

# Tibon's Goju Gazette

www.tibonkarate.com

January 2010



Happy New Years Families of Tibon's Goju Ryu Fighting Arts Karate Studios. We will celebrate 28 years in business this Year! The great news is that our martial arts family has enjoyed many individual and group accomplishments over those many years. Thousands of lives have been changed both inside the dojo and well as through the many groups we have worked within San Joaquin County School systems and private schools around the valley. With our program accepted as a Physical Education Alternative for P.E. in schools for academic grades quality instruction, building relationships, and community involvement has continued to be our focus and inspiration.

28 years or not, it's not time to rest on our laurels! Please enjoy this newsletter and your preview of what is being planned for our students and families in 2010!

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- Tibon's Goju Ryu Organization IN HOUSE Success
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- Instructor, assistant instructor, Competitor of the Year
- Walt Disney World Tournament on Halloween 2010



## The US Olympic Training Center In Colorado Springs, Co

Sensei Gene Tibon is the National Director for Grassroots YOKP Camps and Development for the country. Sensei Tibon was able to host this second historic camp, which featured special training by US Olympic Training Center Specialist in Nutrition, Strength and Conditioning, Motivational speaking, and technical drills.

2010 many of these drills are going to be introduced to athletes at Tibon's Goju Ryu Organization, which includes Stockton GymStars, Hiers Goju Ryu in Lodi, Modesto GymStars, and our main dojo on Yosemite St. in Stockton. We are going to take you to the Olympic attitude 24-7-365! Look forward to a turbo charged injection of fitness training, nutrition, and exercise science. Think of it as adding rocket fuel to your martial arts experience.

We had several of our athletes participate this year Courtney Embry, Cristian Embry, Brian Embry, Jesse Toy, Anna Marie Olpin, Rupertson Espinosa Jr., and for coaching Sensei Amber Ramirez one of our GymStars Sensei's. We look forward in introducing many of our new strengthening drills for conditioning and speed to each dojo. Sensei Tibon is looking to take more of our advance athletes to the 2010 US Olympic Training Center Camp you only have to be 12-17yrs old advance level and willing to work with an Olympic attitude.

## **Tibon's Goju Ryu Annual IN HOUSE KARATE TOURNAMENT A Huge Success!**

Thank you to all who volunteered to help with Tibon's Goju Ryu Annual IN HOUSE Organization Karate Tournament at Cesar Chavez High School.

We also had a can food drive and was successful in raising 10 cases of various can foods and 4 frozen turkey's for the "**Women's Haven of Peace**" **Women's and Children's Shelter in French Camp.** We were able to fill up their food pantry.

The women who were living in the Shelter all came out and unloaded our Tahoe, and were very appreciative to all of our families who gave at the IN HOUSE Tournament.

We had over 230 athletes compete from our dojos, and for the first time we had 6 other dojo's that participated of different disciplines, which they absolutely loved our IN HOUSE tournament. Many Sensei's said they learned a lot and received some great ideas for their own schools.

Our GymStars parents really had a great time especially those whose children competed for the first time. We look forward to everybody participating next year in 2010.

**Photos by Ron Ruiz**



## **Sensei Oshiro Weapons Classes Now Every Other Month**

If you are studying Weapons you should be Attending These Seminars. Sensei Oshiro world renown as one of the foremost experts in the world has been teaching seminars in Japan and Europe. He has finally made his rounds across the country and comes back to Tibon's Goju Ryu Fighting Arts Main Dojo at 923 N. Yosemite in Stockton.

**Weapons Seminar for 2010 TBA**

## **Seminars, and Events**

- **Uchiage Kai International Karate Championships January 9<sup>th</sup>, 2010 Richmond B.C. Canada**
- **USANKF of Northern California Western States Invitational Karate Championships two day event Disney Qualifier and Filipino Legacy Tournament February 20-21, 2010 SJ Delta College Blanchard Gym. Please Register ON LINE!**
- **Ryobu Kai Internationals Junki Yoshida's Goodwill Competition Grassroots YOKP Competition and world seminars March 13-14, 2010**
- **USANKF Junior Olympics and US Open Caesar's Palace Las Vegas, Nv. April 2-4, 2010n**
- **Pan-Am Senior Championships Ecuador.**
- **Disneyland Martial Arts Festival June 19 & 20, 2010 at the Anaheim Convention Center. Join in on the Martial Arts Grand march down Downtown Disney on Sunday and demonstrate your Karate to all of the people in Disneyland.**
- **USANKF Nationals and USA Team Trials Greenville, South Carolina July 8-11,2010.**
- **West Coast Open Tacoma, Washington Oct. 2, 2010.**
- **Disney Martial Arts Festival at Walt Disney World® ESPN Wide World of Sports®Complex October 20-31, 2010.**
- **WKF Junior World Championships Belgrade October 27-31, 2010.**
- **USANKF of Northern California Grassroots YOKP Camp US Olympic Training Center November 19-22, 2010.**

