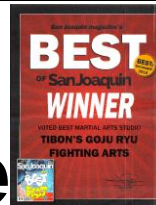




# Tibon's Goju Gazette



www.tibonkarate.com

June 2020

## Tournaments & Events This Year

CANCELLED DUE TO COVID-19 IS SAFE - Karate Camping Trip hosted by Tibon's Goju Ryu and USANKF Of Northern California, Inc. regional sports organization non-Profit 501(c)3, USA Grassroots Karate Program Camp Richardson South Shore, Lake Tahoe

CANCELLED TO COVID 19 USA Karate Nationals and USA Team Trials July 9-12th, 2020 in Spokane, Washington.

Tibon's Goju Ryu 36<sup>th</sup> Annual IN-HOUSE Winter Tournament Being Scheduled for December 2020, and Black Belt Testing Exam. TBA!

Welcome New Students  
Tibon's Goju Ryu Organization



### Promotion Testing!

June 2020 Promotion Ceremony 7:15p Friday - TBA  
Saturday June 2020 Promotion Testing 2:15pm - TBA  
White & Yellow, Orange and Up Combined testing!  
Start checking in 2pm - Need Leadership for Testing Saturday!



Annual Tibon's Karate and USA Grassroots Karate  
Camping Trip South Shore Lake Tahoe

Rescheduled to July 1-4, 2021  
Due to COVID-19

Camp Richardson Lake Tahoe

All Deposits have been moved to next year  
To secure location, due to most popular  
Weekend of the year!

We only have enough camp sites for 108  
Students and parents. Get on the list early  
So, we can finalize our list early.

California Gavin Newsom Continues State Required  
SHELTER IN Still in Place!

Tibon's Goju Ryu Fighting Arts Organization  
Hope to Reopen Dojo June 15th

When Governor Lifts the SHELTER IN Mandate  
We will Open the Next Day With our Handwashing  
Stations, Temperature Entry Process, and Facemasks  
for Lobby Sitting for Continued Safety at the Main Dojo

Our Other Satellite Will Have Similar Safety Process  
for

Continued Goju Ryu Karate Training Sensei Tibon Has  
Many of Our Top Black Belts help set up  
Virtual Karate Classes on Facebook  
Please Request Friend Status on "Tibon's Goju Ryu  
Karate Virtual Class"

Facebook Page, and YouTube Page



New Tibon's Goju Ryu Face Mask will be provided to our  
instructor staff employees.

Many parents and students have requested to purchase. These are  
hand custom made and sent in for Japanese Kanji Screening.  
They take awhile but are worth the wait. **They are \$15 a piece  
and going fast** I have already taken orders for 60 masks just in  
one day that are ear marked for those orders. They are hand  
washable in warm water 3 ply cotton mask. If you are interested  
and have not already place an order with me, please contact me so  
I can setup a 3<sup>rd</sup> order.

Thank you, Sensei Gene Tibon 8<sup>th</sup> Dan

## Tibon's Goju Ryu Karate Zoom Virtual Class Link to Facebook Page YouTube Training

I've loaded the classes on a new private Facebook page for just our students in our organization. Please notify your students who have P.O.'s for our karate program to go to "**Tibon's Goju Ryu Karate Virtual Class**" **Facebook page, and YouTube Private Group**. Request friend so we can accept them so they can participate in the Virtual Karate Classes. I'm proud to say that students from **Tibon's Goju Ryu, Hiers Goju Ryu, Stockton GymStars, Modesto GymStars, and United Bay Area Karate Club** have all joined the Tibon's Goju Ryu Karate Virtual Class Facebook page. We look forward to all our active students' parents **send in their friend request** so you can be on board with your continued work towards your promotion testing requirements. **We have 24 videos loaded for each of your levels**. It would take the average student 4-5 years to learn all the information on these videos.

<https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F2614400135471607%2F&data=02%7C01%7C%7C90ea05fa014d491afa4a08d7cf98fc0e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637206128272106912&sdata=PxEh6bigxZy7%2FaxSxzeQh3l7yqPND%2FGYfUrtkpq7kgw%3D&reserved=0>



Sensei Asa Zoom Mondays and Fridays 3:00-3:30 - Sensei Eric Zoom Tuesday and Thursday from 3:00PM-3:40PM



These are the different Virtual Karate Class Videos on Facebook and YouTube Access

# Tibon's Goju Ryu Fighting Arts Organization



Dear Parents, Students, Leadership, and Friends,

**Our Karate dojo's will be Open for instruction for your training needs under the best conditions we can have for a clean safe training facility once the SHELTER IN MANDATE IS RELEASED.**

