

April

Tue

Wed

Thu

Fri

Sat

1

Easter Weekend
Dojo Closed!
US Open
Jr. International Cup
Las Vegas



2

3

4

Please Make Up
Your Classes Early
in the Month!

5

6

Mighty Mites 4:30-5:30p
Advance 5:30-7p
No Weapons
Promotion Ceremony
White/yellow/All 7:15p

7

Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu – 5-7p
Promotion Testing 2pm
White & Yellow, Orange
and Up Combined testing

8

Tokubetsu-2 9-11am

Leadership Spring Dojo
Clean-up 11a-3pm



9

10

11

Please Make Up
Your Classes Early
in the Month!

12

13

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

14

Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu No
USA Grassroots Training
Workshop All athletes should
participate going to Nationals.
Twin Arbors 11a-2:30p Lodi
Prepare for tomorrow
qualifier!

15

Tokubetsu-2 No class

National Qualifier Yuba
City 8am doors open!
8:45a staging begins
9:30am competition starts
Rivervalley High School

All athletes need to qualify
if going to Nationals.

16

17

18

19

20

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

21

Mighty Mites 11-12n
12n-1:30p Color Belts
No Tokubetsu

Sensei Joane Orbon
Fundraiser Camp
9-11am all warm-up
2p -6:30p segments

22

Tokubetsu-2
9-11a

Sensei Joane Orbon
Fundraiser Camp
10am-6:30p segments

23

24

25

Please Make Up Your
Classes Early in the
Month!

26

27

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

28

Mighty Mites 11-12n
12n-1:30p Color Belts
No Tokubetsu
Irvine Tomodachi Cup
Southern California
Qualifier

29

Tokubetsu-2 No class
Irvine Tomodachi Cup

30

31

2018

Tournaments & Events This Year

Sensei Tibon and Hiers hosting 2nd Series 2018
USA Grassroots Karate Workshop Sunday at
Twin Arbors Athletic Club in Lodi, Ca
In preparation for the April 14th Saturday
2018 USA Nationals and USA Team Trials.

National Qualifier for Nationals and USA Team Trials
For Northern California in Yuba City, Ca April 15th. If
planning to go to Nationals in Reno you have to qualify
top 10 in your division. Parents to participate in a
Tailgate lunch for athletes and parents. See Mrs. Tibon

Todomachi Cup National Qualifier for Southern
California for Nationals and USA Team Trials April 29th
in Irvine, CA. Momentous Sports Center 14522 Myford
Rd. Irvine, CA 95206

USA National Championships USA Team Trials in
Reno, NV July 10-15, 2018 Reno/Sparks Convention
Center.

Tibon's Goju Ryu 34th Annual Winter IN HOUSE Karate
Championships December 2, 2018 Lincoln High School,
And Advance Seminar and Black Belt Testing
Dec.1st 2018 Saturday

Welcome New Students Tibon's Goju Ryu Organization

Ysabella Sabio Audrey Sabio Antionette Orosco Olivia Embry
Juniper Graham Francisca Eguiluz Betsabet Eguiluz
Neelah Guadarrama

Welcome back: Michael Martinez Tommy O'Boyle Saroop Sahi
Cameron Heinselman



Promotion Testing!

April 6th Promotion Ceremony 7:15p Friday
April 7th Saturday Promotion Testing 2:15pm
White & Yellow, Orange and Up Combined testing!
Start checking in 2pm

Sensei Joane Orbon Win Silver

At 31st Bosphorus Cup 2018 in Istanbul

Takes 7th Place at Dutch Open – Rotterdam, Netherlands



Sensei Joane Orbon competes 5 Matches with Turkey, Iran,
Brazil, Azerbaijan at the 31st Bosphorus Cup 2018
International Karate Championships in Istanbul, which
featured over 1700 competitors from all over the world.
She was able to fight all the way to the gold medal match
winning the silver medal.

Just several weeks later she travels to the Dutch Open-
Karate 1 Premier League at Topsportcentrum
Rotterdam on March 17th Rotterdam, Netherlands
winning 7th place just short of the medal round, which
will move her ranking up in the new WKF April rankings
coming out soon. We are hoping for the USA Olympic
athlete financial support if she can rank high enough.

