

September

Tue

Wed

Thu

Fri

Sat

1

2

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

3

Mighty Mites 11-12n
12n-1:30p Color Belts
No Tokubetsu 5-7p
Labor Day Weekend!



4

No Tokubetsu-2
Labor Day Weekend



5

No Weapons
Closed Labor Day!
Labor Day



6

7

Please Make Up
Your Classes Early
in the Month!

8

9

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

10

Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu 5-7p

11

Tokubetsu-2 9-11a

12

Weapons 7:30-9p

13

14

Please Make Up
Your Classes Early
in the Month!

15

16

No Mighty Mites
No Advance
No Weapons
Dojo Closed!
Karate Boosters
Camping Trip!



17

No Mighty Mites
No Color Belts
Tokubetsu No Class
Dojo Closed!
Karate Boosters
Camping Trip!



18

Tokubetsu 2 No class
Dojo Closed
Karate Boosters
Camping Trip!



19

Weapons 7:30-9p

20

21

Please Make Up
Your Classes Early
in the Month!

22

23

Mighty Mites 4:30-5:30p
Advance 5:30-7:p
No Weapons
Combined Promotion
Ceremony
White/yellow and
Orange & up all
7:15pm

24

Mighty Mites 11-12n
Color Belts 12n – 1:30p
Tokubetsu 5-7p

Promotion Testing 2pm
White & Yellow, Orange
and Up Combined testing!

25

Tokubetsu 2 9-11a



Zoe Harrison Welcome
Back Birthday Party
Potluck Gathering Dojo!
All Welcome! 1-4p

26

Weapons 7:30-9p

27

28

Please Make Up
Your Classes Early
in the Month!

29

30

Mighty Mites 4:30-5:30p
Advance 5:30-7p
Weapons 7-8:30p

2016



Tibon's Goju Gazette

www.tibonkarate.com

September 2016

Tournaments & Events This Year

West Coast Open Martial Arts Championships Sunday
October 16, 2016 Pierce College Gymnasium Lakewood,
Washington register on www.karate1master.com

Tibon's Goju Ryu 32nd Annual Winter IN HOUSE Karate
Championships December 4, 2016 Lincoln High School and
Advance Seminar and Black Belt Testing Dec. 3rd Saturday

Welcome New Students Tibon's Goju Ryu Organization

Emiliano Zapato Peter Esqueda Santiago Nuno
Sydney Tran Xamir Walker Barry Armstrong
Bryan Armstrong Micah Quintana Ryder Dacanay
Maina Suapaia Logan Page Davis Ryan Hansen
Ricky O'Boyle Tommy O'Boyle

Welcome Back: Tyler Smeenk Corey Smeenk



Sensei Justin Love brick breaking demo at Obon

Tibon's Goju Ryu Fighting Arts Demo Team



Tibon's Goju Ryu Fighting Arts Black Belts and Leadership Demo
team performing at the Japanese Obon Festival Buddhist Church
on stage in front of 500 plus spectators for a great
demonstration. Next demo will be at the Church of
Annunciation Winter Fall Festival October 8th at 2:00p and
Carson Community Church October 22nd 12:00n

**California State Championships – Jim Eagan Cup
Hyatt Regency Anaheim, CA August 20 & 21, 2016**



**Our Tibon's Goju Ryu Fighting Arts Tokubetsu Karate Travelling Team! Sensei Asa Thurston and Sensei Jacob Ruiz fight in Black Belt non-elite Kumite finals on Sunday at the Hyatt Regency in Anaheim, Ca
California State Championships – Jim Eagan Cup**

California State Championships – Jim Eagan Cup Continued

This last weekend members of Tibon's Goju Ryu Fighting Arts Karate Studio travelled to Anaheim, Ca this last weekend, and competed at the **California State Championships – Jim Eagan Cup** at the Hyatt Regency in Anaheim. The results are as follows:

Noah Helsby 1st place elite national level 12-13 yr. old black belt kumite(fighting), 2nd place elite national level 12-13 yr. old black belt Kata(forms), 1st place 12-13 yr. old advance weapons, 3rd place non-elite advance Kumite, 3rd place non-elite Kata.

Asa Thurston 1st place 18-34 men's black belt Kobudo, 2nd place elite national level kata 18-34, 2nd place 18-34 men's non-elite black belt kumite, and 3rd place 18-34 non-elite black belt Kata.

Arin Helsby 1st place girls non-elite 10-11 yr. old Kumite, 2nd place advance weapons, and 3rd place girls non-elite 10-11 yr. old Kata.

