

# March

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**1**  
Tokubetsu- 2 9-11am

**2**  
Weapons  
7:30p-9:00p

**3**

**4**  
Please Make Up  
Your Classes Early  
in the Month!

**5**

**6**  
Mighty Mites 4:30-5:30p  
Advance 5:30-7p  
Weapons 7-8:30p

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

**8**  
Tokubetsu- 2 9-11am  
Daylight Savings  
Spring Forward



**9**  
Combined  
Weapons  
7:30p-9:00p

**10**

**11**  
Please Make Up  
Your Classes Early  
in the Month!

**12**

Happy Birthday  
Sensei Tibon!

**13**  
Mighty Mites 4:30-5:30p  
Advance 5:30-7p  
No Weapons  
Promotion Ceremony  
White/yellow/All 7:15p

**14**  
Mighty Mites 11-12n  
12n-1:30p Color Belts  
Tokubetsu 5-7

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

**15**  
Tokubetsu-2 9-11am  
Leadership 11a-1pm

**16**  
Weapons  
7:30p-9:00p

**17**  
St. Patrick's Day



**18**  
Please Make Up Your  
Classes Early in the  
Month!

**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's  
Fundraiser Seminar

**22**  
No Tokubetsu - 2  
Sensei Joane Orbon's  
Fundraiser Seminar  
10a-12n Elite  
2p-4p- Novice  
4:30p - 6:30p Elite

**23**  
Weapons  
7:30p-9:00p

**24**

Happy Birthday  
Vohn!

**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

Black Belt Banquet  
Carson Oaks Community  
Church 4-8p all tickets  
pre-sold

**29**  
Tokubetsu-2 9-11a  
Arin Helsby BD!  
Yuba City Qualifier  
For USA Nationals  
River Valley High  
School doors open 8am

**30**  
Weapons  
7:30p-9:00p

**31**

Please Make Up Your  
Classes Early in the  
Month!

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

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

2020



# Tibon's Goju Gazette



www.tibonkarate.com

March 2020

## Tournaments & Events This Year

March 21 & 22<sup>nd</sup> Sensei Joane Orbon Fundraiser Seminar at Tibon's Goju Ryu main Dojo. Signup for your spot to participate Other dojo organizations will be participating to signup to save Your spot.

March 29, 2020 Sunday Northern California National Qualifier River Valley High School Yuba City, Ca ONLINE Registration Opens February 10, 2020 at NCKF2020.MYUVENTEX.COM

Karate Camping Trip hosted by Tibon's Goju Ryu and USANKF Of Northern California, Inc. regional sports organization non Profit 501(c)3, USA Grassroots Karate Program Camp Richardson South Shore, Lake Tahoe

USA Karate Nationals and USA Team Trials July 9-12th, 2020 in Spokane, Washington.

## Welcome New Students Tibon's Goju Ryu Organization

Jack Silva Jared Ruiz Sofia Ochoa Kollins Saeturn Alex Day  
James Day Cruz Blackburn Lily Baldbuzzi Kimani Davis  
Christopher Melendez Nikoli Izbell Saylor Tankersley  
Nathan Del Toro Abood Ajijakli Alison Reece Nabella Raya  
Lillian Alberg Colton Alberg Holden Letlow Charlotte Letlow  
Welcome Back: Alexander Carroll Tommy O'Boyle



## Promotion Testing!

March 13, 2020 Promotion Ceremony 7:15p Friday  
Saturday March 14, 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 closing date coming close we have 52 confirmed campers so far, and have filled 8 camp sites. We still have space for 38 more Campers and 6 camp sites left. Please confirm with your deposit before the drop-dead date before we must cancel the additional camp sites. 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.