National Director – Founder Sensei Gene Tibon

**USA Grassroots Karate Program a Non-Profit Division of USANKF of Northern California, Inc
Regional Sports Organization for Development of Traditional Karate hosted at Hiers Goju Ryu
At Twin Arbors Athletic Club in Lodi**




This great event was Series #1 of USA Grassroots Karate Workshops to prepare all athletes, who want to compete at USA Nationals in Reno, NV in July and other competitions. This program is to help athletes training under some of the best Grassroots Coaches in the country in our own backyard. This program offered to all of our Karate students and affiliate programs to participate.

USA Grassroots Karate Program is a division of USANKF of Northern California, Inc. a non-profit 501(c)3 dedicated to the development of traditional karate for competition in Northern California. Our program is responsible for helping many national and international champion's competition development.

**www.grassrootskarate.com www.usankfnorcal.com
www.tibonkarate.com**

**Fundraiser Seminar for Sensei Joane Orbon
For Upcoming International Events for Ranking
Selection for the 2020 Olympic Summer Games In Tokyo
We Need Your Support – Please Enjoy Her Incredible Camp**



**WEEKEND KUMITE CAMP
WITH SENSEI
JOANE ORBON**

**COME PREPARE FOR THE 2018
NATIONAL CHAMPIONSHIPS IN RENO, NEVADA
(RANKED #18 IN THE WORLD)**

SATURDAY, APRIL 21ST, 2018
ALL AGES BEGINNER
NOVICE 2:00 - 4:00 PM
ELITE 4:30 - 6:30 PM

SUNDAY, APRIL 22ND, 2018
ELITE 10:00 AM - NOON
ALL AGES BEGINNER
NOVICE 2:00 - 4:00 PM
ELITE 4:30 - 6:30 PM

RSVP @ TIBON'S GOJU- RYU 923 N.
YOSEMITE ST., STOCKTON, CA
\$35 PER SESSION, \$100 FOR FULL CAMP

Sign-up at Tibon's Goju Ryu Fighting Arts – (209) 465-0943

Sensei Joane Orbon's World Premier Karate Ranking Look Forward to Seeing You at Fundraising Camp

T-Mobile LTE 7:13 PM 50%

setopen.sportdata.org

WORLD WKF KARATE FEDERATION

League: -61 kg

Category:

RANK	NAME	COUNTRY
1	 XIAOYAN YIN	 CHINA (CHN)
2	 ALEXANDRA GRANDE	 PERU (PER)
3	 GWENDOLINE PHILIPPE	 FRANCE (FRA)
4	LEILA HEURTAULT	 FRANCE (FRA)
5	JOVANA PREKOVIC	 SERBIA (SRB)
6	LUCIE IGNACE	 FRANCE (FRA)
6	CRISTINA FERRER GARCIA	 SPAIN (ESP)
8	JOANE ORBON	 UNITED STATES OF AMERICA (USA)



**Tibon's Goju Ryu Demo Team at Star Wars Night
Heat Hockey Stockton Arena**



Tibon's Goju Ryu Demo Team continues to do their part in support Stockton Professional Heat Hockey in front of 7,000 spectators at the Stockton Arena. We have also demonstrated for the Teddy Bear Toss Heat Hockey Night in front of 5,000 spectators to promote traditional Goju Ryu Uchiage Kai Karate. We did another demo in front of 3,000 spectators with a marching martial arts demonstration at the Chinese New Year's Parade.

Thank you for the parent and student support at three of these events.

Next Karate Demo is at Banner Island Stockton Ports Baseball June 23rd Saturday. Please Join us! See Flyer!

**Tibon's Goju Ryu Leadership Demo Team March in the 2018 Chinese New Year's March Downtown Stockton
In Support of this great community event!**



Tibon's Goju Ryu Fighting Arts & Hiers Goju Ryu Karate
Hosting
USA Grassroots Karate Development for USA Karate Nationals and USA Team Trials
April 14th, 2018 Saturday at Twin Arbors in Lodi 11am – 2:30pm
Reserve Your Spot Now!
Prepare for Northern California Qualifier the Next Day!

