

# May

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

			Please Make Up Your Classes Early in the Month!			<b>30</b> Mighty Mites 11-12n 12n-1:30p Color Belts No Tokubetsu All in LA for Yamazaki Tournament
<b>1</b> No Tokubetsu 2 All in LA competing Yamazaki Karate Tournament	<b>2</b> Weapons 7:30-9p	<b>3</b>	<b>4</b> Please Make Up Your Classes Early in the Month!	<b>5</b>	<b>6</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>7</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p  Sensei Tibon Kata Seminar Sepai 2-4p
<b>8</b> No Tokubetsu-2 	<b>9</b> Weapons 7:30-9p	<b>10</b>	<b>11</b> Please Make Up Your Classes Early in the Month!	<b>12</b>	<b>13</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>14</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p  Sensei Tibon Kata Seminar Kururunfa 2-4
<b>15</b> Tokubetsu 2 9-11a	<b>16</b> Weapons 7:30-9p	<b>17</b>	<b>18</b> Please Make Up Your Classes Early in the Month!	<b>19</b>	<b>20</b> Mighty Mites 4:30-5:30p Advance 5:30-7p No Weapons Promotion Ceremony White/yellow 7:15p Orange & up 8:15p	<b>21</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p  Promotion Testing 2pm White & Yellow, Orange and Up Combined testing!
<b>22</b> Tokubetsu 2 9-11a	<b>23</b> Weapons 7:30-9p	<b>24</b>	<b>25</b> Please Make Up Your Classes Early in the Month!	<b>26</b>	<b>27</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>28</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p
<b>29</b> Tokubetsu 2 9-11a	<b>30</b> Dojo Closed Memorial Day	<b>31</b>				



2016



# Tibon's Goju Gazette



www.tibonkarate.com

May 2016

## Tournaments & Events This Year

49<sup>th</sup> Annual Japan Karate-do Ryobu-kai Tournament  
Sunday May 1, 2016 Santa Ana, Ca.  
Saddleback High School  
Tournament website [www.karatesocal.com](http://www.karatesocal.com)

Grassroots Karate Workshops June 5<sup>th</sup> Twin Arbors  
For world class training with world class Sensei's open  
To all Tibon's Karate students Blue belt and above.

International Traditional Karate-do Championships  
July 22-24, 2016 Tournament Seminar. Soka University  
Costa Mesa Hilton Pre-register by July 14<sup>th</sup>, 2016  
[Dentokaratetournament.com](http://Dentokaratetournament.com)

Tibon's Goju Ryu 32nd Annual Winter IN HOUSE Karate  
Championships December 2016 Lincoln High School and  
Advance Seminar and Black Belt Testing.

## Welcome New Students Tibon's Goju Ryu Organization

Caroline Chavez Charles Chavez Julia Mills  
Aliyah Barlow Eric Brannum Joseph Soto  
Arianna Flores

### Welcome Back:

Look Who Showed up to the Black Belt Banquet for a  
Surprise Visit Directly from the Hospital  
Yeah Zoe Harrison!



Welcome Home Zoe!



Black Belt banquet ceremony was held in April 17<sup>th</sup> at the Oriental Chef Chinese Restaurant for some great food, and a great time with all of the families of the black belts.

6th Degree Sensei Gene Tibon President Western States Goju Ryu Uchiage Kai, 4<sup>th</sup> Degree Sensei Chris Hiers, 1st degree Saul Gomez, 1st degree Elijah Infante, 1st degree Noah Helsby, 2nd degree Asa Thurston, 1st degree Julian Sepulveda, 1st degree Adam Jumaoas, 2nd degree Blake Thurston, 1st degree Ronald "Jacob" Ruiz, 2nd degree Joane Orbon, 2nd degree Aleesa Ohata, 1st degree Michelle Cook, 1st degree Annabelle Rankin, 1st degree Teagan Pacheco, 1st degree Sam Kirkland, and 1st degree Lilia Frank.

We want to thank Sensei Justin Love for providing the sound system for the event. Also a special thank you to the Gong Family, the owners of the Oriental Chef Chinese Restaurant for your outstanding food, and wonderful customer service to help make this a great event.



## Karate Training & Competition Fundraiser GoFundMe for Joane Orbon

<https://www.gofundme.com/ufztbjk4>



**Hello Everyone,**

**My name is Joane Orbon and I am a United States Karate Athlete looking for any kind of assistance or sponsors to help me achieve my dream of being an Olympian at the 2020 Olympic Games. This July, karate will be going in for the final vote of making it into the Olympics.**

**Exposure to international training and competitions are crucial at this time, so my family and I ask to take a few minutes of your time to view my upcoming videos and spread the word of my hopeful Olympic journey. I have been a United States National Team Member since 2008, a 9x National Champion, 3x Pan American Gold Medalist, and 2x Pan American Bronze Medalist.**

**Any kind of donation will help!**

<https://www.gofundme.com/ufztbjk4>

**Thank you,  
Joane Orbon**

# Zoë Harrison

Zoë's been out of the hospital since Thursday. She is doing great. We have follow up appointments scheduled in the next few weeks and another full MRI at the ... [Cheila Rosencrans](#)