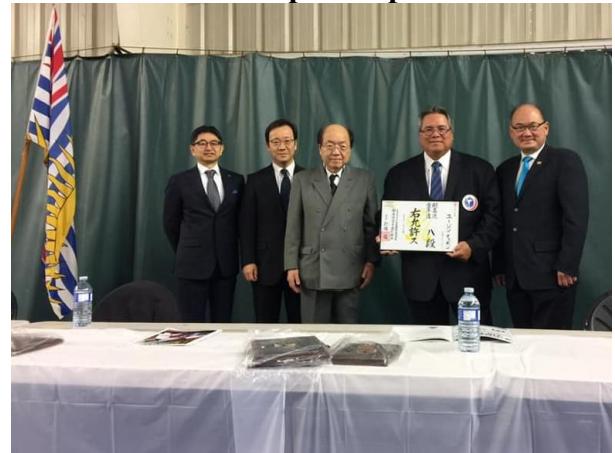
Deposits are non-Refundable.

Deposit deadline is March 16<sup>th</sup>, 2020 to hold a spot.

Final payment due May 1, 2020

## Sensei Gene Tibon Awarded Sr. 8<sup>th</sup> Degree Black Belt Certification

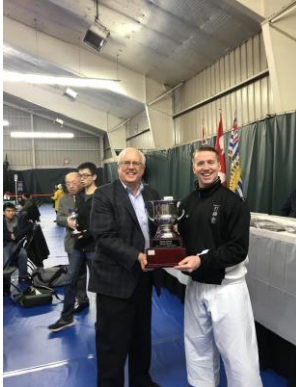
## Sensei Adam Tibon Receives Sr. 5<sup>th</sup> Degree Black Belt Certification in Canada International Karate Championships



Sensei Gene Tibon wanted to share this incredible moment in his life with you. This last Saturday was a special presentation in Canada of his international Sr. 8th Degree black belt Certification making him the most senior rank in our Goju Ryu Uchiage kai organization in the world along with Sensei Uchiage, and Sensei Adam Tibon receives his 5th Degree Certification from Sensei Uchiage International chairmen Goju Ryu Uchiage International, Consulate General of Japan Takashi Hatori, Jim Kojima Vice President of the Sister city committee, & former chief referee of international Judo Federation, and John Yap member of the Legislative Assembly. Tibon's Goju Ryu instructors strive to the highest level of excellence through our internationally certified Black Belts and transition our knowledge to our students.



**Congratulations Tibon's Goju Ryu Athletes Travelling to Canada for  
47<sup>th</sup> Annual Uchiage Tournament February 15, 2020 Steveston  
B.C. Canada at the Steveston Indoor Tennis Court 4111 Moncton St.  
Richmond B.C. Canada.**



### Tournament Results

**Noah Helsby** gold medal male black belt 16-17 yr. old Kumite, **Samson Helsby** gold medal 10-11 yr. old advanced Kumite, bronze medal Kata, **Zoe Harrison** gold medal female 8-9 yr. old Kata, **Zachary Eve** gold medal 16-17 yr. old advance Kata, bronze medal Kumite, **Angelina Nguyen** gold medal Team Kata 16 & up advance, bronze medal Kata, **Aaron Tran** gold medal Team Kata 16-up advanced, bronze medal Kumite, **Annie Tran** gold medal Team Kata 16 & up advanced, **Arin Helsby** silver medal female 14-15 yr. old Kumite, **Tristan Sin** bronze medal 10-11 yr. old advance Kumite, **Matthew Hernand** bronze medal 16-17 yr. old advance Kumite, **Andrew Moore** bronze medal men's black belt WKF Kata and presented the Mayors Cup, **Paul Stanley** bronze medal men's black belt Kata, bronze medal Kumite, **Ezra Thurston** silver medal black belt Team Kata, **Caleb Stanley** silver medal black belt Team Kata, **Cat Vaughn** silver medal black belt Team Kata, **Matthew Mojica** honorable mention

Tibon's Goju Ryu Karate's Annual

# *Easter Egg Hunt And Potluck Picnic*

Saturday, April 4<sup>th</sup>

12:30-4:30pm

Swenson Park

(across from Lincoln High School)

A - M : Main Dish

N-Z : Side Dish

PLEASE BRING ONE DOZEN PLASTIC FILLED EGGS OR COLORED  
HARD-BOILED PER CHILD FOR EGG HUNT AND BASKET/BAG TO  
GATHER EGGS



