





February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Private Lessons Available- Please Book with Front Counter! 	See Class Schedule in New Dojo Brochures	1 See Class Schedule in New Dojo Brochures	2 See Class Schedule in New Dojo Brochures	3 See Class Schedule in New Dojo Brochures	4 See Class Schedule in New Dojo Brochures	5 See Class Schedule in New Dojo Brochures Tokubetsu-1 4-5:30p
6 Tokubetsu-2 1:00-2:30p Competition Class	7	8	9 Please Make Up Your Classes Early in the Month!	10	11 Promotion Ceremony Will Be In Class Awarded!	12 Promotion Testing 4:00p-6:00pm NO TOKUBETSU-1 CLASS!
13 Super Bowl Sunday NO CLASS!  NO TOKUBETSU-2 CLASS!	14 Valentine's Day!  Dojo Open!	15	16 Please Make Up Your Classes Early in the Month!	17	18	19 Tokubetsu-1 4-5:30p
20 Leadership 3:30-4:30p Zoom Call Tokubetsu-2 1:00-2:30p Competition Class	21 Dojo Closed President Day! 	22	23 Please Make Up Your Classes Early in the Month!	24	25	26 Tokubetsu-1 4-5:30p Competition Class
27 Tokubetsu-2 1:00-2:30p Competition Class	28		Please Make Up Your Classes Early in the Month!			

2022



Tibon's Goju Gazette



www.tibonkarate.com

February 2022

Tournaments & Events This Year

March 5, 2022 Golden Empire Karate Championships
OJ Actis Jr. High school 2400 Westholme Blvd.
Bakersfield, Ca. Sensei Jon Cobbs (661)588-0955

2022 NCKF Championship will be on Sunday,
March 27th, 2022 at River Valley High School in Yuba City
<https://nckf2022.myuventex.com>
<https://miladigroup.com/tournaments/>

Ozawa Cup Internationals Flamingo Hotel Las Vegas
April 14-17, 2022 Sensei James Tawato
• <http://www.ozawa-tournament.com/>

June 30-July 3, 2022 USA National Karate Championships
and USA Team Trials Spokane, WA

Tibon's Goju Ryu 2022 36th Annual IN-HOUSE Winter
Tournament moved to December 2022 Due to Covid 19
We will see if we are able to host this year's event at
Lincoln High School as in the past years.

Black Belt Testing Exam will be planned for May 2022
Stayed tuned and get prepared for the testing.

Thank you as a Small Business we Appreciate
Your Support!

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

Luke Hudelson Charles Butcher Aaliyah Lomas
Max Vazquez Karim Ali-Taylor Felix Logan



Promotion Testing!

February 12th Saturday Testing – Main Dojo
White belts – Brown belts 4:00p – 6:00p

No Promotion Ceremony for January test. Certificates
Will be awarded in your class by your Sensei due to
Omicron until further notice.



Zoom Leadership Call Sunday February 20th 3:30p-4:30pm

Tibon's Goju Ryu Fighting Arts Students are in full Competition Mode And Black Testing Preparation in May 2022



Students are all working hard to prepare for a 2022 competition
year. We are taking a team to Yuba City for West Coast Karate
Championships, then preparation for Las Vegas at Ozawa Cup
Internationals at the Flamingo Resort, the Karate Camping Trip
at Camp Richardson in Lake Tahoe signups are at the counter at
the main dojo, prepare for USA National Championships and USA
Team Trials in Spokane, WA.

If you're wanting to compete, please make sure you order all of the
required fight gear to be able to compete. They take time to get so
order them right away.

Tibon's Goju Ryu Organization Communication on GroupMe
Please Upload QR Code to Your Cell Phone for Class and Organization Updates
Be In the Communication Loop!

TIBON KARATE PARENTS & STUDENTS: PLEASE JOIN US ON GROUP ME!

Instructions:

- 1.OPEN CAMERA**
- 2.HOLD PHONE UP TO QR CODE**
- 3.TAP NOTIFICATION**
- 4.JOIN GROUP**
- 5.CREATE PROFILE**



Receive dojo updates or information.

Any dojo related questions may be asked in this chat.

