

# Tibon's Goju Gazette

www.tibonkarate.com

August 2010



## Tibon's Goju Ryu Fighting Arts Summer Camp Huge Success!

The first Summer Karate Camp was a great success for Karate kids who participated. Many learned new Kata's and fighting skills from Sensei Brian, Cristian, and Courtney Embry. Others had a chance to learn from Sensei Jack Gonzales and ran the obstacle courses, some prepared for the Disneyland Karate tournament, while others prepared for their rank Promotion test, some did Origami and wrote their name in Japanese with Kiriko Ohata teaching Calligraphy, some had a great time with the Science Presentations of frogs, snakes, bones, and creative projects with Maridee Evangelista. Others had fun at the Children's museum, making pizza, story telling at the Book Store, repair a flat screen TV, but the games with Yvonne Tibon and Courtney Embry Were the best! Thank you for a great Camp!

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- New Satellite dojo to open with Sensei Gino in Diamond Springs, Ca. at All Star Gymnastics now open.
- 6 out of 7 Black Belts make Team USA to Canada
- Karate Demo at Stockton Buddhist Temple Aug. 1st
- Tournament Schedule for 2010
- Sensei Oshiro Weapons Seminar Schedule
- High School ready to start, you can now take Karate for PE Credit instead of Gym Class!
- Welcome new students!
- USA Grassroots Karate Camp at UOP!



## Black Belts from Tibon's Goju Ryu Fighting Arts win spots on USA National Karate team at USA National Team Trials Greenville, SC. to the XXI Pan-American Karate Championships in Montreal, Canada August 16-22, 2010

Our black belts from Tibon's Goju Ryu Fighting Arts main dojo won spots as members of the USA National Team Pool. Out of the 7 black belts who traveled to the USA Team Trials in Greenville, South Carolina 6 won a spot on the national team pool. Out of the 6 black belts 4 are traveling to Montreal, Canada. We will be having fundraiser seminars in the next several weeks. Please try to support them.

Rupertson Espinosa Jr. 2nd place 16-17 male Elite Black Belt Kumite -61 Kilos, Joane Orbon 1st place 14-15 female Elite Black Belt Kumite (fighting) +54 Kilos, Cristian Embry 2nd place 14-15 male Elite Black Belt Kumite -63 Kilos, and Michael Brian Embry 2nd place 18-20 male Elite Black Belt Kumite -68 Kilos.

Andrew Moore 2nd alternate 18-20 yr old male Elite Black Belt Kumite -78 Kilos, Courtney Embry 2nd alternate 16-17 female Elite Black Belt Kumite -59 Kilos, Mario Evangelista silver medal short weapons men's black belt division.

## Tibon's Goju Ryu Karate Demonstration August 1<sup>st</sup>, 2010 Sunday 5:30pm

Japanese Bon Odori Cultural Bazaar  
Stockton Buddhist Temple 2820 Shimizu Drive  
Stockton

Come out and support our dojo and be  
entertained by some of the top black belts in the  
USA!

Also enjoy great Japanese food and Barbecue!

# ALL STAR GYMNASTICS & CHEER

AND

## TIBON'S GOJU RYU NOW OPEN NEW DOJO IN DIAMOND SPRINGS, CA. SENSEI GINO TIBON

We are excited about our new satellite dojo that opened several weeks ago with Sensei Gino Tibon, the oldest of Sensei Tibon's sons.

Sensei Gino, a 3<sup>rd</sup> degree black belt was a member of Team USA for 7 years and was once rated the top junior 16-17yr old in the country and was asked to the USA Team Trials in Granada, Spain.

He brings a wealth of knowledge to the Diamond Springs Placerville area. Inducted into the Mexican Sports Hall of Fame 2009 for Karate he has already started about 10 students, including his three sons Dylan, Miles, and Gavin.

We look forward to the new addition of new students to join our organization from the Diamond Springs Area.



