

January

Tue

Wed

Thu

Fri

Sat

31



1



2

Dojo Open!

3

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

4

Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu 5-7

5

Tokubetsu- 2 9-11am

6

Combined
Weapons
7:30p-9:00p

7

8

Please Make Up
Your Classes Early
in the Month!

9

10

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

11

Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu 5-7

Promotion Testing 2pm
White & Yellow, Orange and
Up Combined testing

12

Tokubetsu-2 9-11am

Leadership mtg
11a-1pm

13

Weapons
7:30p-9:00p

14

15

Please Make Up Your
Classes Early in the
Month!

16

17

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

18

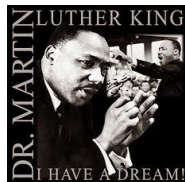
Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu 5-7

19

Tokubetsu-2 9-11a

20

Dojo Closed



21

22

Please Make Up Your
Classes Early in the
Month!

23

24

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

25

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12n-1:30p Color Belts
Tokubetsu 5-7p

26

Tokubetsu-2 9-11a

27

Weapons
7:30p-9:00p

28

29

Please Make Up Your
Classes Early in the
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30

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

2020



Tibon's Goju Gazette



www.tibonkarate.com

January 2020

Tournaments & Events This Year

47th Annual Uchiage Tournament February 15, 2020 Steveston
B.C. Canada at the Steveston Indoor Tennis Court 4111 Moncton
St. Richmond B.C. Canada.

Welcome New Students Tibon's Goju Ryu Organization

Fontez Dale Brielle Bruton Brooklyn Bennett Logan Dow
Alexis Dendolk Ethan Lawson Grant Hernandez

Welcome Back: Alexander Garza Nathaniel Garza
Gabrielle Gorham Steven Gorham Nathan Hernandez



Promotion Testing!

January 10, 2020 Promotion Ceremony 7:15p Friday
Saturday January 11, 2020 Promotion Testing 2:15pm
White & Yellow, Orange and Up Combined testing!
Start checking in 2pm - Need Leadership for Testing Saturday!



Annual Tibon's Karate and USA Grassroots Karate
Camping Trip South Shore Lake Tahoe
1900 Jameson Beach Road
Parents and Students

Due to the cost of the Ocean Camping Sites being
Way to expensive we've decided to return to
Lake Tahoe Camp Richardson. We need deposits for
Your camping site for the date of June 11 – 15, 2020.
The deposit is \$50 per person to lock in your place.
The cost is also \$50 per person for food for total of
\$100 per person for the whole weekend.

Please pay your deposit before they are sold out.
Deposits are non-Refundable.
Deposit deadline is January 31st, 2020.
Final payment due May 1, 2020

Tibon's Goju Ryu Fighting Arts 35th Annual Winter IN HOUSE Huge Success! Thank You for All of Your Support!



Tibon's Goju Ryu 35th Winter IN HOUSE Invitational Karate Championships Sunday December 8th, 2019 Lincoln High School.



Thank you to our Setup Team volunteers and our Medical staff Great Job!

**Tibon's Goju Ryu 35th Annual Winter In House
Continues to Make Impacts in the Community
IN HOUSE Collects Truck Full of Can Food for Victory Outreach Church
Raises \$1,500 for St. Jude's Fundraiser Basket Raffle
Also Helps Supports \$215,000 St. Jude's Radio 105.1 KNCI
Our Zoe Harrison, Mother Cheila, and Sensei Gene Tibon on Radio
Promoting the Radio Fundraiser with Zoe's Story**



A Special Thank you to Dr. Amod Tendulkar for your generous donation!

