

September

Tue

Wed

Thu

Fri

Sat

Dojo Closed

1st Class **Orange-Brown**
4:30-5:30p
2nd Class **Orange-Brown**
belts Level 5:45-6:45p
3rd Class **Beginning-**
Weapons- All 7:00-8P



1st Class **White-Yellow-**
Orange 4:30-5:30 Juniors
2nd Class **White-Yellow**
Orange – 5:45-6:45p
Teen-Adults Class 7:00-8:30p



1

1st Class **Orange-Blue-**
Purple-Green Level - 4:30-
5:30p
2nd Class **Orange-Blue-**
Purple-Green Level - 5:45-
6:45p
3rd Class **Black and Brown**
Belts Level – All 7:00-8:30p



2

1st Class **White-Yellow-**
Orange Juniors 4:30-5:30p
2nd Class **White-Orange-**
Blue-Purple Level – 5:45-
6:45p
3rd class **Teen-Adults**
7-8:30p



3

1st Class **Mighty Mite**
juniors 4,5,6 yr old 4:30-
5:30p
2nd Class **Green , Brown,**
Black 6:00-7:30p



4

1st Class **Mighty Mite: 4,5,6**
yrs. old 11:00-12:00n **ONLY**
-2nd Class **White--Green** 12:15 –
1:15p
3rd Class **Green-Black Level**
Advance kicking- 1:30-2:30p
4th Class **Advance Weapons**
Green-Black Level- I 2:45-3:45p



5

Dojo Closed

6

Dojo Closed



7

8

Please Make Up Your
Classes Early in the
Month!

9

10

11

Promotion Testing 4-6p
White & Yellow, Orange and
Up Combined testing



12

Leadership Zoom
Call Meeting 12-1p



13

14

15

Please Make Up Your
Classes Early in the
Month!

16

17

18

1st Annual Moon Festival
Karate Demo
3:30-4:00p Downtown
China Town Plaza
No Weapons Class
All other classes still open!

19

Dojo Closed

20

21

22

Please Make Up Your
Classes Early in the
Month!

23

24

25

Dojo Closed!
No Classes!
Pride Festival
Closing Street



26

Dojo Closed

27

28

29

Please Make Up Your
Classes Early in the
Month!

30

2021



Tibon's Goju Gazette



www.tibonkarate.com

September 2021

Tournaments & Events This Year

Tibon's Goju Ryu Karate Demo at 1st Annual Moon Festival on Saturday September 18th at 3:30p at China Plaza downtown Stockton across the Police Dept.

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 Gabriela Nava
Dason Strongheart Sofia Caracha Kate Bongolan
Benjamin Schweizer Rey Virtute Amaziah Bolton
Karim Ali-Taylor Jude Grover Deegan Baldonado
Giovanni Lobato Matthew Anderson Ivan Minero
Naithan Aguilar Arista Hailey Isabelle Arista
Joseph Arista Walter Banos Brayden Keszenheimer
Benjamin Lynch Joziah Maldonado Ruby Robinson
Jonathan Sanchez Jack Vallee-Wilson AJ Vallee-Wilson
Max Vazquez Athan Rios Alec Castillo Asher Cantu
Isaac Madrid Isabella Aguinaga Trinity Silas
Edward Nguyen Eleanor Nguyen Jordan Carbery
Sebastian Navarro Edson Acosta Lawrence Lomax
Camden Billings Caleb James-Doyle JD Shinn
Jayden Figueroa Jessie Newlin Lilyana Joelli
Jasmine Joy Lime Noah Ferreira Lauren Ferreira
Paula Vave Olosoni Vave Alyssa Melendez
Natalya Contreras Christopher Melendez
Tevita Taufa Alexander Mangoba Kinjal Rana
Athena Chavez Artin Afzal Jaime Yen Colleen Bunag



Promotion Testing!

September 11th 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 September 12th 12n-1:00pm

**Tibon's Goju Ryu Fighting Arts Karate Demo for
National Night Out at Yosemite St. Village
Great Job by our Demo Team!
Always doing our part for Community!**



Tibon's Goju Ryu Fighting Arts is so proud to be an active part of the Yosemite St. Village National Night Out. We had the honor of having the City of Stockton Mayor Kevin Lincoln, Police Chief Eric Jones, the City Manager, and San Joaquin County Supervisors attend our great neighborhood event. The Yosemite St. Village business owner worked together to put on the largest and most successful National Night Out event in the City of Stockton. I want to thank the many student volunteers who participated in our Tibon's Karate Demonstration. And Sensei Angelina Nguyen and her 15 volunteers from St. Mary's High School who all volunteered their time with the event.