Miles Tibon  
Performing Jodan Ichi

## Sensei Oshiro Weapons Classes Now Every Other Month

If you are studying Weapons you should be attending these seminars. Sensei Oshiro is world renown as one of the foremost experts in the world. Has been teaching seminars in Japan and Europe and finally making his rounds across the country. He is coming back to Tibon's Goju Ryu Fighting Arts Main Dojo at 923 N. Yosemite in Stockton.

### Weapons Seminar for 2010

Sept. 12 Nov. 7<sup>th</sup>

## Seminars and Events

- Tibon's Goju Ryu Karate Demo Stockton Buddhist Temple Bon Odori Sunday August 1<sup>st</sup> Sunday 5:30pm 2821 Shimizu Drive Stockton
- USANKF of Northern California, USA Grassroots YOKP Karate Super Camp University of the Pacific August 6-9<sup>th</sup>, 2010. (Tokubetsu Team to this Camp) History Making!
- Junior PKF XXI Pan-American Karate Championships August 16-23, 2010 Montreal, Canada.
- West Coast Open Tacoma, Washington Oct. 2, 2010 Sensei Tibon would like to take a (Tokubetsu Team to this tournament).
- WKF Junior World Championships in Belgrade, Serbia on October 27-31, 2010.
- PKF Sr. Pan American Karate Championships Brazil August 28-Sept 4<sup>th</sup>, 2011.
- 2010 Nihon Karate do Itosu-Kai Invitational Sensei David Crockett (Tokubetsu Team to this Tournament). September 19, 2010.
- WKF Jr. Cadet World Karate Championships Maleka, Malaysia Oct.- Nov. 2011.



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## Welcome New Students - Tibon's Goju Ryu Karate Organization

**Tibon's Goju Ryu** - Dario Raygosa Luis Becerra Kiana Boykin Jeremy Jerusalem  
Cheziel Vander Staay Ariola Dietrick Vohn Hosey Anthony Garabito Isabel Guzman  
Quintin Acevedo Aiden Acevedo Isaac Rocero Michael Warren Monica Charles  
Alexander Granados **Welcome back** Lizzy Urman and Leshamus Howard

**Hiers Goju Ryu** - Cylas Riley

**Welcome Back:** Justin Vermelpfoort Starla Smith Jeriah Hicks Robby Glenn

**Stockton GymStars** - Andrew Delgado Brian Torres Cesar Torres Aiden Estrada Pamee Sapassap  
Mason Eagle Aaron Bangsoulatda

**Modesto GymStars** - - Dylan Haley Noah Herbst

**Diamond Springs Dojo** – Erik Curtaz Kayvon Mostofi Jack Pearce Justin Reid Ella Schultz  
Jake Schultz

**Welcome Back :** Dylan Tibon Miles Tibon Gavin Tibon

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### **USA Grassroots Karate Program** **A Sub-division of USANKF of Northern California, Inc.** **A non-profit 501(c) 3 public charitable organization**

The USA Grassroots Karate Program was created and developed by Sensei Gene Tibon 6<sup>th</sup> Degree Black Belt, 16 year member of the USA National Federation Technical Committee, served at the head of the Coaches Selection Committee for Team USA for 10 yrs., Class A Examiner for Black Belt Dan Testing for the National Federation member of the USA Olympic Committee 16 years, past Executive Vice President for National Federation, current President of the USA-NKF of Northern California, Inc. Regional Sports Organization for Karate past 10 years see [www.usankfnorcal.com](http://www.usankfnorcal.com) .

The USA Grassroots Karate Program a non-profit a division of USANKF of Northern California, Inc. see [www.grassrootskarate.com](http://www.grassrootskarate.com) was developed to help athletes to become the highest level of competitor in the country. Gene Tibon National Director and founder hosted past USA Grassroots Karate Camps at the US Olympic Training Center in Colorado Springs, CO. with 50 athletes. The second Grassroots Karate Camp had 100 athletes and coaches, the 2010 USA Grassroots Karate Camp to be held at the University of the Pacific Aug. 6-9, 2010 will be the largest to date with over 150 athletes and coaches from all over the United States.

