

www.tibonkarate.com



Sensei Brian Embry Wins Men's Black Belt Kumite Division in Las Vegas, NV **Ozawa Cup Internationals Flamingo Hilton 18** Countries in the Competition See Results on Page 14

TIBON'S GOJU RYU NEWS

- Brian Embry Strikes Gold in Las Vegas Ozawa Cup
- Physiological Metabolic Testing in Main Dojo in Stockton
- Summer IN HOUSE is up and running ON • LINE Registration now at www.karateTmaster.com
- New Students
- USA Grassroots ON LINE Registration Open





Tibon's Goju Ryu Elite Athletes Participate in National Test **Thesis-Physiological Metabolic Demands Elite Karate Competitors** By **Connie Ramsburg**

Story Continued to page 14



2012 USA Grassroots Karate Program National Director Sensei Gene Tibon

For Ages 8yrs - 80 yrs old

New USA Grassroots Karate Camp Posted for 2012! Take Advantage of Early Discount ON LINE Save Now!

You Can Now Register for 2012 USA Grassroots Karate Camp ON LINE At www.karateTmaster.com

Take Advantage of Early Sign-up Discount and now Payment Arrangements ON LINE With Credit Card!

Upcoming Karate Tournaments, Technical Sensei Oshiro Weapons Classes Now Every Other Month

If you are studying Weapons you are supposed to 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 2012May 20July 22Sept. 16Nov. 18th

Seminars and Events

- Quan Bushido-Kai Martial Arts Championships May 5, 2012 Granit Ridge Intermediate School 2770 E. International Ave. Fresno, CA 93730. Saturday Tokubetsu will go going to this tournament!
- 45th International Tournament Japan Karate Do Ryobu-Kai May 6th, 2012 Doubletree of Norwalk 1311 Sycamore Dr. Norwalk, Ca. 90650. (Tokubetsu should go to Quan or Yamazaki tournament.)
- Okaigan Dojo Tournament Cupertino, CA 6/10/12 Tokubetsu going to this tournament Cupertino High School 10100 Finch Avenue Cupertino, CA. 95014
- Tibon's Goju Ryu Summer IN HOUSE Invitational June 24, 2012 San Joaquin Delta College Tokubetsu going!
- USANKF Nationals July 12-15th, 2012 Ft. Lauderdale, Fl. Black Belts going to USA Team Trials.
- Pan-Am Jr. Championships/ Cancun, Mexico Aug.27-Sept 3, 2012.
- Itosu-Kai Karate Tournament David Crockett 9/16/12 Tokubetsu going to this tournament!
- West Coast Open Tacoma, WA October 2012. Tacoma Dome - Tokubetsu going to this tournament.
- WKF Sr. World Championships Paris, France Nov. 21-25
- Tibon's Goju Ryu Annual Winter IN HOUSE Karate Tournament San Delta College December 2nd, 2012.

Welcome New Students - Tibon's Goju Ryu Karate Organization

Tibon's Goju Ryu - Rachel Albrittln Keith Lua-Foster Christopher Vasquez **Welcome Back:** Bruce Finister Jr. Brooke Finister

Stockton GymStars - Samuel Butler D'Artis Bull Isabella Brandon Chase Brandon Welcome Back: Joey Nguyen

Modesto GymStars - Will Carter Kaitlyn Green Karson Moore Kyle Moore Ayden Fagundes

Hiers Goju Ryu - Aiden Haynie Joseph Evans Gabriel Ruiz Kaylie Weddle **Welcome Back:** Alyssa Rogers Breanna Rowlands Ryan Ehresman Dylan Ehresman

Diamond Springs - Jesse Christian

Tibon's Goju Ryu Fighting Arts Hosting Self Defense Workshop for Yosemite Street Neighborhood Parents Successful Participation

Members of our local neighborhood and dojo participated in a Free Self Defense Workshop on basic tips on dealing with aggressive confrontation.