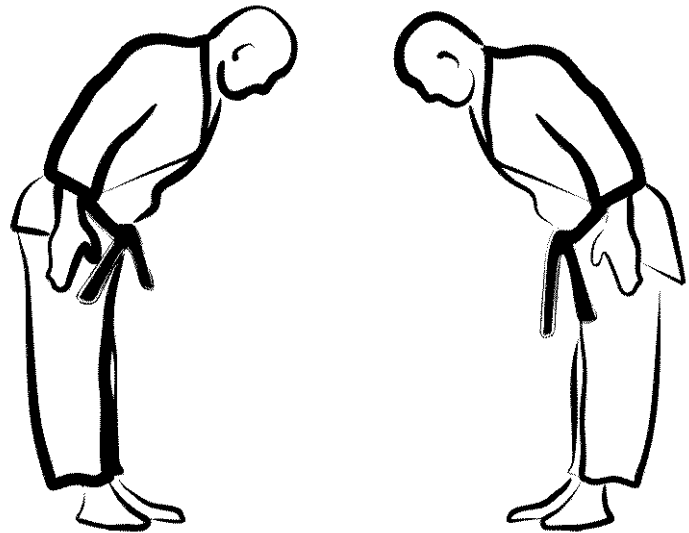


Tibon's Goju Ryu Masters Seminar Preparation for Dan Test Taught by International Chairman Sensei Takeshi Uchiage

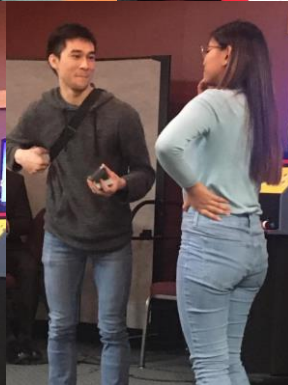


Congratulations Black Belts Passing Goju Ryu Uchiage Dan Test

Adam Tibon	Sr. Go Dan
Arin Helsby	Jr. Ni Dan
Ellis Chen	Sr. Ni Dan Ho
Francis Yang	Sr. Ni Dan Ho
Annie Tran	Sr. Sho Dan
Aaron Tran	Sr. Sho Dan
Angelina Nguyen	Jr. Sho Dan
Armando Lopez	Jr. Sho Dan
Paul Stanley	Sr. Sho Dan
Matthew Mojica	Sr. Sho Dan
Justin Weber	Sr. Sho Dan
Ryan Pearce	Sr. Sho Dan
Claragrace Plath	Jr. Sho Dan Ho
Elijah Plath	Jr. Sho Dan Ho
Benjamin Plath	Sr. Sho Dan Ho
Kaitlyn Nicholski	Sr. Sho Dan Ho
Ezra J. Thurston	Sr. Sho Dan Ho
Caitlin Vaughn	Sr. Sho Dan Ho
Allison To	Sr. Sho Dan Ho
Ethan Fong	Jr. Sho Dan Ho
Chris Gong	Jr. Ni Dan Ho
Tristan Aden Sin	Jr. Sho Dan Ho
Caleb Stanley	Sr. Sho Dan Ho
Amy My Tran	Jr. Sho Dan Ho
Aydin Shek	Sr. Sho Dan Ho
Kalista Shek	Jr. Sho Dan Ho



Tibon's Goju Ryu Annual Christmas Talent Show Potluck Party



More Christmas Talent Party Photos



Students from Tibon's Goju Ryu Fighting Arts show their talent in other entertainment arts at our annual Tibon's Christmas Talent Show Potluck Party. Great job to all our students and parents who brought incredible dishes for dinner. A special thank you to Pastor Paul Stanley, Barbara, and Caleb hosting our event at the Carson Oaks Community Church Fellowship Hall.

Attention Parents and Students! Monthly Tuition's to increase Jan 2020 Friendly Reminder See New Brochures!

Please note that Tibon's Goju Ryu due to new state requirements for employee training compliances, and ever cost of operating expenses to maintain our business, we unfortunately must raise our monthly tuition, and new business laws **starting January 1, 2020**. The increase will amount to an **additional \$5.00 per month** more per students, which amounts to **only 62 cents a class, less than a can of soda**. I certainly hope this doesn't present a hardship to anyone, and please realize we always try very hard to give you more than your value in instruction and investment into your family member in traditional karate and Kobudo instruction. **Take advantage of the 3-month, 6-month, 9-month, 12-month for substantial savings, that will not increase at this time.**