**Bring Your Lawn Chairs and your own Soft Drinks**

**Tibon's Karate will Supply Water!**



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

**Stockton GymStars**  
**Sensei Asa Thurston Chief Instructor**  
**Sensei Brianna Udermann Assistant**



February was an amazing month all the students have been working hard and putting a lot more strength and speed into their techniques. Also, a lot of new students starting February and I'm very proud that all of the new students have such good examples from their more experienced classmates. Plus I'm very grateful I've had so much help from senpais they always bring a great work ethic and a positive attitude to GymStars helping the lower level kids see what their future holds as they stick with their training and rise through the ranks to black belt.

The Winter showcase was a huge success this year and really pushed the students who participated in the performance. Even the students who didn't get a chance to go to the event still got a lot out of it training with all the winter showcase performers was a great way to have all of the kids learn what it takes to be a part of a karate demonstration like this one. Some of the students who were a part of the demonstration were a little nervous about the parts they had to do but every one of them rose to the challenge and gave a truly memorable performance.

And a big shout out to **Gianna Porasso**, **Gino Porasso** and **Aaron Russu** they all did an outstanding test and received their new belts and will be moving to higher classes and I look forward to see how they handle learning there new techniques and forms and hopefully there will be more tests in their future and many more challenges to face



**United Bay Area Karate Club**  
**Sensei Joane Orbon Chief Instructor**  
**Sensei Joane Orbon Message and Updates**

Hello Tibon's Uchiage Kai Family,

Welcome to the third month of the year and congratulations to all new Black Belts and medalists from Canada!

As Sensei has said in the past, you are now a “master of the basics” and your real journey as a karate ka begins here. Many stop at this point of training being content with their achievement of attaining a Sho Dan Ho, but it is here that real studying of the art and understanding the history and values of a martial artist is found. As a senior, who took her time and feeling that I did not grasp the importance of ranking, I suggest everyone continue to train, study, and aspire for more role model ship in our organization.

Last month, I fought in the Philippines Olympic Team Selection where I have solidified my position on the Olympic Karate Team. Since then, I have competed in the Karate1 Premier League- Dubai, where I won against the African Games Champion from Algeria and lost my second bout to the 4-time World Champion from Egypt by 2. It feels great to be back at the highest level of karate once again and will continue to fight for our dojo and community. I am currently in Ukraine for training camp but will be training once again in Turkey for a month while traveling to Austria and Morocco for more Olympic Qualification Events.

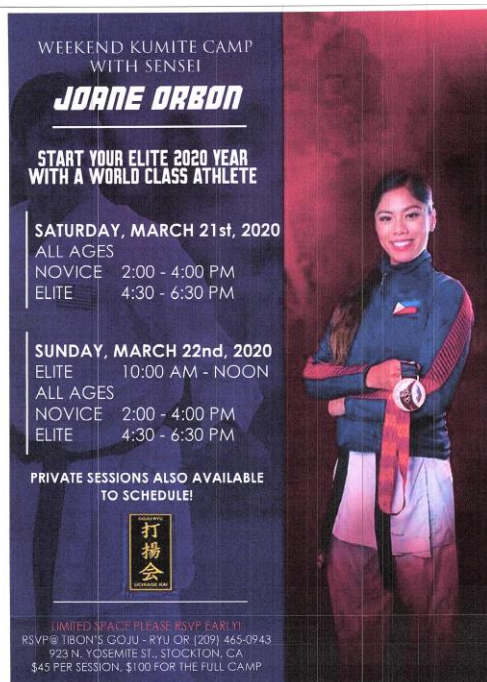
Also, I have decided to come back home for one week in March in between Olympic Qualifiers and training camps to teach another Weekend Kumite Camp for our organization. With this camp, I have invited many current and former Team USA Members and athletes from all over the West Coast to fly in and attend. I hope we are able to take this opportunity to get the best training and partner work we need prior to the US Open in Las Vegas. Registration will be held in the front desk and space is limited. Please take the time to RSVP before the camp.

