

Tibon's Goju Gazette

www.tibonkarate.com

September 2010



Tibon's Goju Ryu Fighting Arts Annual IN HOUSE Karate Tournament ON LINE Sign ups Starting in September. This year we will be moving our Tournament to Delta College Blanchard Gym December 5th, 2010 Sunday. We would like to have All registration ON LINE to make the tournament More stream lined for bracketing and starting the Event. You can register ON LINE by going to our Website at www.tibonkarate.com and click on IN HOUSE Tournament Registration.

INSIDE THIS ISSUE

- Prepare for 2010 Tibon's Annual IN HOUSE Tourney!
- USA Grassroots Karate Camp hosted by Sensei Gene Tibon National Director of USA Grassroots Karate Program
- Two Bronze Medals Won at Pan-Americans in Montreal, Canada
- Dojo Baby Shower for Kristine Embry
- Tournament Schedule for 2010
- Sensei Oshiro Weapons Seminar Schedule
- 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

USA Grassroots Karate University of the Pacific August 6-9th, 2010



Sensei Gene Tibon, Sensei Jose Fraguas, Sensei Toshi Uchiage, Sensei Antonio Diaz, Sensei Chuck Sweigart, And Sensei Hideharu Igaki



Group Photos of 2010 USA Grassroots Karate Camp Major Success we are expecting as many as 600 next year! Sign up Early On Line when posted!

Antonio Diaz, Sensei Igaki, Sensei Tibon, Master Darren Tibon, Jose Fraguas, Toshi Uchiage, Chuck Sweigart



**USA National Karate Team
Montreal, Canada
XXI Pan-American Karate
Championships
August 20-22nd, 2010**



Brian Embry 18-20 male Elite Black Belt Kumite -68 Kilos for individual match won Venezuela 4-1, then lost to Mexico 4-4 DQ for illegal clinching. Brian then fought on the Black Belt Team Kumite to tie all of his matches winning Guatemala, next match the team lost to Mexico, putting USA fighting the country of Chile to win the **Bronze medal** match.

Joane Orbon wins Bronze 14-15 female Elite Black Belt Kumite +54 Kilos winning Mexico 1-0, the lost to Venezuela 0-1, and won Brazil 2-0 for the **Bronze medal**.

Rupert Espinosa Jr. 16-17 male Elite Black Belt Kumite -61 Kilos, won Puerto Rico 3-3 then over time to win the Referees decision Hante. He then lost to Mexico on second match 3-0, then Mexico lost their next match took Rupert out of the recharge contention.

Cristian Embry lost his first match against Venezuela 2-3, and then Venezuela lost his next match taking Cristian out of the competition.

**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

Sept. 12 Nov. 7th

Seminars and Events

- 2010 Nihon Karate do Itosu-Kai Invitational Sensei David Crockett (Tokubetsu Team to this Tournament). September 19, 2010.
- 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. 4th, and IN HOUSE Tournament Dec. 5th, 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 & 10th, 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 4-8th, 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

Welcome New Students - Tibon's Goju Ryu Karate Organization

Tibon's Goju Ryu - Chloe Roberts Eleanna Garza Bacio Piccardo Scott Sievers Justice Carash
Oasarry Ocapan Brandon Ugalino Mark Cortez **Welcome Back** Paul Rossi Sierra Minatre Anthony Ramirez

Hiers Goju Ryu - Amy Lubniewski Joshua Dacruz Cylas Riley

Welcome Back: Starla Smith Kylie Curl

Stockton GymStars - David Gurney Anthony Ramirez Anthony Casillas Kelsey Watkins Erk Scelvi
Cristolbal Medina Joshua Height Anthony Escalante Carlos Rivera Mario Rodriguez Jr.
Ales Mindrich Thomas Carte Zanchary Roberts Raul Rodriguez George Guitierrez Patrick Guitieres
Tanessy T.J. Long Sydney Long

Modesto GymStars - - Leandra Haley Christian Gomez Lily Ulrich

Diamond Springs Dojo – Hunter Morgan

SENSEI'S CORNER

The Following is a definition of the Characteristics of a Champion:

TECHNICAL: Technical capability is necessary for this level. An athlete should already have a developed arsenal. The national coaches job should not be to develop it, but add to it if necessary. However, a technician without an understanding of strategy can easily be beaten by a pure strategist. However, the strategic technician is an effective combination.