Tibon's Goju Ryu Fighting Arts 2019 Years Recap

In **January** 2019 students and Leadership recovering from successful Tibon's 34th Annual Winter IN HOUSE with 220 athletes competing in a very organized and successful event. Great job all leadership and volunteers! **February** 20 of our Leadership participate in the Yosemite St. Village neighbor cleanup making front page of the Stockton Record. Also, Zoe Harrison and Sensei Tibon are interviewed by Channel 10 ABC News for Zoe's accomplishments through Goju Ryu Karate and St. Jude's Fundraiser Support. **March** newest

Tibon's black belts come back from 46th Annual Steveston International Karate Championships Canada for Official Dan Certification in Richmond B.C. Tibon's Goju Ryu Demo Team march in the Chinese New Years Parade and performed on stage in the Stockton Civic Auditorium. Tibon's athletes travel to Yuba City for USA National Championships qualifier to compete in the USA Nationals and USA Team Trials in Chicago, IL. **April** Sensei Joane Orbon Wins Silver At 31st Bosphorus Cup 2018 in Istanbul Takes 7th Place at Dutch Open – Rotterdam, Netherlands, and Sensei Tibon develops USA Grassroots Karate training hosted by Sensei Chris Hiers at Twin Arbors Athletic Club in Lodi. **May** Tibon's Goju Ryu Demo Team at Star Wars Night Heat Hockey Stockton Arena. **June** Sensei Tibon works with a sanctioned US Olympic Day Event with City of Stockton Proclamation for our event the 2019 Olympic Day Celebration at Lincoln High School. Sensei Tibon host the USA Grassroots Annual Karate Camping Trip for 100 athletes and parents at Camp Richardson in South Shore Lake Tahoe for 4 days of karate training on the shores of Lake Tahoe. **July** Tibon's athletes travel to Chicago for USA Nationals and USA Team Trials winning gold medal national championships, Sensei Demytryk Cabanig wins a bronze medal to make Team USA for Paralympics in Costa Rica in 2020, and Cayla Gapusan wins bronze for USA Jr. National Team to El Salvador, also Active Threat Response" TRAINING SEMINAR USANKF of Northern California, Inc hosted at Tibon's Goju Ryu Fighting Arts Dojo by Sensei Justin Love and his instructor team. **August** Tibon's Goju Ryu Demo Team demonstrate at the Japanese Obon Festival on stage in front of 900 spectators, and in the center of Yosemite St. Village for National Night Out in front of 1000 spectators largest National Day event in the city.

September welcome home Sensei Brian Embry, one of my 3rd Degree Black Belts after 6 years, who chased his dream of working on his passion of becoming an automotive specialist receiving certifications from UTI in Sacramento for general automotive, Nissan and smog. He's back home and not a week back was on the main dojo floor at Tibon's Goju Ryu headquarter dojo teaching with his brother Sensei Cristian at Tokubetsu 2 on Sundays. Athletes travel down to Southern California Sensei Arin Helsby wins 6ft Grand Champion trophy at Fiestas 46th Annual Invitational Karate Championships South Gate Southern California. **October** Sempai Cayla Gapusan travelled to Indiana for the American Junior Karate League Karate Championships, which features many of the USA National Karate Team Jr. athlete members. Cayla was awarded the "Female Athlete of the Year Award for Kata," and was awarded the sponsorship for competition fees for the US Open International Karate Championships in Las Vegas Easter Weekend in 2020 she won in the competition a gold medal 16/17 yr. old Black belt female Kata. Cash Gapusan won Bronze medal in boy's 10/11 yr. old Kumite. Tibon's Demo Team perform at Carson Oaks Community Church Fall Festival. **November** Tibon's Goju Ryu Fighting Arts Teaches 40 Women Basic Street Self Defense Workshop Series #1 For Cecilia Warren – Area Manager CAPSLO Program. **Tibon's Goju Ryu Fighting Arts wins "Best in San Joaquin" for "Best Martial Arts School"** in Stockton Record. Thank you all for your support and votes. **December** Tibon's has 30 black belt tests for next level Dan with Sensei Uchiage International Chairman for Goju Ryu Uchiage-Kai, and we host our end of year 35th Annual Winter IN HOUSE Karate Championships for 200 athletes. We also host our annual Tibon's Christmas Talent Potluck Party for 15 incredible acts and great food brought by all our Dojo parents. Thank you to Pastor Paul Stanley, Barbara, and Caleb hosting our event at the Carson Oaks Community Church Fellowship Hall.

