

# Tibon's Goju Gazette

www.tibonkarate.com

October 2010

**剛柔流 TIBON'S GOJU RYU FIGHTING ARTS**  
Karate Do & Martial Arts Supplies

**THANK YOU**  
FOR VOTING US ONE OF  
SAN JOAQUIN'S BEST



**Best of San Joaquin 2010**

John C. Tibon  
7 YEAR BROWN BELT GRAND MASTER

**CLASSES ALSO AVAILABLE AT:**

<b>Sydney Karate</b> 1740 W. Hammer Lane Stockton, CA 209-942-1919	<b>Blue Sky Karate</b> 1900 S. Hamilton Lodi, CA 209-339-6309	<b>Quester Karate</b> 5170 Parkway Dr., Ste B Merced, CA 209-649-1919	<b>Tibon's All Star Sports Karate</b> 6168 Esteban Dr., Suite A Pleasanton, CA 925-622-7664
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**Gene Tibon 6<sup>th</sup> Degree Black Belt Instructor • No Contract**

923 N. Yosemite • Stockton • 209-465-0943 • FAX 209-465-1517

**www.tibonkarate.com**

## Prepare for Tibon's Goju Ryu Annual Organization "IN HOUSE" Karate Tournament! December 5<sup>th</sup>, 2010

San Joaquin Delta College Blanchard Gym  
Our students will be challenged to their highest level!



The experience will touch your child!  
Pride in the faces of our parents say it all!



Register ON LINE now at [www.tibonkarate.com](http://www.tibonkarate.com)  
Please Register ON LINE to help save us time!

**Students to receive special awards at IN  
HOUSE Tournament please be present to  
Receive them.**

Lydia LU    Cyrus Banashihan    Anthony Bonocan  
Dylan Tibon    Grace Dixon    Daniel McFall  
Teagan Pacheco    Raquel Kirn    Melody Her  
Rio Bungalon    Jordan Saunders    Justin Gilmour  
Kaitlain Gilmour    Ronny Guzman    Mark Canevari  
Courtney Embry    Cristian Embry    Rupert Espinosa Jr.  
Mario Evangelista    Chris Hiers    Gino Tibon  
Paul Munoz

Thank you parents and students for your support!

## INSIDE THIS ISSUE

- Prepare for 2010 Tibon's Annual IN HOUSE Tourney!
- First time ever for Martial Arts Schools to be included in the Best of San Joaquin 2010, and Tibon's Goju Ryu wins!  
Gold medal, Bronze, and Silver taken at 2010 Nihon Karate do Itosu-Kai Invitational  
Soka University in Southern California
- Oshiro Weapons Seminar Schedule
- Tournament Schedule for 2010
- 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!
- Results of our Team USA Athletes in Canada



**Andrew Moore Takes It To Another Level  
2010 Nihon Karate do Itosu-Kai Invitational  
Soka University in Southern California**

**Andrew Moore** 1<sup>st</sup> place in the men's 18-34 yr black belt Kumite.

**Jack Gonzales** 3<sup>rd</sup> place bronze in the men's 18-34yr old male black belt Kumite.

**Noah Helsby** 1<sup>st</sup> place in long weapons, and 3<sup>rd</sup> place in short weapons under 9 yr old male.

**Jordan Saunders** had an honorable showing against some of the strongest athletes in Southern California. Hopefully next year Our Tokubestu athletes will be able to represent at the level of their class and have a 100% showing next year. Our Tokubetsu athletes would have made a defined statement.

Photos by Pete Saunders



**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 2010**

**Nov. 7<sup>th</sup>**

**Seminars and Events**

- **West Coast Open Tacoma, Washington Oct. 2, 2010** Sensei Tibon would like to take a (Tokubetsu Team to this tournament).
- **US Wadokai Karate do Federation 2010 Ajari Cup Sunday October 17, 2010 Oakland YMCA 2350 Broadway, Oakland, CA. 94612.**
- **WKF Sr. World Championships in Belgrade, Serbia on October 27-31, 2010.**
- **Tibon's Goju Ryu Organization Annual IN HOUSE Karate Championships San Joaquin Delta College Blanchard Gym and Uchiage Kai Black Belt Testing Dec. 4<sup>th</sup>, and IN HOUSE Tournament Dec. 5<sup>th</sup>, 2010.**
- **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 & 10<sup>th</sup>, 2011**
- **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 4-8<sup>th</sup>, 2011. (Tokubetsu Team to this Camp) History Making!**
- **PKF Jr. Pan American Karate Championships Brazil August 28-Sept 4<sup>th</sup>, 2011.**
- **WKF Jr. Cadet World Karate Championships Maleka, Malaysia Oct.- Nov. 2011.**

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

**Tibon's Goju Ryu** - Nicholas Sy Reana Ramos Bill Clement Elias Oviedo Jeff Whitlock  
Ethan Wagner Gabriella Orsi **Welcome Back** Alyssa Santos Paul Rossi Anthony Ramierz

