









October

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Private Lessons Available- Please Book with Front Counter! 	1 st Class Orange-Brown 4:30-5:30p 2 nd Class Orange-Brown belts Level 5:45-6:45p 3 rd Class Beginning-Weapons- All 7:00-8P 	1 st Class White-Yellow-Orange 4:30-5:30 Juniors 2 nd Class White-Yellow Orange – 5:45-6:45p Teen-Adults Class 7:00-8:30p 	1 st Class Orange-Blue-Purple-Green Level - 4:30-5:30p 2 nd Class Orange-Blue-Purple-Green Level - 5:45-6:45p 3 rd Class Black and Brown Belts Level – All 7:00-8:30p 	1 st Class White-Yellow-Orange Juniors 4:30-5:30p 2 nd Class White-Orange-Blue-Purple Level – 5:45-6:45p 3 rd class Teen-Adults 7-8:30p 	1 1 st Class Mighty Mite juniors 4,5,6 yr old 4:30-5:30p 2 nd Class Green , Brown, Black 6:00-7:30p 	2 1 st Class Mighty Mite: 4,5,6 yrs. old 11:00-12:00n ONLY 2 nd Class White--Green 12:15 – 1:15p 3 rd Class Green-Black Level Advance kicking- 1:30-2:30p 4 th Class Advance Weapons Green-Black Level- I 2:45-3:45p Tokubetsu Competition Class 4:00-5:30pm 
3 Dojo Closed!	4	5	6 Please Make Up Your Classes Early in the Month!	7	8	9 Promotion Testing 4-6pm White & Yellow, Orange and Up Combined testing No Tokubetsu Class!
10 Leadership Zoom Call 12a – 1p 	11	12	13 Please Make Up Your Classes Early in the Month!	14	15	16 Tokubetsu Competition Class 4:00-5:30p
17 Dojo Closed!	18	19	20 Please Make Up Your Classes Early in the Month!	21	22	23 Tokubetsu Competition Class 4:00-5:30p
24 Dojo Closed!	25	26	27 Please Make Up Your Classes Early in the Month!	28	29	30 🎃🎃🎃🎃🎃 Halloween Costume Class Mighty Mites 11a-12noon Contest after class Yosemite St. Village Halloween Contest Tokubetsu Competition Class 4:00-5:30p
31 Dojo Closed!						<div>2021</div>



Tibon's Goju Gazette



www.tibonkarate.com

October 2021

Tournaments & Events This Year

Yosemite St. Village Halloween Costume Class for Mighty Mites from 11am-12noon then contest and candy At 12:30pm. With Yosemite St. Village Business Judges

Tibon's Goju Ryu 2021 36th Annual IN-HOUSE Winter Tournament Cancelled Due to Covid 19 – Black Belt Testing Exam. TBA!

SEE NEW CLASSES TIME SCHEDULE BELOW

Thank you as a Small Business we Appreciate Your Support!

Welcome New Students to Tibon's Goju Ryu Uchiage Kai Organization

Ruben Villegas Isabella Nava Gabriella Nava
Dagoberto Rojas Jalene Patague Jordan Stuckey
Abby Tapia Anthony Tapia Krista Alvarado
Jonathan "Jesiah" Jimenez Matthew Camiwet
Skyla Camiwet Athan Rios Amariah Bolton
Javon Adams Luna Parks Erik Valdez Jacquelynn Virgen
Mario Williams Miguel Williams Serena Web
Ekamnihel Singh Kang Isaiah Phillips Dylan Burt
Brogan Hahn Erick Edwards Marcus Edwards
Harvey Alexander

Welcome back: Navjitt Kandola Amberjitt Kandola
Ashjitt Kandola



Promotion Testing!

October 9th Saturday Testing

White belts – Brown belts 4:00p – 6:00p

Promotion Certification will be given in Student's classes When we receive certificates and belts by their Sensei.