New! 1st Annual Tibon's Goju Ryu Summer IN HOUSE Karate Invitational Championships San Joaquin Delta College Blanchard Gym June 24th, 2012

ON LINE Registration Now Open at www.karateTmaster.com

Due to the overwhelming request by our Karate families, we will be hosting a new event during the summer break to give our friends from other states to come and compete at our 1st Annual Tibon's Goju Ryu Summer IN HOUSE Karate Invitational Championships. From the December Winter IN HOUSE Tournament we now give our students the great opportunity of competing with some of the best competitors in the country at their own Karate tournament.

We will have invited guest, who also have outstanding students that will be great experience for many of our athletes who do not have the chance to travel to other states to test their skill level. We now bring the talent together at our Summer IN HOUSE Karate Invitational. You won't want to miss this one!

Look for flyers to be out after the Western States Invitational National Qualifier in April 2012. Take advantage of the qualifier to test your skill level against those athletes who are trying to qualify for the USA National Championships and USA Team Trials.

Sensei Gene Tibon is bringing it to your back yard; take full advantage of driving just 15 minutes from your door steps to challenge yourself against some of the top Karate athletes in Northern California.



Goju Ryu Uchiage Kai Memberships Due! Students please complete the attached form for your annual membership for your ranking test.

Tibon's Goju Ryu Mixed Martial Arts (MMA) Program Introducing Karate, Jujitsu, Boxing, and Ground Grappling Class Our Program on Sunday's 4:30-6:30pm Starting May 6th, 2012 Taught by Sensei Justin Love

Sensei Justin Love is our current instructor for our Thursday night teenage adult Karate program. He is also the Chief Instructor and Founder of the Victory Outreach Karate Program, and is the current California Highway Patrol Regional Instructor for the C.H.P. O.S.T. (California Highway Patrol Officer Safety Training Self Defense Tactical defensive for knife and Gun defensive Techniques.

There will be a separate monthly charge for those who register for the Tibon's Goju Ryu Mixed Martial Arts (MMA) program classes on Sunday's 3-5p. Due to Sensei Eliza's Event May 6th the MMA class will be from 4:30p-6:30pm.

Please contact the main dojo to register for class, which will be \$65 per month, registration if not already a member of Tibon's Goju Ryu, and the cost of official training Rash Guards, shorts, equipment. We will order specific to your size for classes.

The class will introduce basic Karate, Jujitsu, Boxing, and ground grappling and Defensive techniques against ground fighting. This class will also introduce athletes to this type of competitions.



Bruce had me up to three miles a day, really at a good pace. We'd run the three miles in twentyone or twenty-two minutes. Just under eight minutes a mile [Note: when running on his own in 1968, Lee would get his time down to six-and-a-half minutes per mile]. So this morning he said to me "We're going to go five." I said, "Bruce, I can't go five. I'm a helluva lot older than you are, and I can't do five." He said, "When we get to three, we'll shift gears and it's only two more and you'll do it." I said "Okay, hell, I'll go for it." So we get to three, we go into the fourth mile and I'm okay for three or four minutes, and then I really begin to give out. I'm tired, my heart's pounding, I can't go any more and so I say to him, "Bruce if I run any more,"—and we're still running—"if I run any more I'm liable to have a heart attack and die." He said, "Then die." It made me so mad that I went the full five miles. Afterward I went to the shower and then I wanted to talk to him about it. I said, you know, "Why did you say that?" He said, "Because you might as well be dead. Seriously, if you always put limits on what you can do, physical or anything else, it'll spread over into the rest of your life. It'll spread into your work, into your morality, into your entire being. There are no limits. There are plateaus, but you must not stay there, you must go beyond them. If it kills you, it kills you. A man must constantly exceed his level."

Wall Photos Bruce Wachter Due to bad weather, the Booster Club regrets that we had to cancel the Annual Easter Picnic on 3/31/12.