News from Tibon's Goju Ryu Fighting Arts Branch Karate Programs

Stockton GymStars
Sensei Asa Thurston Chief Instructor
Sensei Brianna Udermann Assistant



The month of December was absolutely unforgettable all our students at GymStars worked day after day week after week preparing for the Winter In-house tournament and even though not all were able to make it to the competition every student grew and got a taste of what the tournament was like in class.

For those who went to the tournament I don't need to explain how amazing it was all the leadership young and old stepped up to make this a fair and exciting competition for all. We had over 20 students from Stockton GymStars compete and over half received a bronze silver or gold medal so with that congratulations. I love to see when my students hard work pays off and at the tournament it did, they not only preformed confidently and powerfully but were very respectful.

As the year closes, we have new beginnings with new students **Gianna Tachera, Lillian Mendez, Mavis Mebdez, and Mackenzie Young**. All these students show great potential and I look forward to seeing them grow in the year.

After the tournaments end, I wanted the students to get back to the basics so every GymStars student has been practicing Kata Sanchin meaning Three Battles which are Mind Body and Spirit. The Kata gets overlooked by many students because of the slow movements and constant deep breaths but it helps to develop proper stance, body postures and control over their mind in stressful situations.



United Bay Area Karate Club
Sensei Joane Orbon Chief Instructor
Sensei Joane Orbon Wins Bronze Medal in Kumite at SEA Games



As a 25-year-old, I feel like I've done and accomplished so much in my life. I've did my best to be the hardest worker in the room, maintain an open mind, and treat others as how I'd like to be treated.

In my list of most cherished moments, **I would have to say shaking the hand of President Duterte** has been one of the most exciting and memorable. I was able to look into **President Duterte's eyes, have a short conversation, and get him to laugh a little while receiving the Order of Lapu Lapu. He is truly genuine and loves the Philippines.**

UBAKC Update: Happy New Year to all families of Tibon's Goju Ryu Uchiage Kai! Thank you for the continuous support as the new branch of the organization is still in progress through the holiday season. Doors are expected to open early 2020 while having another chance to chase my Olympic Dream representing the Philippine National Team. Though my flag changes, I still represent our dojo, organization, community, and supporters around the world. I wish everyone a prosperous and Happy New Year as we make history of Karate in the Olympics. I will continue to carry our name and our pride with each day of training and competing. The new branch will be an extension to our family's home and wish everyone a new year full of life, love, and happiness! Oss!

Asian Games) in Manilla December 8th same day as our Tibon's Goju Ryu 35th Winter In House Karate Championships. This competition is the same as the Pan-Am Games but is Asia's version. Countries in the competition are the best from each country in the world are:

Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, East Timor and Vietnam.

We are so proud of our Sensei Joane Orbon, who dealt with difficulties with injuries, but refuses to give up her dream to win a spot on the 2020 Olympic Summer Games in Tokyo, Japan. Good Luck Sensei Joane



Hiers Goju Ryu
Sensei Chris Hiers Chief Instructor
Sempai Maddie Hiers Assistant
Hiers Karate School celebrates 24 years



Sensei Chris Hiers and wife Sensei Janelle Hiers

As we turn the page on another year, 2019 was filled with busyness. We were able to see 6 students promote in the black belt levels. Two black belts promoted to the next level and four brown belts to black belt. We also saw many changes to the club we are operating our school inside. The owners continued to improve the facility and they have more plans for 2020. We are extremely blessed to still be able to operate our business at that location. Looking forward to new opportunities and growth in 2020.

Modesto GymStars
Sensei Eric Bonjoc Chief Instructor
Sensei Chris Inman Assistant



Congratulations to new Sempai's (senior ranking students) passing your test for new ranking.