Jacob Ruiz 1st place men's 18-34 non-elite black belt Kumite

Cayla Gapuson 2nd place girl's 12-13 yr. old elite national level black belt kata Elite, 2nd place girl's 16-17 yr. old elite national level black belt kumite.

Samson Helsby 1st place boys 6 & under Beg/Novice non-elite Kumite, and 2nd place boy's non-elite Kata.

Cash Gapuson 1st place boy's non-elite Novice 7-9 yr. old Kumite

Daniel Inman 1st place 7-9 yr. old advance non- elite Kumite, and 3rd place 7-9 yr. old intermediate non-elite Kata.

Christopher Inman 3rd place 12-13 yr. old advance non-elite Kata and 3rd place 12-13 yr. old non-elite Kumite.

Ethan Fong 2nd place 10-11 yr. old intermediate non-elite Kata, and 3rd place 10-11 yr. old intermediate non-elite Kumite.



Stockton karate star has fighting chance in Olympics

By **Bob Highfill**
Record Staff Writer



- STOCKTON — When karate was added to the 2020 Summer Olympics in Tokyo, no two people probably were more pleased than Stockton's Gene Tibon and Joane Orbon.

Tibon, 61, has devoted his life to the martial art as a coach, instructor and advocate, and Orbon, 21, has dedicated her life to the sport as a competitor and mentor to younger fighters.

Earlier this month, the International Olympic Committee agreed to add karate, baseball/softball, skateboard, sports climbing and surfing to the program in Tokyo. Karate had fallen shy in IOC voting several times in the past, so Tibon was ecstatic when it was added.

"I was overwhelmed," he said. "It was incredible because we have kids on the junior and senior national teams."

Orbon has trained since she was 7 years old at Tibon's Goju Ryu Fighting Arts dojo on Yosemite Street in Stockton. She has competed on the U.S. junior and national teams and is ranked No. 1 nationwide in the minus-61 kilogram division.

Orbon earned a spot on the U.S. junior national team when she was 13 and has been on the U.S. senior national team since age 18. She is a 10-time national champion, a three-time Pan-American gold medalist and a two-time Pan-American bronze medalist. In July, Orbon won the U.S. national championship.

The graduate of Bear Creek High has dreamt of representing the United States as an Olympian for many years. Now, the opportunity finally is a reality.

"I was sure that karate would be accepted into the next Olympic Games," Orbon said in an email to The Record, as she currently is training in Indonesia. "Karate is a great sport demonstrating pure athleticism, performance, and discipline, and it's been long due for recognition. But my initial

reaction was relief, relieved that the wait was finally over, not only for myself, but for millions of karate practitioners around the world."

Recently, Orbon decided to leave her friends and family behind and put her schooling at Delta College on hold so she could live, train and compete overseas.

"I've decided to commit myself into being a full-time athlete until the Olympic Games," Orbon said. "I hope to gain as much experience as I can by competing and living abroad in Asia and Europe."

By living overseas, Orbon will be closer to the top competitive tournaments in the world, which will cut down on her travel expenses. She must compete in the top tournaments to earn enough points to rank among the top 8 in her division worldwide to qualify for Tokyo. Orbon stays with friends she's made over her career and right now is splitting her time between Indonesia and the Philippines.

Orbon currently does not receive financial assistance from the national federation or major corporate sponsors. She has received support from her parents, who are not independently wealthy, as well as local donations, fundraising and from occasional work as an interpreter and English instructor. Orbon has a GoFundMe account and hopes to attract more donors through word of mouth.

"I want to be the best athlete I can by the time of the selection for the Games," she said. "The only way to ensure I am fully prepared is to continue to train and compete at a professional level around the world for the next few years."

Orbon said she communicates regularly with her family, but she misses them.

"I decided to leave home to be able to chase after my dreams and happiness," Orbon said. "So, my family supports that and know I am fully committed to make my success."

Orbon will return to the U.S. in December and train for the U.S. Team Trials for the Pan-American Championships. Then, she hopes to compete at the Paris Open and the U.S. Open.

Said Orbon: "I hope to find enough support to be able to compete in the World Karate Federation's Premier League next year."

— Contact reporter Bob Highfill at (209) 546-8282 or bhighfill@recordnet.com. Follow him at recordnet.com/sportsblog and on Twitter @bobhighfill.



**Tibon's Goju Ryu Karate
32nd Annual
Winter IN HOUSE Karate Championships
Lincoln High School Gymnasium
6844 Alexandria Pl, Stockton
December 4th, 2016 Sunday**



**Spectator option – Can Food Drive 1 –Canned Turkey or Canned Ham Adult Admission or
10 – Can Foods for Adult and 5 – Cans for Child Admission
to help the needy in the Stockton Community**

Register ON LINE Soon at: www.karateTmaster.com

**Be a part of the “Kick for the Cure” Fundraiser for our Zoe Harrison Brain Tumor
Treatment and Support!**

**Purchase a Grey Belt representing Brain Cancer - Brain Tumor Awareness
and Competition Team Fundraiser Kick-a-thon during our event!**

Get your pledge sheets early!