The Booster Club would like to thank all of you who supported the Rubio's and Nubi Yogurt fundraisers on 4/5/12. Special thanks to Sensei Justin and Cindy Udermann for chairing these events. We hope to have these fundraising events again in the near future.

We would also like to thank all of you who supported the recent Elsa's Paladar Authentic Cuban Restaurant fundraiser. Special thanks goes to Mr. Domingo Santiuste and Elsa's Paladar Restaurant for preparing and barbequing the food for the fundraiser and for allowing us to hold the fundraiser at the restaurant. Thanks also to Steve Seeman for taking charge of the event and to all of you who volunteered at the restaurant.

A big thank you goes out to Mr. Gary "Mick" Lazer for donating an electric guitar for the Guitar Raffle fundraiser at the USANKF of Northern California Western States Invitational USA Grassroots and Escrima Championships. It was also neat to hear you demonstrate and jam on the guitar at the tournament. CONGRATULATIONS to Yvonne Tibon, big winner of the guitar.

UPCOMING EVENTS:

-Saturday and Sunday, April 28 and 29 2012 – ASPARAGUS FESTIVAL. The Booster Club will be volunteering at the Asparagus Festival.

-Sunday, June 24, 2012 - IPAD 3 RAFFLE – Raffle will be held at the Summer In-House Tournament. Tickets are being sold now by Booster Club members. Tickets may also be purchased at the Main Dojo.

-THIS IS THE LATEST iPad 3 – WHITE WIFI 16GB -TICKETS ARE \$5.00 EACH. WINNER NEED NOT BE PRESENT TO WIN.

The next Booster Club General Meeting will be on Saturday, May 12, 2012 at the Main Dojo. Thanks. Mits Ohata

CENTRAL VALLEY KARATE BOOSTERS CLUB Member Information

Mother's Name:		Phone #:	
Father's Name:		Phone#:	
Address:		City:	Zip:
E-Mail:		Dojo:	
Student's Name	Age	Student's Name	Age

Parents Special Announcement For Main Dojo on Yosemite St. ONLY!

Parents,

Starting immediately we will have our front counter girls start bringing the kids to the cars so they are not just running into the street carelessly. We almost had a couple of children hit by cars due to not paying proper attention on entering their cars.

Parents who take control of their children in the lobby or in front of the dojo are responsible for their children's safety.

Please watch your children as they go to their car, they are excited and energized after class and just run out with the parents not cut in to the potential hazard of cars driving by.

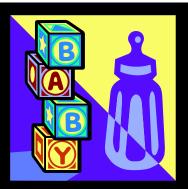
Let's make sure are kids getting home safe by getting into their cars safely.

Thank you,

Gene Tibon Sensei







Sensei Eliza is Having a Baby Boy Baby Shower at Main Dojo on Yosemite St. Sunday May 6th, 2012 2:00p – 4:00p

Host Yvonne Tibon and Courtney Embry RSVP: 209-915-7177 or 209- 670-6018 Registered at: TARGET and BABIES R US Under Balanon or Cabanig

Tibon's Goju Ryu Fighting Arts Dojo Hosting Facility for California Highway Patrol Officer Safety Training Self Defense Course Taught by Sensei Justin Love The Regional Self Defense Instructor for CHP in Self Defensive Tactics In May

You may see about 50 CHP Officers over a period of two days training in the mornings at Tibon's Goju Ryu Fighting Arts Karate Dojo in May. Sensei Justin Love says the facility at the National Guard Armory was not available, as in past for them so they asked Sensei Justin Love if they can come to his training dojo. Sensei Gene Tibon's dedication and support to our law enforcement Officers and first responders are always welcome at our dojo facility for their training

The Stockton Area California Highway Patrol Office will conduct two 8 hour defensive tactics training days scheduled on May 8, 2012 and May 11, 2012 at Tibon's Goju Ryu Fighting Arts Karate Studio. The training days will be taught by 10 year veteran CHP Officer, Justin Love, ID # 16639. Officer Love is a CHP Departmentally certified AOST (Advanced Officer Safety Training) Instructor, PMA (Physical Methods of Arrest) Instructor, 3rd degree black belt Internationally certified Goju Ryu Karate Instructor and a Nationally certified GST (Gracie Survival Tactics) Instructor. The intensive 8 hour training course will cover the following lessons:

- A violent suspect is attempting to strangle or punch the Officer from the full mount.
- The Officer achieves the mount and seeks to maintain control of the aggressive suspect.
- The Officer achieves the mount but the violent suspect rolls uncontrollably to their knees.
- During a deadly force situation, the Officer's firearm malfunctions.
- The non-compliant suspect tries to strangle the Officer from the bottom of the mount.
- During a routine conversation, the suspect unexpectedly attacks the Officer with punches leaving no time for the firearm to be drawn safely.
- The uncooperative suspect tries to avoid arrest at all cost by staying on his/her feet.
- The Officer is underneath an extremely aggressive suspect who is determined to achieve victory by knockout.
- The heavier suspect achieves the top position and uses their weight to crush the smaller Officer.
- The Officer is operating solo and needs to apply the handcuffs on the resisting suspect.
- The suspect is pinned by the Officer but is determined to get up and fight back.
- The suspect has had some grappling experience and uses the guard position to immobilize the Officer.
- The suspect is able to mount the Officer but the primary mount escape technique fails.
- In a deadly force situation, the Officer is trapped underneath the violent suspect and is unable to safely draw his/her firearm.

- The violent suspect is able to get past the Officer's guard to a more advantageous position.
- The Officer is under the aggressive suspect in a crowded area and needs to safely draw his/her firearm.
- During a routine conversation, the suspect suddenly rushes towards the Officer in an attempt to gain control of the firearm.
- The larger suspect catches the smaller Officer in a violent headlock.
- The suspect resists arrest by turning face down and hiding his hands under his body.
- While attacking, the suspect attempts to get control of the Officer's firearm.
- The Officer is underneath the violent suspect and must stand up immediately.
- Customized Techniques: As time allows, we perform hands-on demonstrations and develop customized techniques that address additional "what if scenarios".

Today, assaults against law enforcement officers and excessive force lawsuits are at an all-time high. OST (Officer Safety Training) is the best solution for the Patrol Officer.

According to the F.B.I., in 2007 there were 59,201 sworn law enforcement officers assaulted in the line of duty. Over 80% of these assaults (47,495) were committed by unarmed perpetrators who only used their hands and/or feet to attack the officer. It is most important to consider the two biggest reasons why law enforcement officers did not shoot these perpetrators before their unarmed assaults were carried out:

- 1. Unjustified Unless someone's life is at risk, the officer is not justified in using deadly force.
- 2. **Unable** Most physical assaults on officers take place so abruptly that the officer does not have the time or distance necessary to draw his or her firearm or less-lethal weapons, safely.

Since it is so common that officers are assaulted in situations where they are unjustified or unable to use their weapons in their defense, it is imperative that they be empowered with a very effective, court-defensible system of self-defense that will ensure their safety in the worst case scenarios that they are so likely to encounter.

While most defensive tactics courses are based on theoretically sound techniques that are designed for semi-compliant suspects, OST is entirely based on proven effective techniques that are applicable against fully resistant suspects. Over the last 10 years, the techniques featured in the OST course have been taught to hundreds of CHP Officers, many of whom have had the opportunity to employ the techniques in the line of duty. Reports submitted by these Officers have given us powerful insight regarding the applicability of the techniques. By utilizing this information, we will continue to update the program so that it is always comprised of the most applicable and effective techniques. It is a fact that any law enforcement officer who is not confident in their ability to control a suspect with their hands is more prone to resort to their weapons, prematurely, and all it takes is one excessive force incident to dramatically alter the stability of a police department and its relationship with the community they serve. Since the OST course is based on controlled pain compliance techniques rather than uncontrollable strikes, the physical damage to the suspect is kept to an absolute minimum. Lawsuits and charges of police brutality decrease significantly when OST is used. Any law enforcement officer who is not capable of defending him or herself against a physical attack will display less confidence than one who can. This weak "Officer presence" is easily detectable and will often cause a suspect to challenge the authority of the officer. Once an officer learns the techniques that are designed to keep them safe during the worst case scenarios, he or she no longer needs to fear the suspect, and for this reason, the OST course is known to boost an officer's confidence more significantly than any other factor. This newly-found confidence will lead to enhanced officer presence which will be immediately detected by the suspects making them less likely to assault the officer to begin with.