## Count Down The Year 2009 What a Great Year for Accomplishments!

In January 2009 we held our Central California Karate Boosters 3<sup>rd</sup> Crab Feed that was a great success. This year due to needing more family involvement in our Boosters Club we will not be having the Crab feed for 2010. We need your involvement in the Boosters please give our new President Martin Toy a call that you want to be involved this year. February an article in Masters Magazine Spring 2009 came out on Sensei Gene Tibon titled "Still Waters Run Deep." March a large group from Hiers Goju and Tibon's Goju main dojo travel to Canada for the Steveston 37<sup>th</sup> Annual International Karate Championships, also the Disney Martial Arts Festival in Disneyland with a grand march in Downtown Disney with Sensei Eliza Cabanig leading Sensei Tibon's Grandson's Dylan, Miles, and other children of Tibon's Goju Ryu Organization, Marc Canevari wins gold for Tibon's Goju Ryu in Portland, Oregon. April we have a surprise birthday party for Sensei Oshiro 60<sup>th</sup> birthday, Sensei Gene Tibon featured in another article in Masters Magazine for the US Olympic Grassroots YOKP Camp at the US Olympic Training Center in Colorado Springs, Co the first in history ever held by the Federation, and Boosters hold first Easter Egg Hunt at Swenson's Golf Course Park for 100 Tibon's Goju Ryu Organization students. May new black belts receive certification and black belts at banquet in Stockton, USANKF of Northern California Triple Qualifier held at Delta qualifies our northern California athletes to USA Team Trials and Disney Martial Arts Festival in Walt Disney World at end of the year. June Boosters Parents host awards Potluck for those new High School Graduates in front of Dojo and award certificates for accomplishments. July three from Tibon's Goju Ryu main dojo Rupert Espinosa, Joane Orbon and Andrew Moore win spots on the USA Jr. National Team to El Salvador, and the 6<sup>th</sup> Jr. Cadet World Championships in Rabat-Morocco with Joane Orbon finishing in the quarter finals at Worlds with 89 countries in competition. In August Sensei Gene Tibon inducted into "Masters Hall of Fame," over 800 attend Tibon's Goju Ryu Annual Karate Picnic, the fundraisers begin for USA Athletes headed to El Salvador and Morocco all families raised enough to send the three athletes. September 15 students travel to Soka University in Aliso Viejo, Ca to compete at Sensei Crockett's annual tournament where Rupert Espinosa is a standout at the tournament, Sensei Justin Love and Christina Santana get married. October Andrew Moore is the big winner in Tacoma, WA. At West Coast Open, Sensei Tibon and Yvonne Tibon host 4<sup>th</sup> Disney Martial Arts Festival at Walt Disney World ® Wide World of Sports Complex with support of Sensei Bernard Dougherty and Yuki Dougherty in Orlando, Florida, Tibon's Goju Ryu Families all travel to support Sensei Ajari's tournament in Oakland, Ca. to help make it a success. November Three of our athletes get great experience at 6<sup>th</sup> Jr. Cadet World Championships in Rabat Morocco, Sensei Tibon host 2<sup>nd</sup> USANKF of Nor Cal Grassroots YOKP Camp at US Olympic Training Center for 100 athletes, coaches, and parents also to be featured in Masters Magazine Spring 2010. December Huge IN HOUSE Karate Tournament Leadership does outstanding job in their support and rolemodelship, Boosters Club meeting with President Martin Toy to set great direction on 2010 fundraisers for athletes in all dojos. Happy New Year!

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## Welcome New Students - Tibon's Goju Ryu Karate Organization

**Tibon's Goju Ryu** - - Mason Roland   Anthony Ramirez   Patrick Krogh   Daniel Udermann   Diego Pedraza

**Hiers Goju Ryu** -   N/A

**Stockton GymStars** - **Madelyn Payton**

**Modesto GymStars** - - N/A

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*Amazing awaits <sup>TM</sup>*

### **2009 USANKF of Northern California Youth Olympic Karate Development Camp Northern California Team United States Olympic Training Center Colorado Springs, CO.**

Sensei Gene Tibon, the National Director for USA Grassroots Youth Olympic Development hosted the largest Grassroots Camp in Federation history November 20-24<sup>th</sup>, 2009 at the US Olympic Training Center in Colorado Springs. The camp featured the highest level of instructors for Kumite and Kata in the country. From Tibon's Goju Ryu we had Sensei Gene Tibon Director, Yvonne Tibon Administrative Assistant, Sensei Amber Ramirez as a Coach, athletes Courtney Embry, Brian Embry, Cristian Embry, Jesse Toy, Anna Marie Olpin, and Rupert Espinosa Jr. From Bay area Tess Karsvar, Keanu Karsevar, Chris Wellbrook, Crystal Lee, Dr. Stephen Lee, Ametry Bake, Lauren Volden, Tom Volden, Tammy Lian





**St. Joseph's Medical Center**

A member of CHW

**Special Notice!  
Employees and Family Members  
of St. Joseph's Medical Center**

**Tibon's Goju Ryu Fighting Arts Karate Studios partnership with Employee Perkcards for Company Discount as the Exclusive Martial Arts Program for their employees. Just show company I.D. and Employee Perkcards to receive benefits.**