Zoom Leadership Call Sunday October 10th 12n-1:00pm



Tibon's Goju Ryu Halloween Costume Karate Class On

October 30th 11am-12:00n Class for Trick-or-Treat Costume Contest After Class Right Outside on Yosemite St. Village

◀ 2nd Annual Trick-or-Treat on Yosemite...



SATURDAY, OCTOBER 30, 2021 AT 10 AM – 1 PM

2nd Annual Trick-or-Treat on Yosemite Street

Friends of Yosemite Street Village

? Going

★ Interested

...

🕒 3 hr



Event by Friends of Yosemite Street Village, Tibon's Goju Ryu



Looking for all those Karate Superheroes in our Classes for Costume Contest!
Awards for Scariest, Cutest, Most Creative, Best Group and Best Pet Costume!

**Tibon's Goju Ryu Fighting Arts Outstanding Karate Demo for
1st Annual Moon Festival
Chinatown Plaza
Always doing our part for Community!**



Photos by Tina Vaughn, thank you they are great! Sensei

Karate classes during the week intensify with street karate for self defense tactics and techniques. We will be starting the Tokubetsu advance development competition classes with Sensei Adam Tibon 5th Dan on Saturdays starting in October Signup for your spot in the class!



Tokubetsu Class Returns
National, International, Pan-American Competitors
Developmental Advance Program
Taught by Sensei Adam Tibon 5th Dan 8 Yrs. Team USA
Prepare for USA Nationals in Washington 2022 and
Ozawa Cup Internationals Las Vegas, NV 2022
Saturday's 4:00p-5:30p on Specific Dates

Who can go to this class? All rank students who are committed to competing in State, National, International, and Pan-American Competition, or are members of the USA National Senior and Junior Team

What is the purpose of Tokubetsu? The word Tokubetsu means, “ongoing development towards excellence”. The purpose of the class is to create a **high-level competition kumite class** for the students who desire to develop and travel to the highest level of competition in the USA. All our Team USA Athletes have trained in this class to prepare for this level of competition.

To develop the technical and physical understanding to prepare them the USA National Team Trials for the National Team under the USA Olympic Committee, and for the next international tournament on the posted calendar. **What is the commitment to Tokubetsu?** This class is very committed and for the very serious student. Students are required to call into the dojo if they are going to be absent. There are only a few acceptable excuses to miss class are as follows: Work, school, church, family reunion, family vacation, or sick.



Sensei Adam Tibon at the Pan-Am's in Canada, the Uchiage Kai Internationals, and Master's Seminar

**Tibon's Goju Ryu Fighting Arts Main Dojo Now Open!
For Indoor Classes
New Schedule Starting July 6th Tuesday Below**

The new class schedule is:

Monday

First class Color Belts – Juniors

4:30-5:30p

Second class Color Belts – Juniors

5:45-6:45p

Beginning-Novice- Intermediate Weapons

7:00-8:00pm

Tuesdays and Thursday

First class Beginning Level – Juniors 4:30 - 5:30p

2nd class Beginning Level – Juniors 5:45 – 6:45p

3rd class Beginning Level - Teen Adults 7:00-8:30p

Wednesday

First class Color Belts – Juniors 4:30-5:30p

Second class Color Belts – Juniors - Teens 5:45-6:45p

Third class Black and Brown Belts – 7:00-8:30p

Friday

Mighty Mite: 4,5,6 yr. old- Time is Friday 4:30-5:30p

2nd Advance Class Green, Brown, Black 6:00p – 7:30p

Saturday

1st Class Mighty Mite: 4,5,6 yrs. old 11:00-12:00n

2nd Class Color Belts Orange – Purple 12:15 – 1:15p

3rd Class Green-Brown-Black Advance 1:30-2:30p

4th Class Advance Weapons Brown Black 2:45-3:45p

5th Class Tokubetsu Advance Competition Class 4:00- 5:30p



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

Tibon's Goju Ryu Fighting Arts Main Dojo - Celebrates 37 Years

Sensei Gene Tibon 8th Dan

Sensei Adam Tibon 5th Dan

Sensei Ronny Guzman 3rd Dan

Sensei Noah Helsby 3rd Dan Ho

Sensei Ellis Chen 2nd Dan – Sensei Francis Yang 2nd Dan-

Sensei Annie Tran 1st Dan- Sensei Aaron Tran 1st Dan



Much has happened this month of September 2021 to report on. We implement Street Karate training during the week and plan to bring back **October Saturday's Tokubetsu advance competition development program with Sensei Adam Tibon Saturday's at 4:00p-5:30p**, Sensei Brian Embry, and Sensei Cristian Embry will be on a later date on Sundays.

Perfecting technical skills and strength and conditioning the contact training is going to be incredible for our karate students with self-defense tactics and techniques along with Goju Ryu kumite concepts. Students who will be participating in this class will need their fighting gear. Much of the gear must be special ordered. We ask that the students pay in advance when their order their gear. See the front counter employee to be fitted for your gear.

The Mighty Mite 3,4, 5 yr. old classes are growing, and is in full development mode with Sensei Asa Thurston on Saturdays and Sensei Annie Tran on Fridays. Our program is getting the students to again enjoy physical exercise, interaction with other students, and social skill level development is back on track. Students are also getting ready for their promotion testing anxious for their new ranking opportunities.

We look so forward to our students preparing for promotion testing for their new ranking levels. Once promoted the beginning level students will then move into the Monday, Wednesday, or Saturday classes.

Exciting times ahead, looking forward to a successful 2021!

Sensei Gene Tibon and Yvonne Tibon office Manager

(209) 915-7177 Yvonne Cell and (209) 406-2776 Sensei's Cell



Stockton GymStars – Celebrates 22 Years
Sensei Asa Thurston Chief Instructor 3rd Dan
Sensei Allison To 1st Dan



Message from Sensei Asa:

New Camp Class Days Added to GymStars

This month has been a very fun one. We've seen many of the mini camps grow bigger and so many students working harder and harder truly taking things to the next level!

We had two students test this past month of September and both Juliet Jobrack and Elijah Mompean did phenomenal. I could not be more proud of how they performed. They were nervous to be testing and taking such a big step, but they pushed past their fears and passed with flying colors!

On a side note, we have had some schedule changes with some of the mini camps. The new schedule will be listed below along with which sensei teaches them

Monday: Sensei Asa/ Sensei Allison

3:30-4:25, 3-6 year-old white/yellow belts

4:30-5:25, Orange/Blue belts All ages

5:30-6:25, 7-16 year-old white/yellow belts

6:30-7:25, 7-16 year-old white/yellow belts

Tuesday: Sensei Allison

3:30-4:25, blue/purple/green belts All ages

4:30-5:25, 7-16 year-old White/Yellow belts

5:30-6:25, yellow/orange/blue belts All ages

Wednesday: Sensei Asa

3:30-4:25, yellow/orange/blue belts All ages

4:30-5:25, 7-16 year-old White/Yellow belts

5:30-6:25, 3-6 year-old White/Yellow belts

6:30-7:25, 7-16 year-old White/Yellow belts

Thursday: Sensei Allison

2:45-3:25, 3-5 year-old beginners

3:30-4:25, 7-16 year-old white/yellow belts

4:30-5:25, yellow/orange/blue belts All ages

5:30-6:25, blue/purple/green All ages

Friday: Sensei Allison

3:30-4:25, 7-16 year-old White/Yellow belts

4:30-5:25, 3-6 year-old White/Yellow belts

5:30-6:25, 7-16 year-old White/Yellow belts

Saturday: Sensei Allison

9:00-9:55, 3-6 year-old White/Yellow belts

10:00-10:55, 7-16 year-old White/Yellow belts

11:00-11:55, Orange/Blue/Purple belts All ages

**United Bay Area Karate Club – Grand Opening August 1st
Sensei Joane Orbon Chief Instructor 3rd Dan**



Dear Goju Ryu Uchiage Kai Families,

Happy October! The year has been continuing to fly by and we are nearing the start of a new year.