**Tibon's Goju Ryu Fighting Arts Karate Demo for
National Night Out at Yosemite St. Village
Great Job by our Demo Team!**



Our Demo Team did a fantastic job and our Power Rangers brought smiles to the crowd while passing out guest passes. My VIP visitors from New Orleans Sensei Darrell Goodyear and his student Sensei Nick Burtchaell from New Orleans totally enjoyed the demonstration, training with our advance students, and attending Sensei Joane Orbon's Dojo Grand Opening.

**Ariel View from Drone of National Night Out in 2019
Tibon's Goju Ryu Fighting Arts Demo Team**



Sensei Justin Love doing the Brick Breaking Demo a real crowd pleaser in showing the strength of Karate Striking

VIP Karate Friends Visit and Train at Tibon's Goju Ryu Fighting Arts Main Dojo

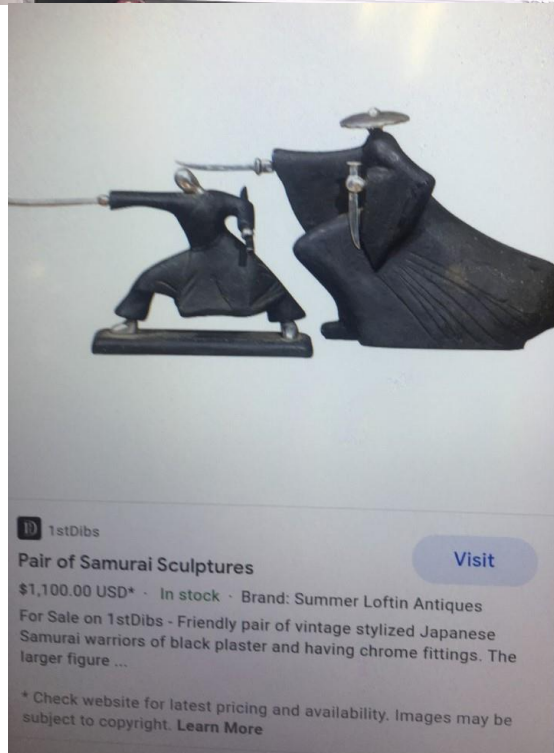
Shotokan Sensei Darrell Goodyear and Sensei Nicholas Burtchaell visit for 5 days to learn Goju Ryu Kata and techniques and training drills they took back to their dojo in St. Bernard Parish in Louisiana. Sensei Tibon took them on a whirl win tour of our dojos including Sensei Joane Orbon's Dojo Grand Opening in San Jose August 1st



“California Dreaming” Last week, I had one of my best friends **Sensei Darrell Goodyear** and his student **Sensei Nicholas Burtchaell** took a trip to visit **Sensei Gene Tibon** out in Stockton, California. During their trip, they were able to train in Sensei Tibon's dojo, visit some beautiful parts of California, and learn new aspects of karate, including two Goju-Ryu katas. As Sensei Darrell noted in his newsletter to his students he says, “Every day we were privileged to watch the way Sensei Tibon's top instructors handled their classes, and Sensei Darrell Goodyear and Sensei Nicholas Burtchaell, said, “we're bringing home plenty of advanced drills and fun games that are going to help our own program.” Sensei Nicholas had the opportunity to perform Enpi Shotokan Kata in the National Night Out Karate Demo with Sensei Tibon's students in front of a crowd of approximately 500 people. Sensei Tibon also taught two katas over the course of the week, Tensho, and Seiyunchin. Tensho is what is considered a breathing kata the soft side of Goju Ryu considered the Willow Tree Kata, verses kata Sanchin is considered the Oak Tree Kata—you hold muscle tension in your arms, stomach, and legs, inhaling and exhaling with each slow movement. Seiyunchin is a powerful kata that focuses on movements that grab your opponent and pull them closer to strike them. While visiting Lake Tahoe, they also got the opportunity to walk through Olympic Valley, which was home to the 1960 winter Olympics, Donnor Pass Historical Site, and 17 Mile Drive in Monterey, Ca. They absolutely enjoyed Tibon's karate families and students and the training and tour. A special thank you **Tina Vaughn** for all the great photos!