****Students, or parents of students, who are apart of LEADERSHIP
please join both groups****



Thank you, Sensei Gene Tibon
8th Dan Goju Ryu Uchiage Kai

**Tibon's Goju Ryu Fighting Arts Students
At
West Coast Shotokan Karate Championships in Yuba City
January 30th
Action Shots of our Students**



Cruz Dominguez



Eli Dominguez



Sensei Tibon and Zoe Harrison



Navor Gonzalez



Neython Saavedra

Eli Dominguez gold medal kumite, **Cruz Dominguez** silver medal kumite and silver medal kata, **Zoe Harrison** gold medal weapons Bo, bronze medal Kata, **Sammy Helsby** bronze medal kumite and bronze kata, **Arin Helsby** gold medal kumite, **Chris Gong** bronze medal, **Neython Saavedra** gold medal kata and bronze medal kumite, **Navor Gonzalez** gold d Kata and silver kumite, **Navor Gonzalez** gold medal Kata and silver kumite, **Annie Tran** silver medal kumite

**This Reboot Time for Our Competition Team
Tibon's Goju Ryu Fighting Arts Organization
Travel to Compete Against the Best in State and Country
Be a Part of the Experience**

In years past we have taken as many as 125 athletes to the USA Nationals and to the Ozawa Cup Internationals in Las Vegas. Many of my past parents and students say to this day it was some of the greatest family experiences they have ever had. We want to create to new memories for this next generation of students some competing for the first time in their lives. Due to Covid 19 we had to cancel our Tibon's Goju Ryu Winter IN HOUSE Karate Tournament the last two years. This was the first testing ground for many of our students competing their very first time.

We look forward to hopefully being able to host our 36th Annual Winter IN HOUSE in December 2022 to return to our athlete competition development. If you have any questions about competition, please contact the main dojo for updates and guidance.

Our competition development program for those who want to compete has put many of our students on Team USA representing United State around the world against the best of each country. Below are just a few. Join the movement for the new generation Tibon's Fighting Arts Karate Team.

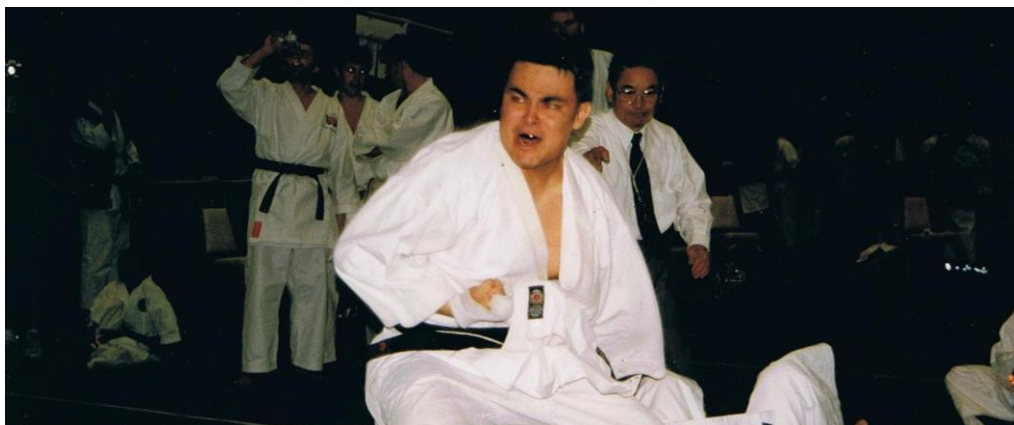
Sensei Gene Tibon 8th Dan Goju Ryu Uchiage Kai



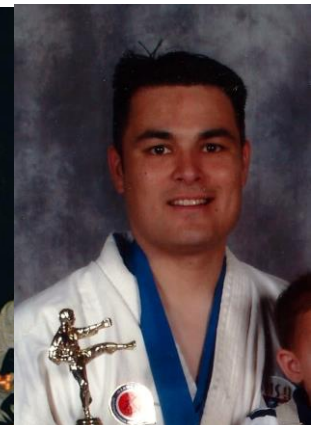
Sensei Adam Tibon 5th Dan



Sensei Eliza Balanon 3rd Dan



Sensei Gino Tibon 3rd Dan



Tibon's Goju Ryu Fighting Arts Team USA Athletes
Representing United States in Pan-American, World Cup, North American Internationals Canada
And Jr. And Sr. World Championships



Sensei Rupert Espinosa 2nd Dan- Sensei Joane Orbon 3rd Dan-Sempai Joey Paper-Sensei Brian Embry-Sensei Cristian Embry



Sensei Robert Lawrie 1st Dan-Sensei Amber Ramirez 1st Dan – Sensei Adam – Sensei Courtney Embry 2nd Dan-Sensei Rupert 2nd Dan– Sensei Jesse Toy 1st Dan