Sensei Tibon, Sensei Asa and I cannot wait for the day my students are able to meet everyone in the organization: peers, senpais, and senseis. We've completed our 3rd Quarter Belt Testing over the last month and students continue to become sharper and stronger each time. With welcoming our first set of full solid blue belts, UBAKC has welcomed our first novice leveled students.

UBAKC San Jose has continued to extend throughout the South Bay Area and have also opened our first satellite program at a local heritage school. We hope our reach will continue to grow as we teach karate and our mantra of Respect, Discipline, and Loyalty all throughout the Bay Area.

Have a great month!

All the best,
Sensei Joane Orbon
3rd Dan Goju Ryu Uchiage Kai
Chief Instructor of UBAKC San Jose



**Modesto GymStars – Celebrates 17 years
Sensei Chris Inman Assistant 2nd Dan**

Message from Sensei Chris:

Modesto GymStars is starting to grow, and our student base is growing. **We are currently setting up a new Monday class taking names to fill the class.** I am very proud of my students, who are working hard to prepare and ready themselves for testing for their next rank level. Everyone is had dedicated themselves to learning as much as they can to be ready to test in front of Sensei Tibon 8th Dan Chief instructor of our organization. The help that the Sempai's (senior students) assistants bring to the floor shows and helps the students grow by example. As the old saying goes, you learn you teach, you teach you learn, and it shows in both student and assistant. Good work in all always keep trying to improve yourselves.

Thanks, Sensei Chris Inman



**Hiers Goju Ryu – Celebrates 25 years
Sensei Chris Hiers Chief Instructor 4th Dan
Sensei Janelle Hiers Assistant 2nd Dan
Sempai Maddie Hiers Assistant 1st Dan**



Hiers Karate School

In the month of October, no new news or updates, have a great month of training!

TIBON'S GOJU RYU

ARTS

DOJO TIPS

Tibon's, Stockton & Modesto GymStars, Hiers, United Bay Area Dojos

Please refer to dojo etiquette regarding conduct, dressing, and grooming and health standards. Please no jewelry or gum on the dojo floor. Cut nails and clean karate uniforms and showered clean students. Teens especially and adults wear deodorant for presentable training in the dojo.

Regarding in house sparring we require Mandatory Safety equipment for Kumite:

All gear is to be furnished by the student except for 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:

1. Hand gear and feet gear.
2. Mouthpiece
3. Groin protection for boys
4. Girls and boys can purchase the new body 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 will terminate your enrollment.

Thank you,

Gene Tibon Sensei 8th Dan Goju Ryu Uchiage Kai

Sensei Corner

Sensei's Corner

Found this in an article, you may find it interesting reading.

TIPS FOR STAYING SAFE...FOR WOMEN (I know you all know someone that could use this information)

If you are ever thrown into the trunk of a car, kick out the back taillights and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. This has saved lives.

Pat Malone a bodyguard for famous figures like Farrah Fawcett and Sylvester Stallone. He works for the FBI and teaches police officers and Navy SEALs hand-to-hand combat. This man has seen it all and knows a lot. He focused his teachings to us on **HOW TO AVOID BEING THE VICTIM OF A VIOLENT CRIME**. He gave us some statistics about how much the occurrences of random violence have escalated over the recent years, and it's terrible. Something like 99% of us will be exposed to or become a victim of a violent crime.