Thank you, Helsby Family for Incredible Samurai Sculpture Gift,

Mr. Aaron and Sherry Helsby while on an Estate Sale found this incredible Samurai sculpture and said they had to have it for Sensei Tibon's Office. I'm so incredibly grateful for this amazing Samurai Sculpture now proudly displayed on my office.



Congratulations to Sensei Joane Orbon and Her Dojo Grand Opening

One of our New Chapter School owned by Sensei Joane Orbon in San Jose, CA

The United Bay Area Martial Arts Club Opened its Doors with Official Ribbon Cutting Ceremony and Promotion Testing by Sensei Gene Tibon, Sensei Darrell Goodyear from New Orleans, and Sensei Joane Orbon sitting on the Examination Table.

An amazing job by Sensei Joane with an elite seminar, food, Disc Jockey, outdoor seating, and Raffle prizes was over the top for sure. We wish her the best of luck and success in her new dojo.



Sensei Joane Orbon has a strong support of her karate parents and students that help her with her continued outdoor karate classes she teaches on one of the local Elementary School grounds. We are proud of her development of her students to transition to her new dojo.

**Farewell to Sensei Noah Helsby 3rd Degree last class headed to Riddle University Arizona to become
Aerospace Science and Engineer Program
and
JoJo Soto 6th Kyu Green Belt headed
to Southern California University of Health Sciences in Whittier to become Chiropractic Doctor
Last Kumite Class for Noah and JoJo**



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

**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



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 August 2021 to report on. Sensei Joane Orbon's first San Jose dojo indoor promotion testing, Grand Opening, and Ribbon Cutting Ceremony. The VIPs from New Orleans long time Shotokan Master friend Sensei Darrell Goodyear and Sensei Nicholas Burtchael for training in some of our Goju Ryu training drills and some business concepts with our Leadership Program. We implement Street Karate training during the week and plan to bring back Tokubetsu advance competition development program with Sensei Adam Tibon, Sensei Brian Embry, and Sensei Cristian Embry.

We had a total of 122 parents and students participate in this years Karate Camping Trip. The trip was so successful that we have students and parents already wanting to book their place for the 2022 Karate Camping Trip. We are looking at the last of the alternate sites like the ocean this next year if we can find a place that can accommodate our group size.

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. 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 returning and regaining all their Goju Ryu Uchiage kai karate development with our monthly promotion testing with those who have been training for the past 6 months. 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

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 September, no new news or updates, have a great month of training!

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. 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



United Bay Area Karate Club – Grand Opening August 1st

Sensei Joane Orbon Chief Instructor 3rd Dan



Dear Goju Ryu Uchiage Kai Families,

It's been a long time coming, but I'm proud to announce my Grand Opening of UBAKC is August 1st, 2021.

This journey began in 2019 when I first signed my contract in San Jose to bring a broken- down building back to life after two weeks of finding out my Olympic journey with the TEAM USA was over. I went from Ranking 6th in the World to working 12 hour shifts as a server to a city where I knew no one.

I had nothing at that point, but a vision to build. I took my savings and threw it into the deposit and began renovating while working.

Three years later, I have built a community of students and families in San Jose during a pandemic and is finally ready to open indoors, with a fully loaded dojo.

If you are seeing this post and/ or tagged in it, you have touched or supported me in one way or another. I am thankful for you and God's Grace to have given me the strength to endure and conquer all that I have been through.

Traveling is hard currently, but I invite everyone to visit me on this special day to celebrate!

I am having a free elite kumite seminar at the dojo from 10:30am – 12:00pm, which will go into an afternoon of activities with free lunch, live DJ, discounted mani/pedi's at the salon next door and raffles.

I look forward to seeing everyone soon!

It's time to show everyone how I throw a block party and trailblaze the next generation of karateka to the world!

Blessings to all,
Sensei Joane Orbon
UBAKC San Jose

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

Hello everyone, another month has passed, and we are slowly but surely getting back to the way things where our mini camps are growing students are promoting and everyone is working harder than ever before.