Sensei Amber Ramirez- 1st Dan

Sensei Andrew Moore – 4th Dan

Sensei Noah Helsby 3rd Dan Ho

Tibon's Goju Ryu Fighting Arts Team USA Athletes



Sensei Brianna Uderman 2nd Dan Ho



Sensei Cayla Gapusan 2nd Dan Ho



Sensei Joane Orbon 3rd Dan



Sensei Ronny Guzman 3rd Dan



Sensei Arin Helsby 2nd Dan Sensei Demytryk 1st Dan Sensei Noah Helsby 3rd Dan



Sensei Jason Kaley 3rd Dan



Sensei Demytryk Cabanig

Tibon's Goju Ryu Team USA Athletes Continued



Sensei Jesse Toy 2nd Dan Sensei Rupert Espinosa 2nd Dan



Sensei Justin Gilmour 1st Dan



Sensei Kaitlin Gilmour 1st Dan

USANKF of Northern California, Inc. Regional Sports Organization

Presents

2022 Tibon's Goju Ryu Fighting Arts – USA Grassroots Karate Camping Trip



Date of Camping at Camp Richardson Lake Tahoe Arrive June 15 – Depart June 19, 2022

\$55 Deposit fee per person includes training toward secured camp site – non-refundable - bring your one food

**Offsite participants are \$30 for just the training segment 3 days 4 hours each day
Please Pay as Soon As you Can to Lock in Your Reservation – Bring Your Own Food for 4 days**

Camping 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 Arin Helsby**

(209) 465-0943



Tokubetsu Class Returns
National, International, Pan-American Competitors
Developmental Advance Competition Program
Taught by Sensei Adam Tibon 5th Dan 8 Yrs. Team USA Tokubetsu-1
Sensei Brian Embry 3rd Dan 4 Yrs. Team USA Tokubetsu-2
Prepare for USA Nationals in Washington 2022 and
Ozawa Cup Internationals Las Vegas, NV 2022
Steveston 49th Annual International in Canada
Saturday's 4:00p-5:30p on Specific Dates
Starting January 2nd, 2022 Sunday's 1:00p-2:30p

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. You must have your own fighting gear to be in this class.

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 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 – Tokubetsu 1 now started



Sensei Brian Embry 3rd Dan Ozawa Cup International Grand Champion Kumite and Silver Medal Curacao Pan-Am's Internationals – Tokubetsu 2 starting January 2, 2022

**Tibon's Goju Ryu Fighting Arts Main Dojo
Indoor Classes Schedule**

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

Sunday – Starting January 9, 2022

1st Class Tokubetsu-2 Advance Competition Class 1:00p-2:30p

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 Brian Embry 3rd Dan

Sensei Elijah Infante 2nd Dan – Sensei Francis Yang 2nd Dan-

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



Exciting times ahead for our Tibon's Goju Ryu Fighting Arts Competition Team, traveling to Yuba City for the West Coast Shotokan Karate Championships in January, March, and International in Las Vegas. We are so looking forward to the experiences our students and karate parents will gain for the highest level of competition in the state and in the country. Our instructors are working hard to prepare our students for the new experience of how to learn from their mistakes and losses, and not just the winning of a medal or trophy. We have other competitions coming up in Los Angeles and the Bay Area this year with a hope of hosting our Tibon's Goju Ryu 36th Annual Winter IN HOUSE Karate Championships. Good luck all, happy training!

We had planned on going to Canada in March 2022, but with the Omicron Covid 19 Strain new strict rules for international travel made it to hard for Sensei Takeshi Uchiage and son Sensei Toshi Uchiage to host their annual international event in Richmond B.C in Canada this year. We are hoping for the Covid Omicron virus comes under control so we can go to Canada in 2023

We are working and planning to host Black Belt Dan Testing in the Tibon's Goju Ryu Main Dojo on Yosemite St. in May 2022. A submission of prospective Black Belt candidates will be sent to Sensei Uchiage to check their membership records for dues requirements and class assist and internship requirements for them to be qualified for testing. If you don't have your requirements don't wait for the last minute to get them done.

Sensei Gene Tibon and Yvonne Tibon office Manager

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



Thank you for your votes and support for 2021 making us the Best in San Joaquin - Let's win 2022!

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



Message from Sensei Asa:

New 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!

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 Uchiage Kai Families,

Happy February! I hope you all have been well and healthy. UBAKC San Jose continues to grow each and every day. Our students have been so charismatic and have been enjoying every step of their new martial arts journey.

Students have loved every time an instructor or senpai visits, and families continue to welcome everyone warmly to our community. Sensei Asa continues to teach weekly with students who adore him, as well as, Sensei Brian having a surprise visit to our Competition Team.

This month I launched my Competition Team Program and now have a fully committed team to additional weekly training and traveling to regional and national competitions. January to July is already a fully booked time for us and we are so excited to have supportive parents and families ready to take this journey head on.

We look forward to continuing to represent our group every step of the way and look forward to seeing you all soon.

All the best,
Sensei Joane

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 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. Students in Modesto GymStars Karate Program are excited about the 2022 New Years!

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 February 2022, no new news or updates, Looking forward to 2022 New Years for our students!



**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

Written By
[Kidadl Team](#)

Published on Aug 27, 2021

Updated on Nov 15, 2021

11 mins to read

Martial arts are a form of fighting system practiced for self-defense, sport, discipline, fitness and meditation.