See you all soon!

All the best,  
Sensei Joane Orbon



**Just arrived Ukraine with Team Karate Philippines**



Sensei Gene Tibon will be hosting a fundraising seminar for Sensei Joane Orbon to help raise funds for her as she prepares to travel for the last of the world ranking WKF Premier Tournaments this year for the WKF World Championships in Dubai Open, Austrian Open, Morocco Open and additional Premier Karate events in the duration of this new year. The date set for Saturday March 21 & Sunday March 22, 2020 at Tibon's Goju Ryu Fighting Arts main dojo at 923 N. Yosemite St. Flyer and signup sheet will be posted on the Front Counter. Saturday March 21<sup>st</sup> All Ages Novice 2p – 4pm and Elite 4:30pm-6:30pm Sunday March 22<sup>nd</sup>, Elite 10am 0 12noon, All ages Novice 2p-4pm and Elite 4:30p-6:30pm. Private Sessions also available to schedule. Congratulations to Sensei Joane she wins Gold medal in Ukraine Open February 17-26<sup>th</sup>!

To Whom It May Concern:

My name is Joane Orbon and I am on the Philippines Olympic Karate Team and is pursuing my dreams to qualify for the 2020 Tokyo Olympic Games.

For those who do not know me, I am a Stockton native and a former TEAM USA Athlete. I am a 12- time USA National Champion, 6x Continental Champion, International Medalist, Former Top 10 World Ranking Athlete, Stockton Athletic Hall of Famer, and USA Athlete of the Year Recipient. Regardless of what I have achieved, I am still a woman of the community who supports youth and youth sports.

With the journey to the Olympic Games comes a lot of financial hardship with dedicating my full- time to be an athlete. There have been sudden budget cuts in Philippines Sports, so I must ask one last time to the community to find in themselves the time to help me continue my Olympic Journey with any donation possible. Unfortunately, I am short in funding for the last two Premier League Events (Morocco and Madrid) and training expenses for April and May leading to the last Olympic Qualifier.

We are nearing the end Olympic Qualification Process and all athletes are in their last sprint to qualify. The LAST CHANCE OLYMPIC QUALIFIER is from May 8th- 10th, 2020 in Paris.

We are looking at about \$8,000 to raise to help my travel and competition expenses until May.

Please find in yourself the time to help me find sponsors for my last chance to the Olympics. Any amount truly helps as it is used purely for my journey to the Olympics.

Donations can be made directly through [www.gofundme.com/OlympicsforOrbon](http://www.gofundme.com/OlympicsforOrbon)

All the best,  
**Joane Orbon**  
**Philippine Olympic Karate Team**

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

We have welcomed new students this month into our program and are celebrating 8 students from Hiers Karate School who were successful in promoting to the next level of rank. Congratulations to **James Foster, Barry Foster, Michael Jensen, Zack Harrison, Cameron Kellar, Connor Marquez, Sebastian Palage, and James O'Dell** for your hard work and great accomplishment. We are so proud of you.

**A message of thought from Sensei Chris Hiers:**

In the year 1519 a Spanish Explorer named Hernando Cortez sailed into the Harbor of Vera Cruz, Mexico. He sailed in with 11 ships and around 600 men. Over the next 2 years Cortez and his men defeated all the warriors of the Aztec Empire. Prior expeditions had failed to establish colonies in Mexico. How did Cortez succeed where so many others failed? Cortez knew that he and his men would face incredible obstacles. He knew they would face danger and difficulties. He also knew that they would be tempted to abandon their mission when faced with adversity. Cortez made the decision that as soon as they came ashore with their provisions, he gave the order to destroy the ships. The men stood on the shore and realized there is no turning back. The only option was to go forward or die. This is where the term “burn the ships” comes from.