It is especially important for kids to have a normal schedule as possible. We feel strongly that the steps we've taken will help keep your child participating and learning here at **Tibon's Goju Ryu Fighting Arts** main dojo, and our satellite karate schools at **Stockton GymStars** have stopped until possibly May mid-month when Governor Newsom allows the opening of non-essential businesses to open. We are trying to coordinate when Stockton GymStars and Modesto GymStars when they will be opening their gymnastics, dance, karate classes, and Hiers Goju Ryu coordinate opening. **United Bay Area Karate Club is still closed for expansion and remodeling.**

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 is **TESTED WITH A TEMPERATURE MONITOR that is non-contact tester to a person's forehead that reads the person DOES NOT have a temperature HIGHER THAN 97-99 DEGREES IS NORMAL, and can enter the building.** We would prefer distancing in the lobby with **facemasks**. 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.
- **Temperature test checking for fever higher than the normal of 97-99 degrees before can enter lobby and dojo. We ask parents wear a face mask with proper social distancing or wait in your car during classes.**
- We have wellness stations at the front desk including 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 training distance of 6ft separation be non-contact training with Karate basics, Kata(forms), strength and conditioning drills. No Kumite(fighting) until COVID 19 lift.**
- 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

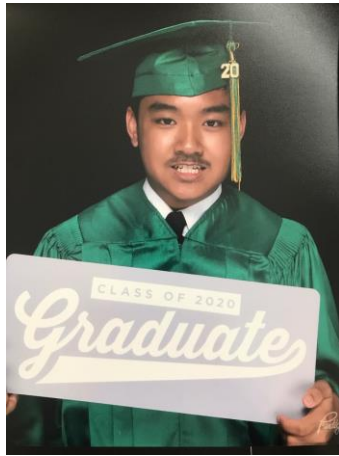
(209) 465-0943 office

(209) 406-2776 Sensei Tibon's cell

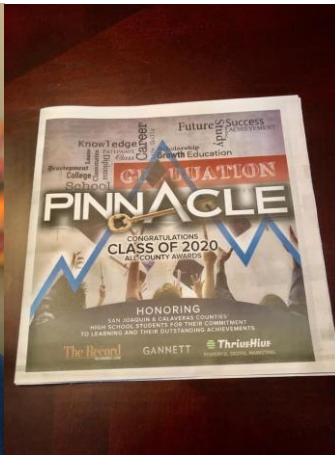
(209) 915-7177 Yvonne Tibon's cell



**Congratulations 2020 Graduates from High School to Universities!  
Tibon's Goju Ryu Graduation of 100% of our Black Belt Advance Students  
Graduate from High School and  
95% Go on to Universities and Colleges to Receive Degrees**



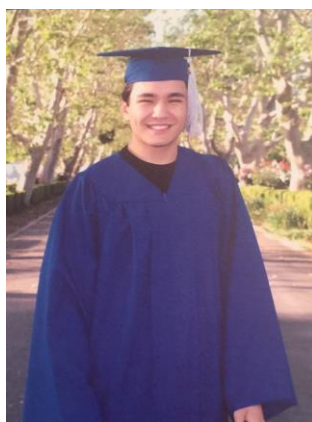
**Joshua Viernes** Franklin High School  
Going to California State University  
Sacramento Brown Belt



**Matthew Mojica** awarded the Stockton Pinnacle Award Class of 2020  
Graduated Benjamin Hold Academy attending University Calif Berkeley  
1<sup>st</sup> Dan black belt role model for our Leadership program.



**Zachary Eve** – 1<sup>st</sup> Degree Black Belt Candidate  
Graduated from Joseph A. Gregori High School  
Going to United States Air Force Academy in  
Colorado Springs



**Danny Udermann** – Bear  
Creek HS Graduate going  
to University of the Pacific  
Mechanical Engineering  
1<sup>st</sup> Degree Black Belt



**Ezra Thurston** – 1<sup>st</sup> Degree Black Belt  
Candidate Graduated from San Joaquin  
Delta College with an Associate in Science  
Business and Associate in Arts Interdisciplinary  
Studies – Fall studying to Earn Associate in  
Science Law Enforcement Degree as he continues  
to work part time for San Joaquin County Sheriff  
Dept as a Sheriff Cadet

