---|--|
| Merry Christmas to all of our Families of Tibon's Goju Ryu Organization! From Yvonne and Sensei Tibon | | Please Make Up Your Classes Early in the Month! | 1 | 2 | 3 Mighty Mites 4:30 – 5:30p Weapons 7-8:30p | 4 930-10 TNT 10:00-12:00 Mite Mites No Tokubetsu Sensei Uchiage Seminar Black Belt Testing |
| 5 Tibon's Goju Ryu Annual IN HOUSE Tournament Delta College Blanchard Gym Doors Open 8:00am Starting 9:30am Set up 5:00am | 6 Weapons 7:30-9p | 7 | 8 | 9 | 10 Mighty Mites 4:30-5:30p Weapons 7-8::30p | 11 930-10 TNT Mighty Mites 10-12 Tokubetsu 5-7 |
| 12 Leadership 1-3pm Christmas Potluck Gathering | 13 Weapons 7:30-9p | 14 | 15 | 16 | 17 Mighty Mites 4:30 – 5:30p Promotion Ceremony White/yell 7:15 Color Belts 8:15p No Weapons! | 18 930-10 TNT Mighty Mites 10-12 Promotion Testing 12:15 white/yellow 2:30p – color belts Tokubetsu 5-7 |
| 19 | 20 Weapons 730-9pm | 21 | 22 | 23 | 24 Closed For Christmas  GymStars Closed 24-31st | 25 Closed For Christmas  |
| 26 Closed For Christmas  | 27 Weapons 730-9pm | 28 | 29 | 30 | 31 Closed for New Years!  | 2011  2010 |