Commonly, the word martial arts apply to the systems of combat developed around the world. An individual who practices martial arts is known as a martial artist.

There are various schools and styles of martial arts but ultimately, they all have the same goal: self-defense. Not all martial arts originated in Asia. For example, Savate started in France and Capoeira came from Brazil. Martial arts are divided into two main categories: "hard martial arts" such as karate and kickboxing and "soft martial arts" such as Judo and Aikido.

For more related content like funny martial arts quotes or kickboxing quote, then take a look at these [Karate](#) quotes and [Taekwondo](#) quotes.

Best Martial Arts Quotes

These martial quotes will help you learn the importance of the practice in daily life!

1. "If we overcome those enemies that attack us from within, we can attain a true victory over any attack from without." — Morihei Ueshiba.
2. "Everyone must choose one of two pains: The pain of discipline or the pain of regret." — Jim Rohn.
3. "Fighting – think of it as you need 100 answers to one question." — Damien Trainor.
4. "The martial arts are non-combative because these martial artists think actual fighting doesn't express goodness or mystic insight." — Keith Vargo.
5. "True martial arts is universal, simple and practical. Anything else is too complex to be used in combat."
— Soke Behzad Ahmadi.

Best Martial Arts Quotes Cont.

6. "When I started training martial arts, I learned about respect."

— Anderson Silva.

7. "I so admire the discipline, the work ethic, and the sacrifices fighters make to master all aspects of mixed martial arts."

— Tami Hoag.

8. "In the martial arts, the relationship of Master and disciple is a peculiar one."

— Tri Thong Dang.

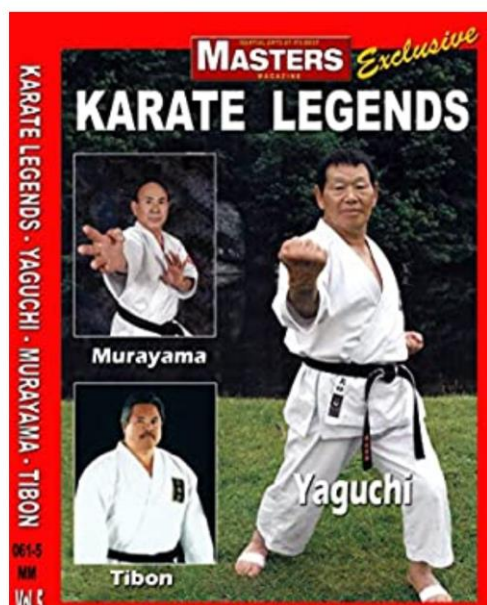
9. "I had a really long and great career, and I believe I left a deep mark in the martial arts. I have no regrets."

— Mirko Cro Cop.

10. "Martial arts was really the first thing in my life that I followed through on and accomplished a degree of proficiency for."

— Chuck Norris.

KARATE LEGENDS Vol-5 YAGUCHI - MURAYAMA - TIBON

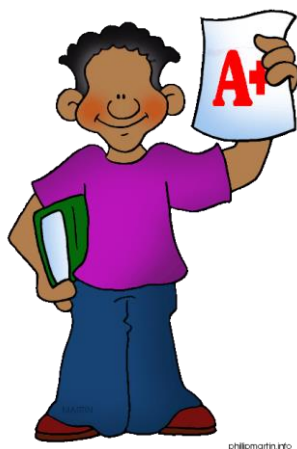


Charter School Students

**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. **Following the Governor's Mask Mandate until January 15, 2022. 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 TO WEAR MASK EVEN IF HAS BEEN VACINATED per GOVERNOR'S MANDATE. IF NOT VACCINATED WE REQUIRE YOU WEAR FACE MASK. THIS IS THE SAME FOR STUDENTS UNLESS BREATHING ISSUES OR VERY YOUNG.** 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 DURING GOVERNOR NEWSOM'S MASK MANDATE HAS HAD VACCINATION AND 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, 2021.**
- 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

Tibon's Goju Ryu Fighting Arts

We Support and Recommend these Amazing Businesses that have helped our Karate Program and Dojo facilities with excellence in workmanship and professionalism. If you are looking for these types of services, please tell them you saw their flyer ad in our Tibon's Goju Ryu Fighting Arts Goju Gazette. Thank you, Sensei Gene Tibon 8th Dan Goju Ryu Uchiage kai



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Sunday 11:00am-6:00pm

(209) 472-1508

Tell Paul that Sensei Tibon Sent You!



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GymStars Karate

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209.549.1919

Hiers Goju Karate

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All instructors have been cleared by FBI
and DOJ background checks, all are safe
dependable karate teachers!



Adam C. Tibon
7 year national team member



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