Successful Kumite Seminar by Sensei Hideharu Igaki Attracted over 50 athletes and Instructors from all over Northern California. Hosted at Tibon's Goju Ryu Fighting Arts Main Dojo Sponsored by USANKF of Northern California, Inc. Non-profit 501(c) 3 Regional Sports Organization April 15, 2012



Tibon's Goju Ryu Elite Athletes Participate in National Test Thesis-Physiological Metabolic Demands Elite Karate Competitors

Sensei Gene Tibon received a phone call from Connie Ramsburg, who is doing her Master's Thesis at LSU on Physiological Metabolic Demands on Elite Karate athletes. She said she knew that we had one of the largest groups of elite athletes in the country and asked if she could test my students. She also asked if I could help her get other dojos with elite athletes in the country so I referred to Sensei Mary Crawford and Sensei Mari-jo Suzuki in the Bay Area for testing their students. I also referred her to Sensei Chuck Sweigart and Sensei Greg Burd in Washington, who will also be having their elite athletes participate in the testing. We will be a part of history, Connie Ramsburg says there is a great chance her Thesis will be published for the world's Karate athletes can use the findings to their advantage in the way they train for Kumite.

Continued from page 1

Las Vegas International Results

Junior Olympics USA Karate NGB, member USA Olympic Committee at Cesar's Palace in Las Vegas, NV.

Cristian Embry Bronze medal 16 yr. old Black Belt Kumite (fighting).

Joane Orbon Bronze medal 17 yr. old female Black Belt Kumite.

Aleesa Ohata silver medal girls 8-9 yr. old advance Kata (forms), bronze medal girls 8-9 yr. old advance Kumite.

Noah Helsby Bronze medal 8 yr. old boys advance Kata, Bronze medal 8 yr. old advance Kumite.

Ozawa Cup International Karate Championships Flamingo Hilton Las Vegas, NV.

Michael Brian Embry Gold medal men's 18-34 yr. old Black Belt Kumite Champion Gold Cup and \$300 award.

Eli Hancock Gold medal 7 yr. old male beginner Kumite.

Aleesa Ohata Gold medal female 8-9 yr. old advance Kata, silver medal female 8-9 yr. old advance Kumite. **Noah Helsby** Bronze medal 8-9 yr. old advance Kumite.

Libby Galindo Bronze medal 11-12 yr. old intermediate Kata.

Arin Helsby Bronze medal 7 yr. old beginning Kumite.

US Open International Karate Championships hosted by USA Karate NGB, member US Olympic Committee

Jordan Saunders Bronze Medal 12-13 yr. old black belt Kumite. Noah Helsby Bronze Medal 7-9 yr. old Team Kumite.



2012 Karate Summer Camp

Tibon's Goju Ryu Fighting Arts Summer Camp

All Campers

P <u>Receive a Tibon's</u>

<u>Goju Ryu T-</u> Full day: 9:am – Sign up for 2 weeks and receive a free karate uniform! <u>shirt</u> Half day: 9am – 12pm \$170 or 12pm – 3pm \$170 Ages 6 – 12 Monday – Friday

No karate experience necessary!

Discounts if Register before March 31st <u>STUDENTS ARE RESPONSIBLE TO BRING</u> <u>THEIR OWN LUNCH!</u>

IF LESS THAN 5 IN CAMP WEEK WILL BE CANCELLED!