The goal is to inspire and develop the Olympic attitude of 24/7/365 in their desires to succeed and achieve their goals for what ever they may be. To give these athletes and coaches tools to take to their dojos, and train their students and themselves to the highest level of developmental. To provide technical skills to succeed at the USA National Karate Team Trials if that is their dream. None the less the teach the history and training methods that will help carry traditional Japanese Okinawan Karate and Kobudo to the next generation.

Many of our advance students at Tibon's Goju Ryu Fighting Arts have participated in the USA Grassroots Karate Camp and have won spots on the United States National Karate Team. The USA Grassroots Karate has helped our athletes at Tibon's Goju Ryu Dojo like Joane Orbon and Rupertson Espinosa win a Gold medal in Santiago, Chile for Kumite, Joey Paper winning a Bronze medal in Kumite, Joane Orbon finishing in the quarter finals with best from 89 countries competing at the WKF Jr. World Championships in Rabat-Morocco in 2009 with Rupert Espinosa and Andrew Moore on the World Team. Also winning USA Team spots Brian Embry to Uruguay, Curacao, Dominican Republic, and this year winning spots to the 2010 Montreal, Canada XXI Jr. Pan-American Karate Championships with 35 countries represented are Cristian Embry, Rupert Espinosa, and Joane Orbon, with Andrew Moore and Courtney Embry making the national team pool as 2<sup>nd</sup> alternates to Montreal.

What made me want to create a USA Grassroots Karate Program, with students like Adam Tibon, Captain for USA to Marseille, France at the World Championships with Robert Lawrie and Amber Ramirez on the Team, Adam, Ronny Guzman, Aaron Silva also won spots to Greece, and Tobago Spain. Amber Ramirez a Gold and Silver Medallist Jr. World Cup in Budapest, Hungary, also to Chile and Netherlands Antilles, and Venezuela, Eliza Cabanig Women's World Cup Tokyo Japan 4<sup>th</sup> in World, Silver medal Women's Cup in Toulon, France, also a Team USA member at the US Olympic Titan Games in 2003. Eliza along with Adam Tibon, Ronny Guzman, Gino Tibon who all competed at the FISU University World Championships, in Japan, France, and Monterrey Mexico, Pan-American Karate Championships in Argentina, Venezuela, and Canada other major international Goodwill Championships. With our experience we want to pass on our way of Karate-do and impact the country as much as we can through our USA Grassroots Karate Program like we have with our own students. This is our way to give back to Karate-do.

To become a future champion you should be a part of all of the USA Grassroots Karate Program, and our Tibon's Goju Ryu advance Tokubetsu program.

WWW.GRASSROOTSKARATE.COM  
**USA GRASSROOTS  
 KARATE CAMP**

August 6-9, 2010

University of the Pacific  
 3601 Pacific Ave.  
 STOCKTON, CA

JOIN US AT THE FASTEST GROWING GRASSROOTS KARATE DEVELOPMENT PROGRAM IN THE COUNTRY!

**MAIN INSTRUCTORS**



Sensei Chuck Schweigert  
 (Referee/Rules Training)



Sensei Antonio Diaz  
 (Kata Training)



Sensei Toshi Uchiage  
 (Kata Training)



Sensei Hidehara Igaiki  
 (Kumite Training)

SPECIAL CLINIC BY  
 Escrima Master  
 Darren Tibon  
 Escrima Methods of  
 Empty Hands vs.  
 Knife & Stick Attacks.



Gene Tibon  
 National Director



For more information about Schedules and Training Camps contact:

USANK of Northern California, Inc.  
 923 N. Yosemite St., Stockton, Ca. 95203 • Phone: (209) 465-0943  
 USANK of Northern California, Inc. a non-profit 501(c)3 organization sports Organization

**USA Grassroots Karate Camp**  
 University of the Pacific  
 August 6-9, 2010

## Sensei's Corner

### What is Kihon?

Kihon, which means “basics” or “rudiments,” is made up of two characters. Ki means “foundation” or “root.” At the bottom of the ideogram is the radical tsuchi, which means “earth.” Hon means “base” or “at the foot of.” It is made up of the ideogram for “tree” with a dash at its bottom indicating its base. The two characters repeat a single, basic idea. This redundancy is an indication of the importance Japanese place on mastering the basic knowledge and skills of a discipline.