Here are some of the most important tips from a presentation:

- (1.) The three reasons women are easy targets for random acts of violence are:
 - (a.) Lack of Awareness You **MUST** know where you are & what's going on around you.
 - (b.) Body Language Keep your head up, swing your arms, and stand straight up.
 - (c.) Wrong Place, Wrong Time. **DON'T** walk alone in an alley or drive in a bad neighborhood at night.
- (2.) Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.). **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**
 - (a.) A few notes about getting into your car in a parking lot, or parking garage: Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
 - (b.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
 - (c.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.**
- (3.) **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot).
 - (a.) Do not get on an elevator if there is a weirdo already on there. (Of course, bad men don't always look bad).
 - (b.) Do not stand back in the corners of the elevator; be near the front, by the doors, ready to get off or on.
 - (c.) If you get on the elevator on the 25th floor, and the Boogie Man gets on the 22nd, get off when he gets on and wait for another elevator.
- (4) If the predator has a gun and you are not under his control, **ALWAYS RUN!**
 - (a.) Police make only 4 of 10 shots when they are in range of 3-9 feet. This is due to stress.
 - (b.) The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely **WILL NOT** be a vital organ. **RUN!**
- (5.) As women, we are always trying to be sympathetic: **STOP IT!** It may get you raped or killed.
 - (a.) Ted Bundy, the serial killer, was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.
 - (b.) Pat Malone told us the story of his daughter, who came out of the mall and was walking to her car when she noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8-handicap spots in the area were empty. As she neared her car, she saw a man a few rows over calling to her for help. He wanted her to close his passenger side door. He was sitting in the driver's side, and said he was handicapped. He continued calling, until she turned and headed back to the mall, and then he began cursing at her. In the meantime, she wondered why he didn't ask the 2 older ladies, or the policeman for help, and why he was not parked in any of the empty handicap spots. As she got back to the mall, two male friends of hers were exiting, and as she told them the story, and turned to point at the car, the man was in the back seat, and quickly moved back to the front and sped away. **DON'T GET CAUGHT IN THIS TRAP.**

(6.) Tips to saving your life if you have gotten into a violent situation:

(a.) REACT IMMEDIATELY. If he abducts you in a parking lot, and is taking you to an abandoned area, DON'T LET HIM GET YOU TO THAT AREA. If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If he's driving, find the right time, and stick your fingers in his eyes. He must watch the road, so choose an unsuspecting time, and gouge him. It is your ONLY defense. While he is in shock, GET OUT. (This sounds gross, but the alternative is your fault if you do not act.)

(b.) RESIST. Don't go along with him: run if you are able: DON'T EVER GIVE UP! You DO NOT want to get to a crime scene.

(7.) Always keep your distance when walking past strangers on the street or in dark areas.

(8.) GET A CELL PHONE.

(a.) There are packages for \$19.95 a month that allows you to program only 911 into the dialing out program. (This is an alternative for parents who say it is too expensive for their kids to have a cell phone.)

(9.) BREAK DOWNS: Make every effort to avoid this by ALWAYS keeping your car in good working order.

(a.) If your car breaks down and you have a cell phone: LOCK YOUR DOORS. Then call for help.

(b.) If you don't have a cell phone: (shame on you) keep a blanket, warm clothes, a pair of boots, and a flashlight in your car always, for emergencies, and.

(c.) If it's noon on a business day in a populated area, you may want to put your hazards on and walk to safety.

(d.) If it's 2 a.m. near a populated area, put on your warm clothes, and walk to a lighted area. You are a perfect target if you are sitting in your car when it's broken down. Predators search the highways for easy targets like you.

(e.) If you're on a desolate road: walk away from the car (in your warm clothes) and go to some bushes, or some area AWAY from your vehicle. It will be cold, and uncomfortable, but you DO NOT want to stay in your car, and there are no psycho bogeymen waiting in the bushes who just knew you were going to break down there and then.

(10.) Physical defenses that we can use against the violent predator:

(a.) The EYES are the most vulnerable part of the body. Poke him there. HARD. It may be your only window of opportunity.

(b.) The neck is also a vulnerable spot, but you MUST know where to grip, AND HAVE THE STRENGTH to cut off his breath.

(c.) The last place is the KNEES. Everyone's knees are very vulnerable, and a swift kick here will take anyone down.

-- A cautionary note about these things. If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be TAKEN OUT ON YOU. I'm not saying don't attempt them (it may be your only hope), but be forceful when you do.