**Hiers Goju Ryu** – Joseph Gilly Jayda Perez

**Stockton GymStars** - Thomas Carte Monica Espinoza George Guitierrez Amir Hayes Tanessy (TJ)  
Long Sydney Long Jose Luis Marquay Jayden Martinez Dustin Nguyen Seth Olivas Zachary Roberts  
Raul Rodriguez David Stoner

**Modesto GymStars** - -Roman Ballesteros Giva Brennan Kimiko Ramirez Julian Hairston Dhrou Ajlt  
Brian Keeler Phillip Yousip

**Diamond Springs Dojo** – N/A

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### **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

**Congratulations!**  
**Mike and Kristine Embry**  
**“Welcome Baby”**  
**“Logan Kye Embry”**

**8 lbs 11 oz 21 inches**

**September 27<sup>th</sup> 2010 at 1:03pm**



**2011 Disneyland Martial Arts Festival**  
**Save the Date on you Calendar!**



**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 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](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 "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](http://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.

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### **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.

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**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](mailto:info@stocktoncollegiate.org)**

**Phone: 209-210-7843**

**Fax: 209-464-7108**

**USA Grassroots Karate Program**  
**A Sub-division of USANKF of Northern California, Inc.**  
**A non-profit 501(c) 3 public charitable organization**

The USA Grassroots Karate Program was created and developed by Sensei Gene Tibon 6<sup>th</sup> Degree Black Belt, 16 year member of the USA National Federation Technical Committee, served at the head of the Coaches Selection Committee for Team USA for 10 yrs., Class A Examiner for Black Belt Dan Testing for the National Federation member of the USA Olympic Committee 16 years, past Executive Vice President for National Federation, current President of the USA-NKF of Northern California, Inc. Regional Sports Organization for Karate past 10 years see [www.usankfnorcal.com](http://www.usankfnorcal.com) .

The USA Grassroots Karate Program a non-profit a division of USANKF of Northern California, Inc. see [www.grassrootskarate.com](http://www.grassrootskarate.com) was developed to help athletes to become the highest level of competitor in the country. Gene Tibon National Director and founder hosted past USA Grassroots Karate Camps at the US Olympic Training Center in Colorado Springs, CO. with 50 athletes. The second Grassroots Karate Camp had 100 athletes and coaches, the 2010 USA Grassroots Karate Camp to be held at the University of the Pacific Aug. 6-9, 2010 will be the largest to date with over 150 athletes and coaches from all over the United States.

The goal is to inspire and develop the Olympic attitude of 24/7/365 in their desires to succeed and achieve their goals for what ever they may be. To give these athletes and coaches tools to take to their dojos, and train their students and themselves to the highest level of developmental. To provide technical skills to succeed at the USA National Karate Team Trials if that is their dream. None the less the teach the history and training methods that will help carry traditional Japanese Okinawan Karate and Kobudo to the next generation.

Many of our advance students at Tibon's Goju Ryu Fighting Arts have participated in the USA Grassroots Karate Camp and have won spots on the United States National Karate Team. The USA Grassroots Karate has helped our athletes at Tibon's Goju Ryu Dojo like Joane Orbon and Rupertson Espinosa win a Gold medal in Santiago, Chile for Kumite, Joey Paper winning a Bronze medal in Kumite, Joane Orbon finishing in the quarter finals with best from 89 countries competing at the WKF Jr. World Championships in Rabat-Morocco in 2009 with Rupert Espinosa and Andrew Moore on the World Team. Also winning USA Team spots Brian Embry to Uruguay, Curacao, Dominican Republic, and this year winning spots to the 2010 Montreal, Canada XXI Jr. Pan-American Karate Championships with 35 countries represented are Cristian Embry, Rupert Espinosa, and Joane Orbon, with Andrew Moore and Courtney Embry making the national team pool as 2<sup>nd</sup> alternates to Montreal.

What made me want to create a USA Grassroots Karate Program, with students like Adam Tibon, Captain for USA to Marseille, France at the World Championships with Robert Lawrie and Amber Ramirez on the Team, Adam, Ronny Guzman, Aaron Silva also won spots to Greece, and Tobago Spain. Amber Ramirez a Gold and Silver Medallist Jr. World Cup in Budapest, Hungary, also to Chile and Netherlands Antilles, and Venezuela, Eliza Cabanig Women's World Cup Tokyo Japan 4<sup>th</sup> in World, Silver medal Women's Cup in Toulon, France, also a Team USA member at the US Olympic Titan Games in 2003. Eliza along with Adam Tibon, Ronny Guzman, Gino Tibon who all competed at the FISU University World Championships, in Japan, France, and Monterrey Mexico, Pan-American Karate Championships in Argentina, Venezuela, and Canada other major international Goodwill Championships. With our experience we want to pass on our way of Karate-do and impact the country as much as we can through our USA Grassroots Karate Program like we have with our own students. This is our way to give back to Karate-do.