Japanese educators have traditionally believed that only by thoroughly mastering the basics can a student develop the skills and knowledge necessary to move on to more sophisticated, creative levels of a discipline. It is therefore not surprising that a traditional Japanese martial art such as karate also stresses the importance of basics. Like the two characters that make up kihon, basics in karate also work from the ground up. The foundation of all karate techniques lies in the way in which one stands. Karate stances are designed to teach students to fully utilize the lower torso in both training and actual combat. The difficult stances strengthen the legs and hips, and by mastering them you can generate more power in your kicks and punches.

In fact, not so long ago a beginning student of karate would not be allowed to practice anything but a handful of stances. All karate stances can be painfully tiring when held over a prolonged period of time, and the student had to learn to endure this pain and exhaustion before going on to further study. These period sometimes lasted weeks, even months, after which the student devoted an equally long period to just walking back and forth. Only after mastering standing and walking was a student taught to block, punch, and kick. As you can imagine, this curriculum tested the student's patience to the extreme, Instructors felt this developed character and at the same time weeded out those lacking the mettle to succeed in karate.

In recent years, especially in the West, there has been less emphasis placed on basics. Certainly it would be difficult for a proprietor of a karate school in today's fast-paced society to attract or retain new students if all they were taught for the first few months were standing and walking. However, just as building cannot stand without the proper foundation, and as a tree falls over without its roots, advanced karate techniques cannot be mastered without mastering these basics first. As you are taught a variety of techniques, therefore, you should constantly keep up your practice of your stances and footwork—your kihon, or base.



## **Fundraiser Seminars For Our Tibon's Goju Ryu Fighting Arts Team USA Students**

Parents as you know or may not know that when you make the USA National Karate Team the athletes still needs to pay for their own Way to the competition and their hotel cost. We will be having our Annual Fundraiser Seminars to help raise money for our athletes.

The seminars will be taught by the Team USA Black Belts, who are Current instructors in our Karate Program now. They are rated the Best in the country in their respective black belt weights and age. So Our students our in great hands while learning Karate on a day to day Basis. We would like to support our black belts with giving lessons To our students who need that extra class to help them with their Promotion requirements, to sparring drills, new katas, and weapons.

If you know any person or business that would like to make a donation to the athletes who will be representing the United States with 35 Countries best athletes from north and South America would be great.

Our Black Belts who will be traveling to Montreal, Canada for the XXI Jr. Pan-American Karate Championships are the following:

**Michael Brian Embry** 2nd place 18-20 male Elite Black Belt Kumite -68 Kilos.

**Joane Orbon** 1st place 14-15 female Elite Black Belt Kumite +54 Kilos

**Rupertson Espinosa Jr.** 2nd place 16-17 male Elite Black Belt Kumite -61 Kilos,

**Joane Orbon** 1st place 14-15 female Elite Black Belt Kumite +54 Kilos,

**Cristian Embry** 2nd place 14-15 male Elite Black Belt Kumite -63 Kilos,

### **Fundraiser Seminars**

**Make Checks Payable to Athletes Going to Canada!  
Seminars at the Main Dojo (923 N. Yosemite St.)**

**August 1<sup>st</sup>, 2010 Sunday 9:00a-10: 15am** Jodan Ich, Ni, and San White, Yellow, and Orange Belts **\$40 per person.**