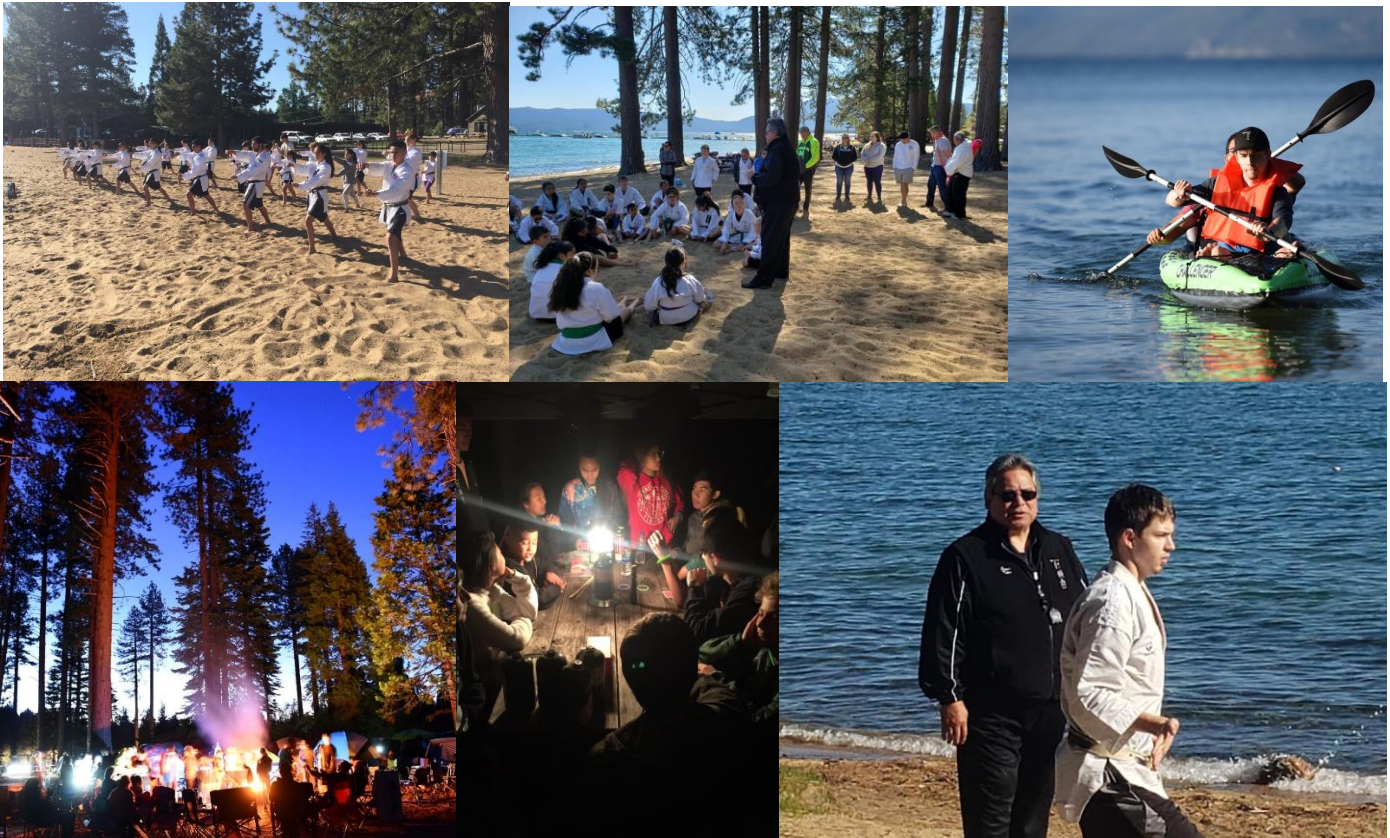
Welcoming new Sempai's to Modesto Gymstars!