A definition of commitment is the state or quality of being dedicated to a cause, activity, etc. I feel many times people have a desire rather than a commitment. A desire is not as strong as a commitment. There will always be challenges to our goals and with desire it is easy to turn away when the going gets tough. With a strong commitment there should be no turning back. No surrender. You are all in. So many times, we fall short of our goals and put work in but then we never experience the fruit of our labor. When we decide to make a commitment, we need to “burn the ships”. This is a key attribute of the most successful people.

There are so many things that can trip us up before we reach our destination. We establish habits in our life, and it is very easy to slip back into our old routines. We need to develop good habits to cover up our old habits. We also find it easy to believe lies. It is too hard, I am not good enough, and many others. We also make excuses as to why we are not able to follow through. Sometimes we seek comfort when life gets tough. Without a strong commitment you can see how easy it is to accept failure and move on to something new. Failure then becomes our new habit.

Commitment is what spurs us to take action. Being committed is a willingness to do whatever it takes to fulfill our responsibility. We will take action regardless of what we must go through. Commitment is essential to our success. There are 3 main parts to commitment: Purpose, sacrifice, and determination.

Purpose is similar to passion. It is passion that will be the fuel to drive us to achieving our goals. Passion will give us excitement and help us to do what is needed. Without purpose and motivation, it is much more difficult to sustain our commitment.

Sacrifice is another key element of commitment. The athlete willing to practice and train countless hours for their sport demonstrates sacrifice. There is a price to pay on the road to success and many times it is giving up the short-term reward for something greater in the long term. If we are able to sacrifice instant gratification for the delayed gratification, we are developing good habits needed for success in all areas of life.

Determination and commitment go hand-in-hand. Without determination commitment can erode. We must be resilient when we face adversity and learn to keep our eyes on our goal. We must learn to problem solve and work through barriers. We must believe we will overcome our roadblocks and look at problems as challenges that will only make us stronger. We must accept challenges as part of our journey which will energize us to rise to the occasion.

Our organization was built by commitment. There are so many inspirational stories of students who have overcome adversity and stayed committed to their cause and have enjoyed amazing success in the dojo. Many have taken what they have learned from training and applied it to their adult lives and are experiencing great success. If you are ready to “burn the ships” and commit to what you are doing, you are well on your way to success.



**Modesto GymStars**  
**Sensei Eric Bonjoc Chief Instructor**  
**Sensei Chris Inman Assistant**



Congratulations to Senpai **Zachary Eve** and **Matthew Hernand** on receiving their rank to Senpai Zachary Eve and Matthew Hernand on receiving their 1st degree sho dan ho black belt.

**Senpai Zachary Eve's** first experience in competing and training was at Sensei Uchiage's dojo.

My experience in Canada was a lot of fun. First, the Steveston community center was extremely impressive. Sensei Toshinori had a good handle on the class. One of the other black belts taught a big group of yellow belts a kata called Gigi sai dai ichi and ni. The tournament was fun. While waiting for my division to be called I watched everyone else from Tibon's participate in their own team kata, kata, and kumite divisions. One of the highlights was debating whether someone faked being knocked out by Noah. The guy spat out his mouthpiece and star fished onto the floor. The other competitors in my division were awesome people, and I placed 3rd in my kumite division and first in Kata. For anyone who has the chance to go to Canada, I would highly recommend it.

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**USA Grassroots Karate Fundraiser Workshop**  
**Twin Arbors Athletic Club in Lodi**  
**April 26<sup>th</sup> Sunday**  
**Competition Training and National Preparation**  
**Flyer Announcement Soon!**



**Sensei's Corner**  
**TIBON'S Goju Ryu Fighting Arts**  
**DOJO TIPS**  
**TIBON'S, GYMSTARS, HIERS, MODESTO GYMSTARS DOJOS**

Please refer to dojo etiquette in regard to conduct, dressing, and grooming and health standards.  
Please no jewelry or gum on the dojo floor.