### **DOJO REMINDERS**

**Please make sure you pick up your child on time.**

- All tuition payments are due by the 10<sup>th</sup> of each month – NO EXCEPTIONS. A late charge of \$15.00 will apply; a return check charge of \$20.00 will apply.
- Sensei Oshiro continues to give Kobudo instruction here at the Dojo. Students should take advantage of being taught by one of the foremost weapons instructors in the world. Only \$25 per class plus you must provide your own weapons.
- Per the Goju Ryu Uchiage Kai rules, there will no longer be any rank skipping, unless you pay for each level of the test. This may seem rather harsh, but traditional training makes the student wait at least six months between each level to properly be prepared for the test. This is based on a two days per week program.
- The Brown Belt Kyu tests are one year apart, and 100 assisted classes minimum are due before each promotion. A requirement of 300 assisted classes by the brown belt must be logged before allowing testing for Black Belt candidate. Also have to be registered with Goju Ryu Uchiage Kai membership three years consecutive before allowed to test.
- Private lessons MUST be prepaid, or they will be cancelled. We are sorry to announce this, but lately we have had an abundance of no-shows, or last minute cancellations. There are no refunds on these types of issues.
- We still have had complaints about people parking in the street waiting to pick up their children. Please pull into a parking spot, circle the block, or park in the rear of the school so this does not create unsafe conditions while picking up your child. Thank you!
- Please see Yvonne about any make-up classes you need to schedule. She is always happy to help you! Please Note: Four classes equal one half month which is \$65. Any classes over four is equal to a full month or \$75.
- All Dojo Information see [www.tibonkarate.com](http://www.tibonkarate.com)

Special Announcement! Please look for all of the great products that we are selling on our website under "Links and Products" "Products" will now feature the famous "Monavie" health drink with "Acai Berry" and **19 other power fruits. This may well be the healthiest drink on the planet.**

**August 1<sup>st</sup> Sunday 10:30a-11:45am** Kihon Ido, Sanchin, Tensho for Orange belts and above **\$40 per person**

**August 1<sup>st</sup> Sunday 12:00n –1:15pm** Black Belt Kata Anan Green Belt and above **\$40 per person**

**August 1<sup>st</sup> Sunday 1:30p – 2:45pm** Kumite Clinic Bring your fight Gear Purple Belt and below **\$40 per person.**

**August 1<sup>st</sup> Sunday 3:00p-4:15pm** Kumite Clinic Bring your fight Gear Green Belt and above **\$40 per person**



## **Tibon's Goju Ryu America's New Revised Finest Program Started December 1, 2009**

This is a new program Sensei Gene Tibon has dedicated to the Law Enforcement Officers of Stockton, Lodi, Manteca, Lathrop, Tracy, Dept. of Corrections, Parole Agents, Fire Fighters, EMT's, and our active Military.

When an Officer, Fire Fighter, or Military Personnel is able to show us an I.D. or a badge **Tibon's Goju Ryu Karate School** will give them **FREE LESSONS** in our adult class, if they have their children signed up in our regular program. This is our way to say thank you for these **Public Safety Officers, First Responders, and our Military Soldiers** who put their lives on the line each day to protect the families of our dojos.

If you have any of the above in your family and they are interested in taking classes, please have them call Sensei Tibon or Yvonne Tibon at the main dojo at (209) 465-0943.

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**Our Military Kids, Inc.**  
Have Supported Athletes Who have Trained At  
**Tibon's Goju Ryu Fighting Arts Karate Organization**  
For Special Military Kids Grants  
For Children of Military Parents who have been called to Active Duty

Tibon's Goju Ryu is proud to instruct the young children of parents who have been called to active duty and deployed while being a Reserve or National Guard military parent.

If a member of your family qualifies for this grant contact **"Our Military Kids, Inc."** at **(703)734-6654**.



**Attention Parents!**  
**New T&T Dragons Program**  
**Tiny & Tough 2-5 yr old Pre Karate Program is**  
**Well on It's Way! We Still Have Room in Classes!**

Behavioral development for young students entering into Karate program, Pre-school program, helps with sibling interaction, physical development, discipline, patience, respect, responsibility, listening skills

Call to reserve your child's place now at 465-0943 list is already filling up!