(11.) If you are walking alone in the dark (which you shouldn't be) and you find him following/chasing, you:

(a.) Scream "FIRE!", and not "help". People don't want to get involved when people yell "help", but "fire" draws attention because people are nosy.

(b.) RUN!

(c.) Find an obstacle, such as a parked car, and run around it, like Ring Around the Rosie. This may sound silly, but over the years, 5 women have told Pat Malone that this SAVED THEIR LIVES.

(d.) Your last hope is getting under the car. Once you are under there, there are tons of things to hold on to, and he will not be able to get you out unless he comes under after you (which makes it easier for you to escape or fend him off). Usually, they give up by this point. The catch here is that YOU MUST PRACTICE GETTING UNDER THE CAR.

You must have a plan (he will have one); know if you will be going on your back, front, from the side or back of the car. It must be practiced. So put on some old clothes and practice it today!

(12.) Never let yourself or anyone that you know be a "closer" in any type of business (bar, store, restaurant, gas station). Pat knew Danielle, who was a girl that just died from being shot point-blank by some kids while she was closing at the local gas station. He talked with her the night before she died and asked whether it ever scared her to close alone. She said yes, but said, "I'll be all right, Pat. I'll be all right." She wasn't.

Our world is not as safe as we pretend that it is and living in our fantasy worlds WILL get us in trouble, sooner or later. Pat Malone said, again and again, that the women who die EVERY MINUTE from violent crimes expected to go to bed tonight, and get up tomorrow. No one expects it; we must but be prepared and be aware so that we HAVE A PLAN. BE PREPARED TO ACT! AND ACT HARD! HAVE A PLAN!

I would encourage you to pass this on to your friends and family who you would think would benefit from this article.

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**



Tibon's Goju Ryu Fighting Arts Organization Update



Dear Parents, Students, Leadership, and Friends,

At **Tibon's Goju Ryu Fighting Arts**, the Main Karate Dojo at 923 N. Yosemite in Stockton this is what we are doing. **We MANDATORY HAND WASHING STATIONS at the front door** before anyone can even enter the facility. Then before sitting in the lobby and going on the karate mat for training **EACH PERSON HAS OPTION TO WEAR MASK IF HAS BEEN VACINATED. IF NOT VACCINATED WE REQUIRE YOU WEAR FACE MASK. THIS IS THE SAME FOR STUDENTS. We would prefer distancing in the lobby and have provided outdoor seating with television monitor of students live training in the dojo.** Our goal is to have everyone in the dojo feeling safe and being safe from the virus.

- We have **Mandatory Hand Washing Stations at front door** before entering dojo.
- **We ask parents and students wear a face mask is OPTIONAL IF HAS HAD VACCINATION with NO VACCINATION MUST STILL WEAR FACE MASK.**
- We have wellness stations at the front desk including and sanitizer and tissues.
- We also have our sinks supplied with sanitizing soap in the restrooms.
- We have sanitizing station in each room.
- Staff are wiping down common surfaces between classes and throughout the day.
- Instructors and students are washing their hands before, in the middle, and after each class.
- All our mats are cleaned and sanitized with a hospital grade sanitizer each day.
- We have our employees cleaning daily to clean and sanitize the facility.
- **Our classes have all been instructed to have CONTACT training with Karate basics, Kata(forms), strength and conditioning drills. Kumite(fighting) will resume since the Governor removed mandate on June 15th.**
- Our makeup class policy has been extended to give you credit to making up your classes when needed.
- We ask any families that are traveling to use a great deal of caution and ensure they are free from any illness before returning to class. Children are not really being affected by the virus and that is a blessing, but we do want to ensure we are keeping Grandma's and Grandpa's safe as we can.

We are here to help our families during this period. As with everything, this too will pass. We want to thank everyone for their support and patience during this time.

Thank you,

Yvonne and Sensei Tibon (209) 465-0943 office