Tibon's Goju Ryu Fighting Arts are so proud of our students who continue to prove that being great on the dojo floor and taking that work ethic to school they can excel to incredible levels of excellence. These students are all straight A students also and were consistent in their training and schoolwork. Congratulations! Photographs and information were provided by students who graduating. If you have graduated please submit your photos and information on the high school or university, you are going to attend. Thank you, Sensei Tibon

# News from Tibon's Goju Ryu Fighting Arts Branch Karate Programs

## Tibon's Goju Ryu Fighting Arts Main Dojo Sensei Gene Tibon 8<sup>th</sup> Dan



Last week we had 10 of my black belts come to the dojo and worked cleaning up and sanitizing the main dojo. We are prepared for reopening hopefully between June 1-15<sup>th</sup> depending on when the Governor approves Phase 3 businesses to open. In the meantime, please read our policy for the new process we will have to maintain a professional and safe facility for your family members training.

Our prayers go out to all our students and families, who are part of our whole organization during this unprecedented time with the COVID-19 Virus. All of us are going through a difficult financial time and know it will be hard for some to afford to come back to our Karate studio for training. Mrs. Tibon and I have decided to offer a modified rate for several months to help those families hit hard by the COVID-19 Pandemic to afford to come back to class. We are also going through the same hardships and are working to survive as a business and are hoping this modification for a few months can help us all. Depending on our class sizes we may have to add additional classes to keep the class sizes down while maintaining a great training schedule.

Each satellite dojo will have their own modification rate because we are contractors in their facilities at Stockton GymStars, Modesto GymStars, and Hiers Goju Ryu. Bay Area Martial Arts Club in San Jose is still working on a grand opening, so those special rates will be worked out with Sensei Joane Orbon. We will continue to add training videos on our Tibon's Goju Ryu Karate Virtual Class Facebook page for your training needs. Sensei Joane Orbon and Sensei Alyssa Santos have both added workout training video to help with the Beginning to Advance training video modules. Together with the grace of God, we will survive this difficult time of COVID-19, and students can come back even better for our training students with the home training videos to assist their development.



**Congratulations Cat Vaughn 1<sup>st</sup> Dan Black Belt Candidate Certification Presentation. A visit to the dojo during COVID-19 Shelter In to receive her certification. Nice to see her and Tina we miss our students. See you all soon!  
Sensei Tibon**

**Hiers Goju Ryu – Celebrates 24 years**  
**Sensei Chris Hiers Chief Instructor 4<sup>th</sup> Dan**  
**Sensei Janelle Hiers Assistant 2<sup>nd</sup> Dan**  
**Sempai Maddie Hiers Assistant 1<sup>st</sup> Dan**

**Sensei Chris Hiers:**

As we are getting ready to roll into June, we have met with the owners of Twin Arbors sports club and found that they have been busy renovating the club which we operate our business. They have done so much to make the club look beautiful. As we are approaching a time in which we will be able to reopen we are researching the guidelines we will need to follow according to CDC recommendation. We are currently looking into some updates in our room to make our space look better. As we make final preparations on starting our business again, we are excited to see our students and get back to a more normal routine.

**Goju Ryu Strengths:**

I spent the biggest part of my life watching every karate movie that I could find. I desperately wanted to start training in martial arts as a kid, but it was not until my late teens that I tried out a class with Sensei Tibon. I loved the workout, but the things we were learning in class was exactly what I was looking for.

Sensei Tibon talked with us each class about valuable life skills. My desire was to learn how to fight, but I feel the lessons like perseverance, work ethic, commitment, Integrity have had a major impact on my life. Sensei Tibon told us that karate is life. The life skills that helped in my training are the same life skills that has helped me in every area of my life.

Before I started training, I felt defenseless. I had no idea how to fight and I lacked confidence in that area. My training in Goju has given me confidence because I have a strategy for the types of altercations you may find yourself involved in on the street.

I feel that a major strength for Goju Ryu is its versatility. When you look at our students perform our basics, many of our blocks, strikes and kicks are devastating while fighting up close. Students are learning how to create power during basic training with many of our inside tools. There have been times when I have fought, and I felt like I can use my power and strength to overwhelm an opponent. These are the times I would fight on the inside using the hard style of our art.

I have also found myself in situations where I face an opponent that is much bigger and stronger than me and they can control the inside. During those times I had to use speed, quickness, angles, and redirections to control the fight. I have seen many larger opponents frustrated and overwhelmed fighting much smaller opponents that they could not catch. Much like a bullfighter and a bull. This is an example of the soft style of Goju Ryu

During my training in Goju we spent time fighting multiple opponents. I recall in one class we fought as many as 12 people at one time. It is hard. But again, there's a strategy to give you more than a fighting chance. It is amazing to see somebody skilled at fighting multiple people. Our tools are well suited for this type of fight. I have seen in class our spinning kicks use superbly as someone would try to get behind them to attack. It is challenging but that is why we train so hard in class.