In regard to in house sparring we require Mandatory Safety equipment for Kumite:

All gear is to be furnished by the student with the exception of headgear and chest protectors, which are at the discretion of the student or the parent for purchase. Some students like their own headgear and chest protector. Students in color belt class are required the following:

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1. Hand gear and feet gear.
2. Mouthpiece
3. Groin protection for boys
4. Girls can purchase chest plates if desire.
5. Shin pads and forearm pads are optional but recommended for new students.
6. Headgear is optional but can purchase your own.
7. Chest gear is optional but can purchase your own.

\*Sparring equipment is mandatory for all students it must be in good condition with no cutting edges.

Each student must keep nails trimmed and hair clean.

\*The students will have sparring in the color belt classes. The training is intense and strict no horseplay, or disrespectful attitudes will not be tolerated.

\*No contact to the face or groin is permitted. You may score to the face and groin, but you cannot make contact. No contact to the joints is allowed.

\*The system of rules and regulations enforced and controlled by a qualified instructor.

\*At Tibon's Goju Ryu we have very strong traditional ties to Karate in Japan, and Canada, and promote the development of strength of character, discipline, citizenship, good role modeling, and spirit.

\*Any infraction of the rules could lead to terminate your enrollment.

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**The Leadership Team of Black Belt and Brown Belt**  
**Have Added Green Belt 3 Stripes to**  
**Leadership Class and Training**  
**Next Leadership Meeting March 15, 2020 Sunday 11am-1pm**

Leadership training is exactly that, it teaches our students to become role models, leaders, positive examples, interns to the assistants to the Instructors. It helps develop confidence, taking initiative, understanding customer service, builds teamwork relationships with the instructor team. This class teaches one how to take initiative towards addressing an issue and developing a creative idea in making a person who can work in developing anyone.

Our Leadership program teaches our students about business and corporate understanding. This class will affect them in school, work, clubs, organizations, along with the development of their interpersonal skills.

Once a month we have a Leadership meeting for two hours, which will include lunch. After receiving the black belt, our Leadership Instructors work to maintain an excellent grade point average, which has been beneficial for preparation when going off to college or university to achieve their degrees. Once they have received their Associates, Bachelors, and/or Master's Degree, they find that our Leadership Class has prepared them for the Management positions they may have applied for.

We go beyond teaching great martial arts. During their training in Goju Ryu Karate, we teach our students to be successful in life, understanding business, customer service, and how to apply these skills into their lives.