Valintina Saenz
Guy Bradshaw
Phoebe Bradshaw
Patricio Jimenez

USANKF of Northern California, Inc. Regional Sports Organization

Presents

Tibon's Goju Ryu Fighting Arts – USA Grassroots Karate Camping Trip



Date of Camping at Camp Richardson Lake Tahoe is June 11 - 15, 2020

**\$50 Deposit fee per person toward secured camp site – non-refundable -
Deadline January 31, 2020 - \$50 per person for food for 4 days - Deadline May 1, 2020**

**If not Camping or Eating at Camp Site \$80 for Training Participation
Fun, games, team building, karate training**

**If interested, please sign up at the front desk. The deposit will secure your spot
Any questions or concerns please contact Mrs. Tibon, Sherri Helsby, or Courtney Embry**

(209) 465-0943



Sensei's Corner Goju Ryu History and Affiliations

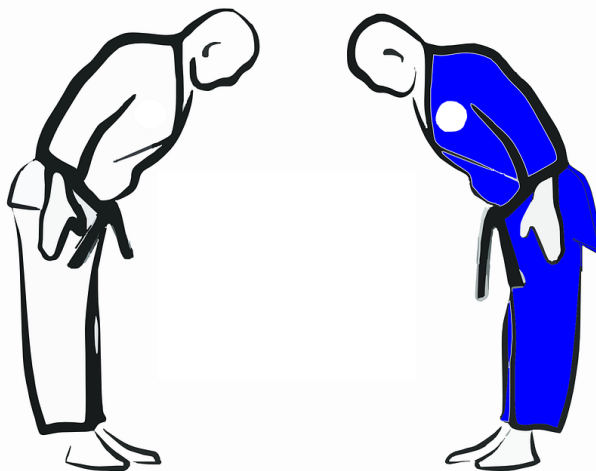
The Magnitude of Kata

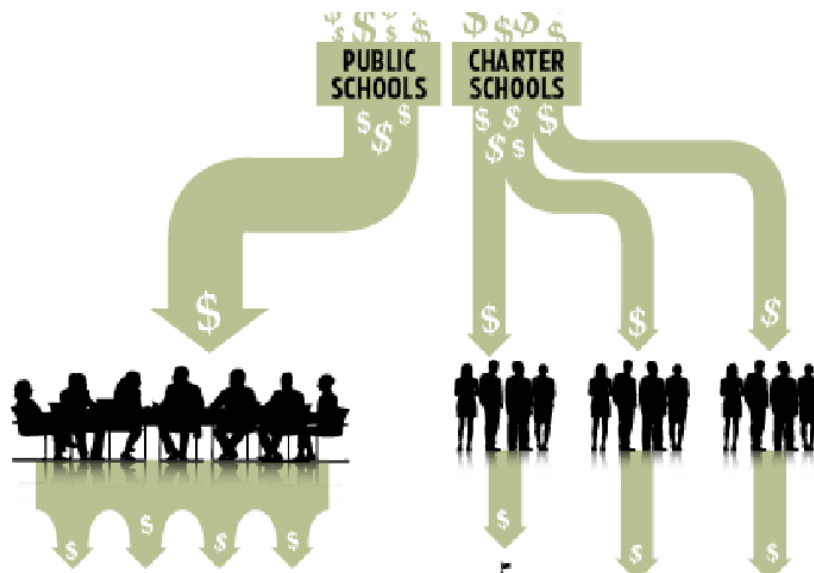
If we were to consider the myriad of self-defense-related phenomena to which a single Kata applies, it would become readily apparent why kata is an entire tradition. Therefore, the old masters of orthodox karate-do once advocated the mastery of one or two kata as opposed to the accumulation of many.

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





Charter School Students

**Tibon's Goju Ryu Fighting Arts Karate is accepted by Most Charter Schools in San Joaquin
For P.E. Alternative School Program**

**Check Your Charter School to see if they will fund your Karate Lessons at
Tibon's Goju Ryu Fighting Arts Karate Studio – (209) 465-0943**

We are currently working with the following:

Connecting Waters Charter School

Visions in Education Charter School

New Jerusalem Elementary Charter Program

Pacific Charter Institute Charter Program

Rio Valley Charter School

St. Mary's High School P.E. Alternative Grades

Lincoln High School X-Sports Program