In a situation where an opponent closes distance and grabs to gain control, we have various grappling techniques which can be devastating. Combining striking points to any of our techniques will take the altercation to a different level. We have also studied how our techniques work on the ground. We have trained through the years on various techniques that help prevent being taken down as well as escapes and strategies if you find yourself fighting from a ground position.

Another interesting aspect I have found with our training is the introduction of a weapon. Many of our students are training in Yamani Ryu which gives us yet another way to defend ourselves. But if you look around many people carry pocketknives. They are used frequently for people's occupation. I have found that the addition of even a small pocketknife to somebody skilled in a fighting system like Goju can enhance their fighting skills. We are already trained in footwork, blocks counters, angles, redirections, and lightning fast hand speed, how much more devastating would the addition of an edged weapon be. This can also be a game-changer if being attacked from a ground position in a life-threatening situation.

I am much more confident in life because Sensei Tibon has structured our organizations fighting skills in a way that we have a strategy in most anything you may face. Even gun, stick and knife defense. I would hate to only know one way to fight and take someone to the ground only to find his buddies are ready to jump in. I would also hate to be able to fight with hands-only and break a hand badly and have no way to defend yourself. You do not get to pick what situation you face in a real fight. I'm thankful Sensei Tibon has planned for so many various situations when training our students.

**Stockton GymStars**  
**Sensei Asa Thurston Chief Instructor 3<sup>rd</sup> Dan**  
**Sensei Brianna Udermann Assistant 2<sup>nd</sup> Dan**



Hello everyone, big announcement for all GymStars karate parents still paying tuition. What we started in the month of May was various virtual classes that GymStars has been hosting and I have instructed in the last few weeks to come and already have many more to come. **You can join in any class Mondays and Fridays 3:00-3:30 and feel free to replay all videos as much as you would like.** It's a great way to keep active and stay positive in this time of crisis. I look forward being able to teach classes in person when Stockton GymStars opens in the coming weeks or months. In the meantime, feel free to call and ask any questions you might have about getting on the to the virtual classes or any other ways of getting more connected to the students marital arts don't hesitate to ask.

Thank you, Sensei Asa

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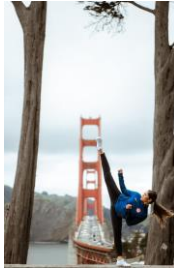
**Modesto GymStars**  
**Sensei Eric Bonjoc Chief Instructor 2<sup>nd</sup> Dan**  
**Sensei Chris Inman Assistant 2<sup>nd</sup> Dan**

Hello everyone,

As of 5/26/20 Modesto GymStars Update for reopening for Modesto GymStars is Monday July 6. Also, Sensei Eric Bonjoc is also teaching Zoom classes every Tuesday and Thursday from 3:00PM-3:40PM.

Sensei Eric

**United Bay Area Karate Club**  
**Sensei Joane Orbon Chief Instructor 3<sup>rd</sup> Dan**  
**Sensei Joane Orbon Message and Updates**



Hello Tibon's Goju Ryu Families,

On behalf of UBAKC, we hope everyone has been safe and continued training at home.

Karate is our passion and we have been providing as many classes as possible for all of our students. As we slowly watch the world reopen with cities around the area, I encourage everyone to continue with precaution as we find our new norm.

Keeping our students safe and giving back to the karate community during this time has been my main priority, which is why I have taken initiative in supporting many fundraising groups and created my own since being back in the country.

1. I have donated over 35- hours of free online training to aspiring karate athletes and new karateka on Zoom and decreased training rates more than 75% to allow athletes to have access to affordable training.

2. For the last two months, I promoted the **Girls Got This** campaign by Fundlife along with other Filipino Olympians to support underprivileged girls in the Philippines who have no access to education or are in danger of abuse and trafficking. We have currently raised almost 1,000,000 Philippine pesos, equivalent to \$18,000 since beginning the campaign. Thank you to those who have donated towards this cause since a simple donation of \$15 feeds a family of 5 in the Philippines for 10 days. If you have not, Fundlife is still accepting donations, please see this link below to help a family: <https://www.globalgiving.org/proj.../covid-19-relief-response/>



3. Another fundraising cause I have supported has been **KarateCoaching's Annual Gasshuku** where international athletes trained for a weekend on Zoom with some of the country's most talented instructors. This was also an initiative to unite the karate community by donating our knowledge and experiences to the workshop attendees. We were able to raise \$1,000 worth of donations and select a Covid relief program of our choice to donate to.