## GoFundMe Fundraiser for Zoe Harrison Please Support



**So Far Raised \$2,785 of \$3,000**

**Raised by 48 people in 20 days**

Now Share

[https://www.gofundme.com/zgwj28f8?pc=expt\\_em\\_co\\_shareflow\\_m\\_91\\_2&rcid=723350faf63b11e587d4bc764e049a64](https://www.gofundme.com/zgwj28f8?pc=expt_em_co_shareflow_m_91_2&rcid=723350faf63b11e587d4bc764e049a64)

**Thank you to everybody for supporting our Zoe with your prayers and donations!**

**Sensei Gene Tibon 6<sup>th</sup> Dan Teaching Black Belt Kata Seminars**  
**Chief Instructor Tibon's Goju Ryu Fighting Arts**  
**President Western United States Goju Ryu Uchiage Kai & Uchiage Kai Class A Examiner**  
**Past Chairman USA National Karate Federation Technical Committee for Goju Ryu**  
**Past Technical Dan Certification Committee**

**These Seminars for Green Belt 3 Stripe Level and above only!**

**Seipai 6<sup>th</sup> Degree Black Belt Kata \$40 per person 2p – 4p May 7<sup>th</sup> Saturday**

**Seipai** (“Eighteen Hands”) is derived from  $6 \times 3 =$  the 6 represents color, voice, taste, smell, touch, and justice the same as the second 6 of Sanseru.

The 3 represent good, bad, and peace.

\*\*Please note that this may not be the ‘exact’ theory of how Seipai was created. There are numerous different theories and this is one suggestion out of many.

The name Seipai originates is from ‘18 (Seipai) Rakan-Te’. The kata consists of 18 basic hand techniques of the 18 Rakan-Ken of Nan-Pa (Ha) Shorin-Ken. It is the 18 hands of basics from Tsuki, Keri and Uke (punch, kick and block). Rakan is a saint whose worldly passions attain a higher perception of life. Gautama (Sakyamuni) appointed the names of 18 saints and they reached the stage of Arakan.

After Seipai, Sanseiru ( 36 hands) and Suparimpei (108 hands) were created. The two katas were created as a reverse, opposite and throw technique variations of Seipai. This is why the numbers of Sanseiru and Suparimpei are multiples of 18. It is interesting that in Japanese, 18-ban (read as ‘Ohako’) can mean favorite and Seipai was Sensei’s Miyagi’s favorite Kata. Seipai includes ‘Gyaku-Waza’ and ‘Nage-Waza’ with sekkin-sen (close distance fighting). Seipai has particular Goju movements called ‘En’ which means that all the movements are circular. Seipai has a variety of ‘Atemi-Waza’, ‘Gyaku-Waza’ and ‘Nage-Waza’. There is a good balance of techniques and energetic motion, and therefore it is a difficult kata to perform.

**Kururunfa 7-8<sup>th</sup> Degree Black Belt Kata \$40.00 per person 2p -4pm May 14<sup>th</sup> Saturday**

**Kururunfa** (“To Destroy with Ancient Mantis Techniques”) This kata is very quick kata. It is characterized by very fast movements of the hands (mostly open-hand techniques), feet and hips. For this reason, and because of its perfectly balanced combination of go and ju techniques, it is a very important kata in Goju Ryu. The very essence of Goju Ryu is displayed in perfect harmony within this kata. Sabaki is a key feature in this kata. There are three main kinds: moving to the side, zigzag sabaki, and twisting of the hips. All are performed with great speed and agility. Low stances such as neko ashi dachi and long zen kutsu dachi are emphasized when moving.

**Please see sign-up sheet on Main Dojo Front Counter**

**Please secure your seminar space by prepay for seminar.**

**You can call dojo to secure your place with credit card over phone or in person.**

**Prepare for a great summer of competition!**

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**Let's make 2016 our best year yet!**



## Tibon's Goju-Ryu Fighting Arts



**Students and Parents here is great opportunity for your family and friends to join. Pass the word!**

### Choose from Three Options

\$25 for one month of classes (a \$165 total value)

1-time registration  
1 month of classes

\$45 for two months of classes (a \$285 total value)

1-time registration  
2 months of classes  
form

\$55 for three months of classes (a \$375 total value)

1-time registration  
3 months of classes  
form

**Go is Japanese for hard, *ju* means soft, and the phrase *goju ryu* refers to a type of karate, pioneered in 1930, that uses both types of movements. "Hard" generally refers to closed-hand attacks. "Soft" generally describes open-handed and circular motions used in defense or grappling. He estimates that he's trained hundreds of athletes who went on to win national and international competitions. He also lent his martial arts and instruction skills to an array of outreach organizations. On the mat at one of his studio's multiple locations, however, Sensei Tibon directs his focus completely to the lesson at hand, which can be anything from a weapons class or beginner classes for kids aged 4 to 12, teens, and adults. Promotional value expires 90 days after purchase. Amount paid never expires. Not valid for clients active within the last 12 months. Must sign waiver. Subject to availability. Limit 1 per person, may buy 1 additional as a gift. Valid only for option purchased. All goods or services must be used by the same person. Uniform not included with the 1 month option. Valid only at listed location. Merchant is solely responsible to purchasers for the care and quality of the advertised goods and services.**