AVAILABLE CAMP WEEKS

___June 11-15 ___June 18-22 ___June 25-29 ___July 16-20

___July 23-27

(Summer Camp closed for two weeks between Jul 2- Jul 13)

REGISTER EARLY FOR DISCOUNT OPPORTUNITIES! IF YOU REGISTER BEFORE MARCH 31ST, FULL DAY WILL BE \$225 AND HALF DAY WILL BE \$150. IF YOU REGISTER BEFORE MAY 31ST, FULL DAY WILL BE \$250 AND HALF DAY WILL BE \$160. AFTER MAY 31ST THE PRICE WILL BE \$270 FOR FULL DAY AND \$170 FOR HALF DAY.

Take advantage of Early Sign up Discounts!

923 N. Yosemite St. Stockton, Ca. 95203

or FAX TO (209) 465-1517

Extended care 8-9am and 3-4pm: \$15 per hour **Siblings receive a 15% discount per week

Parents name	Yes, I want to purchase a gi (\$30)			
Student's name	Student's Age			
Telephone number	E-mail address			
Credit Card Visa/Master/Amex	Exp. date	CCV#		





What Better way to give your child a positive, energetic summer of fun?

Our summer camp starts with a three-hour first half karate Kata, drills, and Kumite Drills Speed agility drills training. The second half has a 12-1:30 Lunch/Fun –Museums, Police Dept, Fire Dept, movies, games, and crafts. From 1:30 - 3:30p Karate, Weapons, Self Defense, Bully tactics, Bunkai, Jujitsu techniques.

In Tibon's Goju Ryu summer program, kids not only get quality karate training, they also receive official Karate t-shirt. They'll learn firsthand the benefits of training and focused effort, and return to school with visible progress and accomplishments they can be proud of. They'll have spent an active summer having fun and making new friends!

Tibon's Goju Ryu Fighting Arts

Program Coordinator and Contact



Person Mrs. Yvonne Tibon and Sensei Gene Tibon - 209-465-0943 emtibon@hotmail.com or

ytibon@hotmail.com Full day: 9am - 3pm \$270

Half day: 9am - 12pm \$170 Ages 6-12 Monday - Friday No karate experience necessary!

Return this form to: Tibon's Goju Ryu Fighting Arts 923 N. Yosemite St. OR FAX to (209) 465-1517 Stockton, CA. 93205

OR CALL (209) 465-0943

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 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.

Lincoln High School and Tokay High School require athlete be in the Elite Karate Training program to qualify – See Sensei Tibon on those requirements!

Connecting Waters Charter School

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



67 Weapons 730- 900pm8 Sensei Justin Love's Sensei Justin Love's CHP Officer Training 8a-3:30p9 Make up classes during the month early!1011 Mighty Mites 4:30-5:30p Weapons 7.8:30p12 10:00-12:00 Mighty Mites Tokubetsu at tourney!New Tibon's MMA!Sensei Justin Love's Sensei Jack is 21 yrs old! Happy B-Day!16 Make up classes during the month early!1718 Mighty Mites 4:30-5:30p Weapons 7.8:30p19 10:00-12:00 Mighty Mites Tokubetsu 5.7pNew Tibon's MMA!14 Weapons 730- 900pm1516 Make up classes during the month early!1718 Mighty Mites 4:30-5:30p Neapons 7:8:30p19 10:00-12:00 Mighty Mites 7:00 mighty Mites 8:00pm20 220 220 220 220 22121 22222 23 Make up classes during the month early!2425 Mighty Mites 4:30- 5:00p Weapons 7:8:30p26 Dojo Closed! Memorial Day Weepons 7:8:30p26 Sensei's Sensei's Mark Canevari and Joane Orbon Graduate!26 Sensei's Sensei's Mark Canevari and Joane Orbon Graduate!27 Sensei's Sensei's Sensei's Mark Canevari and <b< th=""><th></th><th></th><th></th><th></th><th></th><th></th><th></th></b<>							
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