4. Lastly, I was able to create my own initiative "Karate-Vs-Everyone" to support the STOCKTON KARATE COMMUNITY by raising funds for 50 face masks to students in need. There will be a distribution of these masks at the door for those who reach out via Instagram [@JoaneOrbon](#), Facebook messenger [@joane.orbon](#), or as you come into the dojo. Reserving these limited-edition masks will ensure you get your own. If you want to secure a mask and shirt, there will be limited sizes available for \$35 a bundle. Please contact me if you would like to place an order.

PERSONAL UPDATES: June will be the last month I will be hosting virtual classes, so take advantage of classes while they last.

Enjoy and be safe!

All the best,

Sensei Joane Orbon

[United Bay Area Karate Clubs | Karate in the Bay](#)

**Philippine Olympic Karate Team**

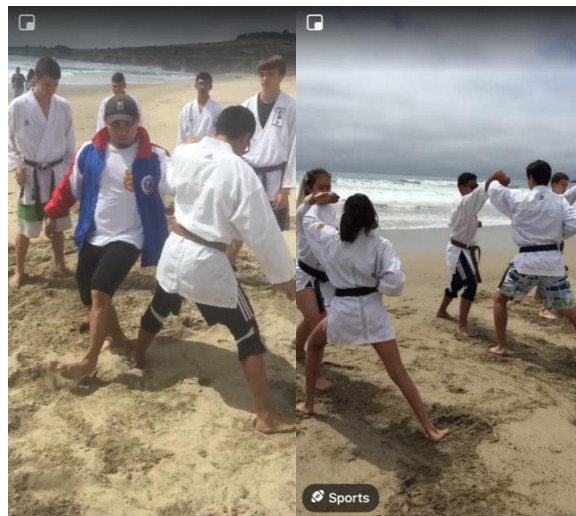


# Tibon's Goju Ryu Fighting Arts – USA Grassroots Karate Camping Trip Rescheduled Due to Covid-19

Camping at Camp Richardson Lake Tahoe  
Moved to July 1-5, 2021

July 4<sup>th</sup>, 2021 Fireworks over Lake Tahoe

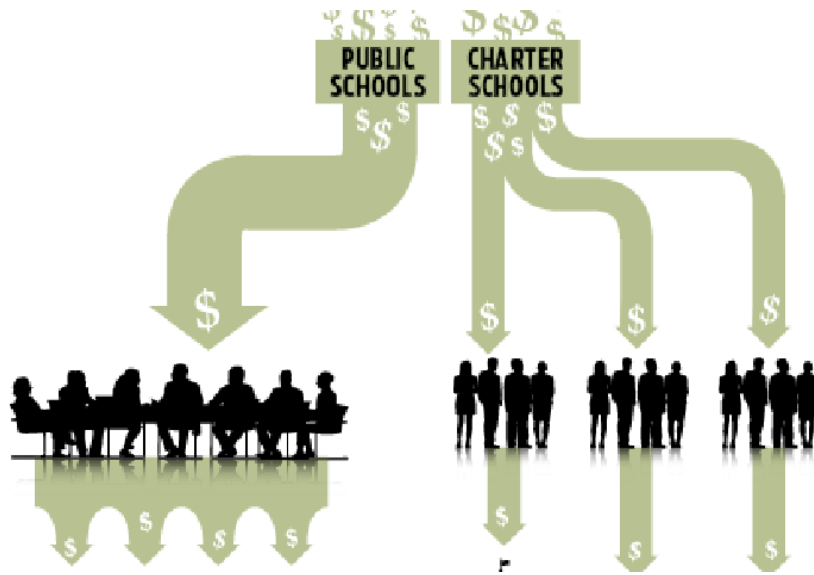
Camping Sites for 108 people limit - Get Your Deposit in to Lock in Your Place  
Those who already paid for Deposit has been moved to next years 2021 date to  
Secure sites!



**We are planning a Santa Cruz Ocean Training on a One-day Field Trip. Pack up the lunches, snacks, chairs for a great day of training. We will keep you posted when we plan to do this sometime this Summer.**

**It will be on a Saturday or Sunday once the COVID-19 is under control.**

**If interested, please sign up at the front desk. Please contact Mrs. Tibon, Sherri Helsby, Alyssa Santos, Vohn Hosey, or Courtney Embry (209) 465-0943**



## 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**