Zoe Harrison Potluck Birthday & Homecoming Party

Welcome Back from St. Jude's Children's Hospital in Tennessee

September 25th Sunday 1p – 4pm

**Please come and celebrate her return at
Tibon Goju Ryu Fighting Arts Karate School
923 N. Yosemite St.**

**We will be having Potluck Luncheon and Birthday Party Celebrating Zoe's Spirit and
Determination to come through, and beat her medical condition with the strength of
a real child warrior**

Please Bring a Dish in category of your last name first letter:

A – H, Side Dish

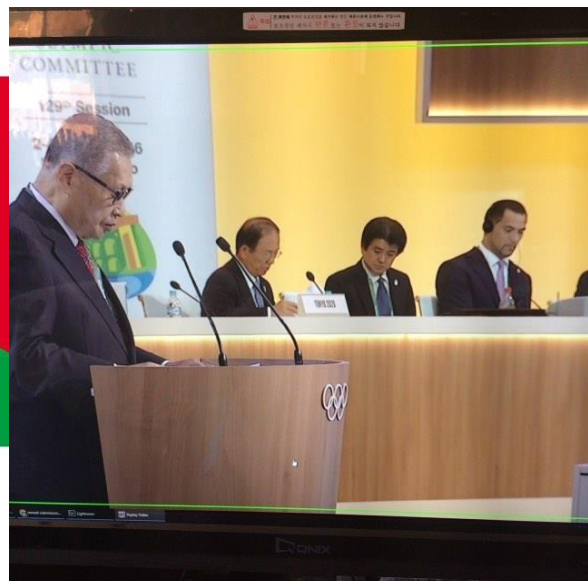
I – P, Salad

Q – Z, Main Dish



**Tokubetsu Competition Class At Main Tibon's Goju Ryu Dojo
To Intensify For USA Team Trials
Announcement at the Rio Summer Olympic Games Karate for the First Time
Tokyo 2020 Summer Olympic Games
The Preparation Starts Now!**

**Tokubetsu Saturday Class to be taught by Sensei Gene Tibon and Cristian Embry
Saturdays 5p – 7pm and on Sunday Tokubetsu 2 is 9am – 11am
This Class is for the serious competition development athletes committed to traveling
USA Team Trials and USA Nationals in 2017 in Salt Lake City, Utah is
Drivable and we are taking a large team next year! Those interested must start their training in
the Tokubetsu program so you are prepared to compete with the best in the country**



Karate Announcement at Rio Summer Games will Officially be in 2020 Tokyo Summer Olympic Games

Incredible New Product
For More Information Contact Sensei Tibon or Mrs. Tibon
At Main Dojo (209) 465-0943
Watch Investigative Link: abcliveit.com - ABC investigative report

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NRF1 + NRF2 DUAL SYNERGIZER™

AGE IS MORE THAN A STATE OF MIND

Protandim Nrf2 & NRF1 Synergizers use ingredients to reduce oxidative stress and support mitochondria production to fight the effects of aging, and increase health at the cellular level.

PROTANDIM—HEALTH THROUGH NUTRIGENOMICS

LifeVantage uses nutrition to improve gene expression for a happier, healthier life. We call it nutrigenomics, and it's changing everything.

TURN BACK THE CELLULAR CLOCK

Our vision for reversing the effects of aging was simple: combat oxidative stress at the cellular level. Stronger, healthier cells for a healthier life. And our Protandim Nrf2 Synergizer delivered. In fact, it's the only supplement proven in a clinical study to reduce oxidative stress in humans by an average of 40 percent in 30 days.

MIGHTY MITOCHONDRIA

Less energy, more aches, wrinkles, and all that extra time it takes you to get out of bed in the morning. These are telltale signs of aging due to a breakdown in mitochondria production. Mitochondria are

the powerhouses of your cells. They make ATP (Adenosine Triphosphate)—the fuel that pumps your heart, supports muscle growth and encourages healthy brain function. As your mitochondria decay, you lose ATP and the source of 95% of your body's energy goes down the drain.

EVERY ENGINE NEEDS THE RIGHT FUEL

When you create more mitochondria and increase ATP levels, you end up with more youthful cells—without the questionable life choices. And now you can take on aging with two revolutionary Protandim products.

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