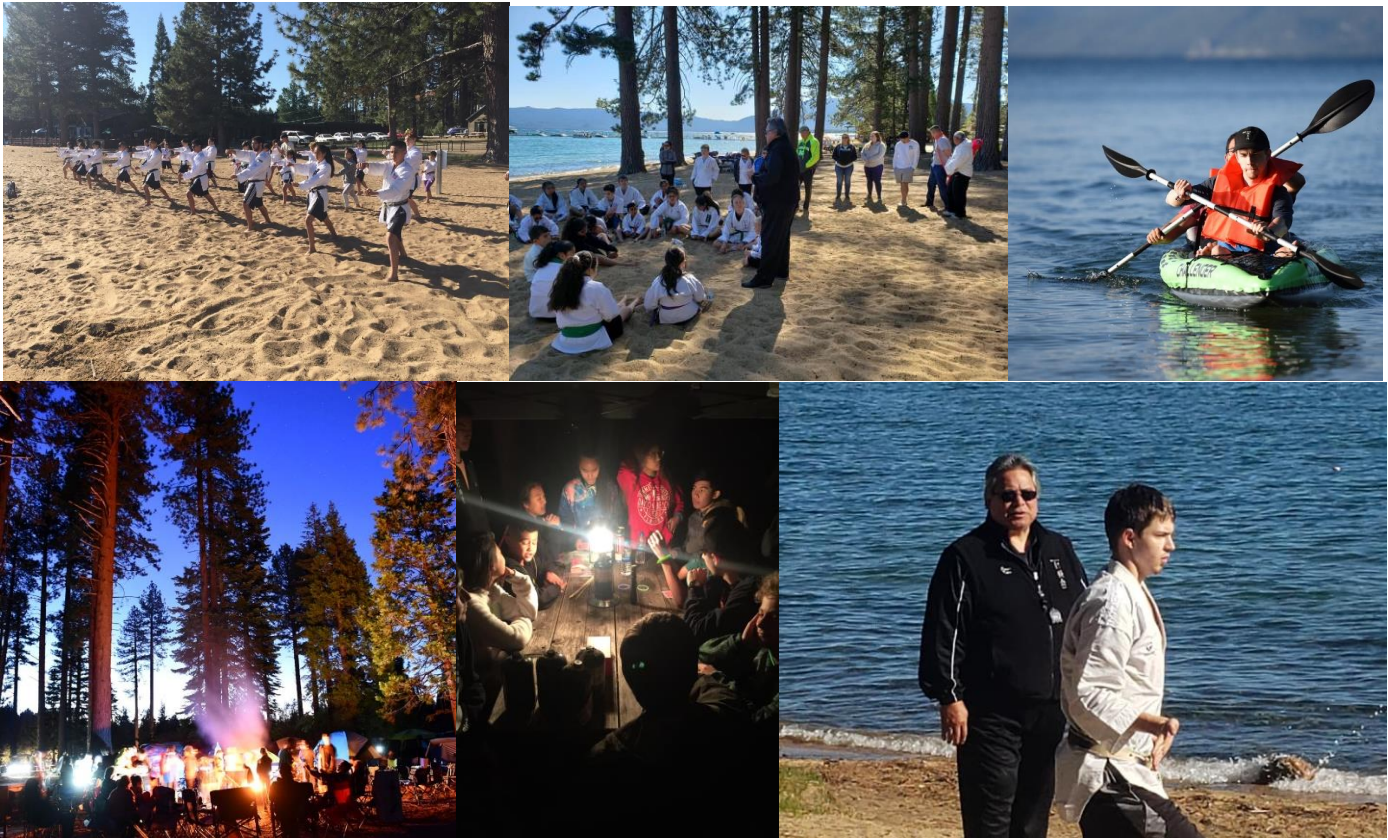
We welcome the new Green Belts 3 stripes; whose next level is Brown Belt to our Leadership Program.

Any questions please call Sensei Gene Tibon at the main dojo at (209) 465-0943.

# 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 March 16<sup>th</sup>, 2020 to hold a spot - \$50 per person for food for 4 days - Deadline May 1, 2020**

**If not Camping or Eating at Camp Site \$80 for Training Participation**

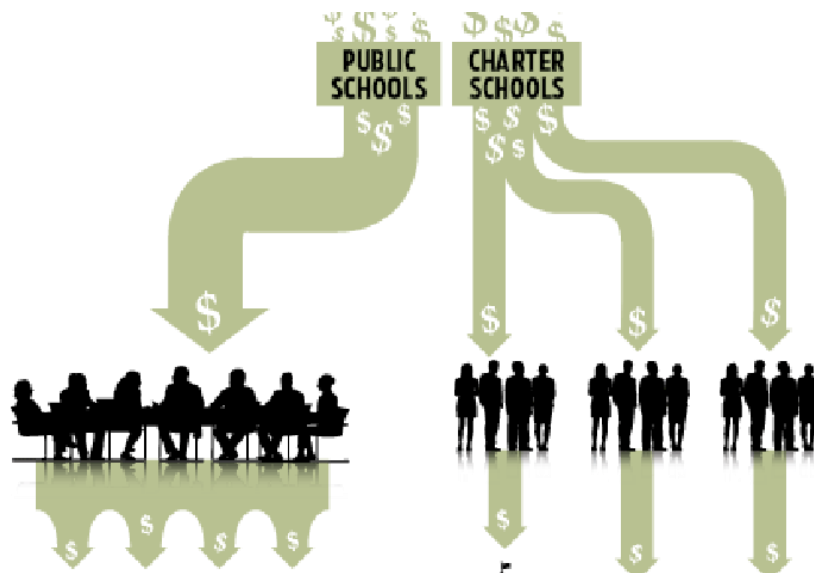
**Fun, games, team building, karate training**

**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**







## 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**