**Tibon's Goju Ryu Fighting Arts Karate Studio**  
**Approved as a Physical Education Alternative for**  
**St. Mary's High School & Lincoln High School**

**Most all Stockton Unified School District High Schools accept Tibon's Goju Ryu Karate Program as a Physical Education alternative, just check in with your Counselor.**

## **Connecting Waters Charter School**

Connecting Waters is Fully Accredited by the Schools Commission  
of the Western Association of Schools and Colleges (WASC)



We have many students in the Connecting Waters Charter Schools that come to Tibon's Goju Ryu Fighting Arts Programs for their physical education requirements. If you have questions about our program and how to qualify through Connection Waters Charter Schools just call our main Karate school at (209) 465-0943.

**Stockton Collegiate International Schools**  
public charters for Kindergarten through 12th grade

**Stockton Collegiate Int'l Schools**  
**P.O. Box 4266**  
**Stockton, CA 95204**  
**USA**

**[info@stocktoncollegiate.org](mailto:info@stocktoncollegiate.org)**

**Phone: 209-210-7843**

**Fax: 209-464-7108**

# August

| <i>Sun</i>  | <i>Mon</i>   | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i>  | <i>Sat</i>   |
|---|--|------------|------------|------------|---|--|
| <b>1</b><br>Tibon's Karate<br>Demo Obon Festival<br>2820 Shimizu Dr.<br>5:30:pm<br><br>Fundraiser Seminars<br>9am – 4:15pm for<br>Canada athletes | <b>2</b><br>Weapons 7:30-9p  | <b>3</b>   | <b>4</b>   | <b>5</b>   | <b>6</b><br>Weapons 7-8:30<br>Mighty Mites<br>4:30 – 5:30p<br><br>1 <sup>st</sup> Day Check In<br>USA Grassroots<br>Karate Camp UOP | <b>7</b><br>930-10 TNT<br>10:00-12:00 Mighty<br>Mite<br>No Tokubetsu!<br>Everybody at<br>Grassroots Karate<br>Camp<br>5:30am-9:30pm  |
| <b>8</b><br>Dojo Closed<br><br>USA Grassroots<br>Karate Camp UOP<br>5:00am-9:30pm   | <b>9</b><br>Weapons 7:30-9p<br><br>USA Grassroots<br>Karate Camp<br>over!<br>Makalah Ente<br>B.D.! | <b>10</b>  | <b>11</b>  | <b>12</b>  | <b>13</b><br>Mighty Mites 4:30-<br>5:30p<br>Promotion Ceremony<br>White/yell 7:15<br>Color Belts 8:15p<br><br>No Weapons            | <b>14</b><br>930-10 TNT<br>Mighty Mites 10-12<br><br>Promotion Testing<br>12:15 white/yellow<br>2:30p – color belts<br>Tokubetsu 5-7 |
| <b>15</b><br><br>USA Team Packing<br>for Montreal,<br>Canada Pan-<br>American Karate<br>Championships   | <b>16</b><br>Weapons 7:30-9p   | <b>17</b>  | <b>18</b>  | <b>19</b>  | <b>20</b><br><br>Mighty Mites<br>4:30 – 5:30p<br>Weapons 7-8:30p  | <b>21</b><br>930-10 TNT<br>Mighty Mites 10-12<br><br>Tokubetsu 5-7   |
| <b>22</b><br>USA Team<br>competing Montreal,<br>Canada Pan-<br>American Karate<br>Championships   | <b>23</b><br>Weapons 730-9pm   | <b>24</b>  | <b>25</b>  | <b>26</b>  | <b>27</b><br><br>Mighty Mites 4:30-<br>5:30p<br>Weapons 7-8:30p   | <b>28</b><br>930-10 TNT<br>10:00-12:00 Mighty<br><br>Tokubetsu 5-7   |
| <b>29</b><br>Tibon Twins Turn<br>1yr old!   | <b>30</b><br>Weapons 730-9pm   | <b>31</b>  |            |            |   |  |

2010