I love how passionate so many of the kids at Stockton GymStars are every work out every new kata or drill they don't shy away from giving it their best. This month GymStars had one student test and that was Christopher Melendez. He went to testing and was slightly unsure of himself, but I told him I had faith that he would pass and do great, but I was wrong. Because he did fantastic! The entire test was extremely powerful and technical. It did not matter if you were from Tibon's main dojo or Hiers or Stockton GymStars. Even the littlest student at 6 years old stood right in front of sensei the whole test and showed no fear. Every time I think I cannot get more amazed by these kids they shock me all over again.

As for Mini Camps we have a new Monday 6:30 timeslot opening and more on the way. This mini-Camp will be for White/Yellow belts and will be opening Monday the 29th. We will be opening more and more camps as the demand arises so be ready for more updates coming soon. **New Classes added on Wednesday and Fridays taught by Sensei Allison To 1st Degree Black Belt.** Looking forward to all the new students to join our Karate program.

As always, I hope everyone stays safe and I look forward to new campers and existing campers growing and becoming more outstanding young martial artists, if you have any questions feel free to call at (209) 957-1919

Monday

3:30-4:25 White/Yellow belt 3-6 years old

4:30-5:25 Orange/Blue belt

5:30-6:25 White/Yellow belt 7/16

Tuesday

3:30-4:25 Blue/Purple/Green belt

4:30-5:25 White/Yellow belt All ages

5:30-6:25 Yellow/Orange/Blue belt

Wednesday

3:30-4:25 Yellow/Orange/Blue belt

4:30-5:25 All White Belts

5:30-6:25 All White Belts

Thursday

2:45-3:25 2-5 years old

3:30-4:25 White/Yellow belt All ages

4:30-5:25 Yellow/Orange/Blue belt

5:30-6:30 Blue/Purple/Green belt

Friday

3:30-4:25 All White Belts

4:30-5:25 All White Belts

5:30-6:25 All White Belts

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

Commonly Used Japanese Terminology in a Karate Club

- *Dojo*: school, training place
- *Karate*: "empty hand"
- *Karate-do*: the way of empty hand
- *Sensei*: Teacher
- *Sempai*: senior (higher rank or position)
- *Kohai*: junior (lower rank or position)
- *Dohai*: peer, equal (same rank or position)
- *Obi*: belt
- *Gi*: karate uniform
- *Seiretsu*: Line up
- *Kiotsuke* : Attention
- *Rei*: bow
- *Mokuso*: Meditation, reflection
- *Mokuso Yame*: Stop the meditation, reflection
- *Kokki Ni Mukkatte, Rei*: Respect to the flag
- *Sensei, onegaishimasu, rei*: Teacher, please train us, bow
- *Yame*: Stop
- *Naotte*: at ease
- *Mawatte*: Turn around
- *Yoi*: preparation, ready
- *Kime*: focus
- *Kihon*: fundamentals, basics
- *Yasume*: rest, at ease
- *Seiza*: kneel down
- *Kiai*: yell, expression of breath control
- *Karate-ka*: Karate student, practitioner
- *Keiko*: practice
- *Otagai- ni-Rei*: To each other, bow
- *Ossu*: an expression of respect, "push patience"

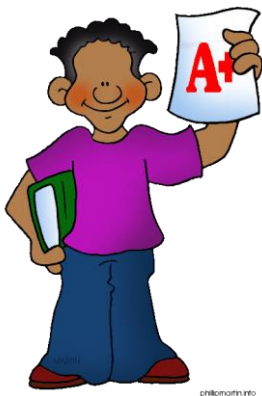
Charter School Students

**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 Thanks All Our Supportive Families and Students Who
Voted Us Best in Martial Arts for
Best in San Joaquin 5 Cities San Joaquin Magazine**



MARTIAL ARTS SCHOOL
It's easy to stumble upon a **Tibon's Goju Ryu Fighting Arts and Supplies** goju ryu program in San Joaquin County because the gym that started in 1984 has expanded, offering programs at places such as Stockton and Modesto **GymStars** and **Hiers Goju Ryu** in Lodi. And with ease of access and plenty of satisfied students, it's easy to see how this karate school landed in the number one spot on our 2021 Best Of list. **Cutting Edge**



celebrating
THE BEST

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 VACCINATED. 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