VERSATILE: Versatility is key. Not being limited in techniques, combinations, movement or mobility can dismantle an opponent. A versatile fighting will display mobility, tricky movement, precision timing, and a range of techniques, combined with explosive attacks and will answer anything from an opponent. A versatile fighter can execute anything opening up opponent, and exposing weaknesses.

STRATEGIC: A pure strategist combined with some skill can cut down most opponents regardless of strength, speed, timing, and skills. A strategist can take all these strengths away exposing weaknesses and leaving a more talented opponent ineffective. A strategist analyzes the strengths and weaknesses of an opponent and will take away strengths even if the opponent appears better.

CONDITIONED: Conditioning is a necessity. To win it takes strength, speed, timing, endurance and mobility with a quick recovery. An unconditioned fighter will be inconsistent and will become ineffective once they are "out of gas." The lack of oxygen causes muscle fatigue and slow recovery. The lack of oxygen will cause the athlete to be unable to think or execute strategy, which will negate all of their strengths. Another aspect of conditioning can be done through sport specific training to develop superior athletic ability including mobility, foot speed, footwork, balance, and agility. Example, plyometrics, hurdles, box jumps, footwork drills, line drills.

COMMITTED: Commitment is the most important ingredient to becoming a champion, without commitment, you will not develop the necessary tools to win. Through commitment in training, you develop heart, will, and determination. This develops the character to win on any level, and in any environment, being unconcerned with circumstances surrounding you. The committed athlete has a work ethic and will do whatever is necessary to win.

MENTAL STATE OF A CHAMPION: A champion displays confidence and is in control of the ring at all times. Through this confidence, a champion already knows the counter or the attack to execute and cannot be manipulated into anyone's strategy. The opponent can sense this confidence and is wary about engaging for fear of being countered.

A champion only knows his game because this is all that matters. He is not concerned with opponent's tools because he can intercept anything effectively with a counter. An injury or excessive blow never serves as a distraction. Environment, circumstances, the score, time, or controversial call never pulls them off track. They are prepared, sticking to the game plan that works for them.

**Baby Shower
Reminder!
Kristine Embry
“Welcome Baby”
“Logan”**



September 4th at 6:00pm

Parents on September 4th at 6:00pm we Will be having a Dojo Baby Shower for Kristine Embry. Those in our Karate Family who knows Kristine, Mike, Brian, Cristian, or Courtney and would like to Be a part of this dojo event to celebrate The coming of “Baby Logan Embry.”

Please come and share the joy of their New family member and future Karate Champion!

Congratulations to the Helsby Family!

**New Son
9lbs 14 oz at 21 ¾” long
“Samson Luke Helsby”**



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

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 6th 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 .

The USA Grassroots Karate Program a non-profit a division of USANKF of Northern California, Inc. see 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 2nd 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 4th 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.**

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3 Weapons 7-8:30 Mighty Mites 4:30 – 5:30p	4 930-10 TNT 10:00-12:00 Mighty Mite Tokubetsu 5-7 Kristine Embry Dojo Baby Shower starts 6:00pm Dojo
5 Dojo Closed No A-Team	6 Dojo Closed Labor Day!	7	8	9	10 Mighty Mites 4:30- 5:30p Promotion Ceremony White/yell 7:15 Color Belts 8:15p No Weapons	11 930-10 TNT Mighty Mites 10-12 Promotion Testing 12:15 white/yellow 2:30p – color belts Tokubetsu 5-7
12 Sensei Oshiro 3-5 Weapons Seminar All Weapons Students all dojo's should attend! Leadership 1-3 A-Team 10-12n	13 Weapons 7:30-9p	14	15	16	17 Mighty Mites 4:30 – 5:30p Weapons 7-8:30p	18 930-10 TNT Mighty Mites 10-12 Nihon Karate Tournament Southern Cal. (All Tokubetsu Should be there)!
19 Nihon Karate Tournament Southern Cal. (All Tokubetsu Should be there)!	20 Weapons 730-9pm	21	22 Kristine Embry Due Date!	23	24 Mighty Mites 4:30- 5:30p Weapons 7-8:30p	25 930-10 TNT 10:00-12:00 Mighty Tokubetsu 5-7
26 A-Team 10-12n	27 Weapons 730-9pm	28	29 Mario Evangelista Birthday!	30		

2010