Hiers' Goju Ryu Karate

TWIN ARBORS ATHLETIC CLUB

USANKF of Northern California, Inc.
Regional Sports Organization

PRESENTS



SENSEI GENE TIBON, NATIONAL DIRECTOR

Founder, USA Grassroots Karate Program

DEVELOPMENT WORKSHOP SERIES #2

Grassroots Membership Training Workshop
Grassroots Coaching Staff of Northern California:
3 Hour Workshop \$60 (includes cost of lunch)

Rotation training 11AM - 2:30PM:
Kata, Kumite, and Take-Downs

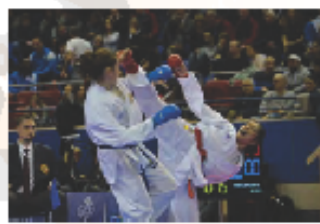
Twin Arbors Athletic Club
1900 S. Hutchins Street
Lodi, CA 95240



Adam Tibon (Past)
Team USA, Jr. & Sr. - 7 years



Eliza Cabanig (Past)
Team USA, Sr. - 8 years



Joane Orbon (Current)
Team USA, Sr. - 9 years



Ronny Guzman (Past)
Team USA, Sr. - 4 years



Cristian Embry (Past)
Team USA, Jr. - 4 years

Also Coaches:

**Sensei Chris Hiers, Sensei Eric Bonjoc, Sensei Courtney Embry,
Sensei Asa Thurston, Sensei Jessie Toy, and Sensei Gino Tibon**

**SATURDAY
APRIL 14
2018**



**Shihan Oshiro's Annual Yamani Ryu Kobudo Seminar with our Advance Students
In Redwood City**



Sensei's Corner

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

NORTHERN CALIFORNIA KARATE-DO FEDERATION

PRESENTS

2018

NCKF CHAMPIONSHIPS & QUALIFIER

**SUNDAY, APRIL 15TH, 2018
RIVERVALLEY HIGH SCHOOL
Yuba City, California**

OPEN TO ALL DOJOS & COMPETITORS

NO NCKF MEMBERSHIP REQUIRED

- COMPETITION MATS FOR ALL RINGS
- LICENSED REFEREES AND JUDGES
- FULLY TRAINED TOURNAMENT STAFF
- CUSTOM MEDALS AWARDED
- USAK RULES

**8:00 AM: DOOR OPEN
REGISTRATION**

8:45 AM: STAGING BEGINS

9:30 AM: COMPETITION BEGINS

Qualifier for 2018 USA Karate National & Team Trial

MAIL REGISTRATION TO:

Miladi Karate Academy

950 Tharp Rd. #1200 Yuba City, Ca 95993

(530) 751-9400



For more information, please visit

nckf.us



**APRIL
29TH
2018
QUALIFIER**



TOMODACHI CUP

SOUTHERN CALIFORNIA NATIONAL QUALIFIER

**PARTICIPATION MEDALS FOR UNDER 9 YEARS OLD AND YOUNGER
SCHEDULE:**

08:00 AM : Door Open

08:00 AM : Late Registration (Late fee apply)

08:45 AM : Staging

09:30 AM : Competition Begins

All advance division:

14-15,17-16,18-34

Winners receive a Arawaza uniform

Arawaza USA World-class seminars:

Coach Cesar Herrera

Coach Jelena Kovacevic

Scouting program:

You could be the next Team Arawaza USA

ADDRESS:

Momentous Sport Center

14522 Myford Rd.

Irvine, CA 92606

INFO@TAJIKKARATE.COM

1-949-350-2735

Travel and Hotel Information

Available



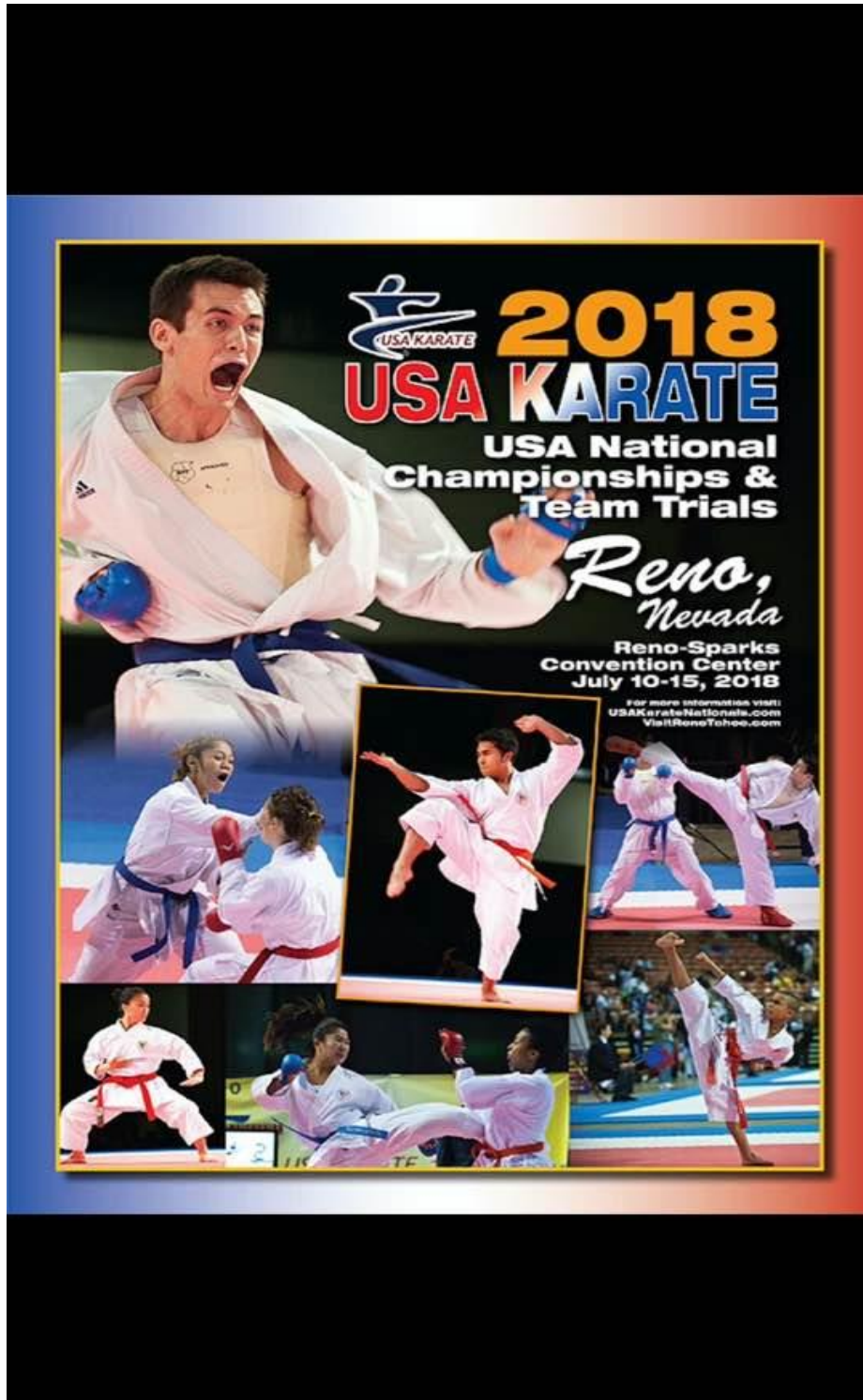
Tibon's Goju Ryu Karate Organization

The Preparation Starts Now!

**Tokubetsu Saturday Class to be taught by Sensei Gene Tibon and Sensei Adam Tibon
Saturdays 5p – 7pm and on Sunday Sensei Cristian Embry teaches Tokubetsu - 2 is 9am
– 11am**

This Class is for serious competition development

Tibon's Goju Ryu Karate has been building champions for over 34 years! Join the





Tibon Goju Ryu Fighting Arts Karate Performance with the Stockton Ports!

Saturday, June 23rd @ 7:10 p.m.
Stockton Ports vs. Modesto Nuts

Ballpark Opens at 6:00 p.m. Please arrive early to watch the performers!

- Come out & Support our performers as they perform on the field before the Stockton Ports Game!
- Invite Friends & Family and Help Support Our Organization!
- Hear Tibon Goju Ryu Fighting Arts Karate recognized on the PA system!
- Enjoy Some Stockton Ports Baseball!



Ticket Locations and Prices are Limited for this Game! Order Today!

Name: _____

Address: _____

City/Zip: _____

Daytime Phone: _____

E-Mail: _____

Tickets

of Tickets

Pricing

Field Box Seats

\$8.00 per Ticket = \$ _____

Total = \$ _____

☐ CASH AMOUNT

☐ CHECK # (payable to Tibon Goju Ryu Fighting Arts Karate)

To place an order, please return this form with payment to either
Gene or Yvonne Tibon:

Deadline to order tickets is June 1st, 2018!



For any questions or concerns, please contact Group Sales Manager Riley Robar at (209) 644-1913 or
email at rrobar@stocktonports.com