**Welcome to St. Joseph's Medical Center Employees as a new part of our Karate Families that starts February 1, 2010. See your local St. Joseph Medical Center Newsletters promoting this new opportunity for St. Joseph's Medical Center families to join our Dojos in Stockton, Lodi, and Modesto.**

**Thank you,  
Sensei Gene Tibon**

**2009 Instructor of the Year Brian Embry  
2009 Assistant Instructor of the Year Andrew Moore  
2009 Competitor of the Year Joane Orbon**

.Photos by Ron Ruiz Photography



**DOJO REMINDERS**

**Please make sure you pick up your child on time.**

- All tuition payments are due by the 10<sup>th</sup> 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 month between each level to properly be prepared for the test. This is based on 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 canceled. 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 place, circle the block, or park in the rear of the school so this does not create an unsafe condition 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](http://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 the "Acai Berry" and the 19 other power fruits that may well be the Healthiest Drink on the Planet.**

**We are now selling "SANBON" Martial Arts Clothing also on line our website. All custom shirts.**  
[www.tibonkarate.com](http://www.tibonkarate.com)



## **Tibon's Goju Ryu America's New Revised Finest Program Starting December 1, 2009**

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. The purpose 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 family's of our dojo's.

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

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### **Our Military Kids, Inc.**

**Has Approved**

**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 be an approved program to help serve 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**.



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**Attention Parents!**  
**New T&T Dragons Program**  
**Tiny & Tough 2-4 yr old Pre Karate Program**  
**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!



# 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.

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**Receive Physical Education High School Credit!**






**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.**



# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<b>1</b>  Main Dojo Closed! GymStars Closed	<b>2</b>  Main Dojo Closed! GymStars Open
<b>3</b>  Main Dojo Closed!	<b>4</b> Weapons 730-900pm	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Mighty Mites 4:30-5:30p Weapons 7-8:30p Uchiage Kai International in Canada Karate	<b>9</b> 930-10 TNT 10:00-12:00 Mighty Mite No Tokubetsu Uchiage Kai International in Canada Karate
<b>10</b> Uchiage Kai International in Canada Karate	<b>11</b> Weapons 730-900pm	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Mighty Mites 430-530p Promotion Ceremony White/yell 7:15p Color belts 8:15p No Weapons!	<b>16</b> 930-10 TNT 10:00-12:00 Mighty Promotion Testing White/yell 12:15p Color belts 2:30p Tokubetsu 5-7
<b>17</b> Instructor Class 10-12	<b>18</b> Martin Luther King Day Main Dojo Closed! No Weapons!	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Mighty Mites 4:30-5:30p Weapons 7-8:30p	<b>23</b> 930-10 TNT 10:00-12:00 Mighty Mite Tokubetsu 5-7pm
<b>24</b> Instructor Team 10-12noon Leadership mtg! 1-3p	<b>25</b> Weapons 730-900pm	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Mighty Mites 4:30-5:30p Weapons 7-8:30p	<b>30</b> 930-10 TNT 10:00-12:00 Mighty Mite Tokubetsu 5-7pm
<b>31</b> Instructor Team 10-12noon						

2010

# **BOOSTER HIGHLIGHTS**

The Booster Club was formed with the intention of providing a better experience for all participants in the sport of karate. Not only do we try to aid those athletes that are competing, but we are interested in making the experience of karate a memorable experience. The Booster Club has received it's non profit number. This means that we can really start fund raising. Come to the meetings with your fund raising ideas, and let's raise some money for the Booster Club and help all of our athletes from the youngest to the oldest.

Four of our athletes recently went to the Junior World Competition in Rabat, Morrocco. Andrew Moore, Joanne Orbon, Rupert Espinosa Jr and Crystal Lee traveled to Morocco to represent the United States at the Junior World Games. Two fundraising events were held during the annual Tibon's In-House tournament to raise money for these athletes. All proceeds for the snack bar and the raffle were distributed to the athletes. Over \$1700 was raised for these athletes. **A BIG THANKS** to those who donated raffle prizes or their time at the snack bar or raffle table. With your help, we were able to make this very successful.

We are hoping to begin numerous fundraising events and activities in 2010. Please attend the upcoming meetings and bring us your fund raising ideas and suggestions for future activites.. We are hoping to make this a very successful year, but your help is needed.

Please feel free to contact any of the officers below regarding participation in the Booster Club. They can be reached at the dojo, and Yvonne Tibon would be happy to put you in touch with any one of them.

## **Booster Club Officers:**

**President: Martin Toy**

**Secretary: Vacant**

**Communication Officer: Kristine Santana**

**Vice President:**

**Treasurer:**

**Legal Officer:**

**Aaron Helsby**

**Dee Daniel**

**Roger Moore**

Website: <http://www.centralvalleykaratebooster.com>

The next meeting will be in January, the exact date to be determined. Please check the website for the meeting date announcement.

**Wishing everyone a Happy and Prosperous New Year.**