To become a future champion you should be a part of all of the USA Grassroots Karate Program, and our Tibon's Goju Ryu **advance Tokubetsu program.**



# Sensei's Corner

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## The Magnitude of Kata

If we were to consider the myriad of self-defense-related phenomena to which a single Kata applies, it would become readily apparent why kata is, in itself, an entire tradition. This is why the old masters of orthodox karate-do once advocated the mastery of one or two kata as opposed to the accumulation of many.

In addition to the seizing, holding, grappling, throwing, joint locking, dislocating, strangling, and traumatizing techniques that are present within the kata, let us also consider some of the other principles with which the kata is concerned:

- **Yoi no kishin** (mental preparation)
- **Inyo** (yin/yang-understanding the magnitude of cause and effect)
- **Go no sen, sen no sen, and sen sen no sen** (the three aspects of defensive initiative)
- **Maai** (understanding engagement distance and how to utilize ma—the space or interval established through body-change).
- **tai sabaki** ( the principles of balance and leading control).
- **Tai no shinshuku** (expansion and contraction, gyration, and body mechanics).
- **Chikara no kyojaku** (the proper amount of power for each technique).
- **Kiai-jutsu** ( the gathering and releasing of ki or qi).
- **Waza no kankyu** (the speed and rhythm of technique).
- **Ju no ri** (the principle of resiliency, and the willingness to bend in the wind of adversity).
- **Kokyu** (synchronizing the breath as it pertains to the expansion and contraction of muscular activity).
- **Bunkai** (understanding the defensive themes and application of technique).
- **Zanshin** (mental alertness and continued domination before and after the fact).
- **Seishi o choetsu** (transcending the thoughts of life and death).

Through understanding the magnitude of kata, especially when it is combined with spiritual doctrines, it becomes perfectly clear how a single paradigm (kata) can represent an entire fighting tradition. Once a student comes to grips with the gravity that each kata represents, their personal training will take on new direction and more meaningful dimension. Moreover, by genuinely embracing the precepts upon which karate-do rest, one is assured that its social ramifications will permeate the character of its user—hence, the value and direction of one's life in general is profoundly enhanced



# October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<b>1</b> <b>Weapons 7-8:30</b> <b>Mighty Mites</b> <b>4:30 – 5:30p</b>  <b>Weapons 7-8:30p</b>	<b>2</b> <b>930-10 TNT</b> <b>10:00-12:00 Mite Mites</b> <b>No Tokubetsu</b> <b>Everybody should be</b> <b>at West Coast Open</b> <b>Tacoma, WA</b>
<b>3</b>  <b>Everybody should</b> <b>be at West Coast</b> <b>Open Tacoma, WA</b>	<b>4</b>  <b>Weapons 7:30-9p</b>	<b>5</b>  <b>Happy Birthday</b>  <b>Joane!</b>	<b>6</b>	<b>7</b>	<b>8</b> <b>Mighty Mites 4:30-</b> <b>5:30p</b> <b>Weapons 7-8::30p</b>	<b>9</b> <b>930-10 TNT</b> <b>Mighty Mites 10-12</b>  <b>Tokubetsu 5-7</b>
<b>10</b>  <b>A-Team Instructor</b> <b>Class 10-12n</b>	<b>11</b>  <b>Weapons 7:30-9p</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>Mighty Mites</b> <b>4:30 – 5:30p</b> <b>Promotion Ceremony</b> <b>White/yell 7:15</b> <b>Color Belts 8:15p</b> <b>No Weapons</b>	<b>16</b> <b>930-10 TNT</b> <b>Mighty Mites 10-12</b>  <b>Promotion Testing</b> <b>12:15 white/yellow</b> <b>2:30p – color belts</b> <b>Tokubetsu 5-7</b>
<b>17</b> <b>Sensei Ajari's</b> <b>Oakland YMCA</b> <b>No A-Team</b> <b>(All Tokubetsu)</b> <b>(Should be there)!</b>	<b>18</b>  <b>Weapons 730-9pm</b>  <b>Happy Birthday</b> <b>Sensei Gino</b>	<b>19</b>  <b>Happy Birthday</b> <b>Miles</b>	<b>20</b>  <b>Happy Birthday</b> <b>Dylan</b>	<b>21</b>	<b>22</b>  <b>Mighty Mites 4:30-</b> <b>5:30p</b> <b>Weapons 7-8:30p</b>	<b>23</b> <b>930-10 TNT</b> <b>10:00-12:00 Mighty</b>  <b>Tokubetsu 5-7</b>  <b>Mimi Happy Birthday</b>
<b>24</b>  <b>A-Team 10-12n</b> <b>Leadership 1-3</b>	<b>25</b>  <b>Weapons 730-9pm</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <b>Mighty Mites 4:30-</b> <b>5:30p</b> <b>Weapons 7-8:30p</b>	<b>30</b> <b>930-10 TNT</b> <b>10:00-12:00 Mighty</b> <b>No Tokubetsu</b> <b>Boosters Halloween</b> <b>Party Teen Center</b> <b>DJ Love playing</b>
<b>31</b> <b>Closed Halloween!</b>						

2010