

Tibon's Goju Gazette

www.tibonkarate.com

November 2008

**Sensei Gene Tibon
Takes First Time in History
(Youth Olympic Development Program)
YODP Grassroots Development to
United States Olympic Training Center
Colorado Springs, Co**



Amazing Awaits

Sensei Gene Tibon will be taking a delegation of 45 athletes from Tibon's Goju Ryu, Hiers Goju Ryu, JKR Okaigan Dojo, St. Bernard dojo from New Orleans, and Suzuki Dojo in bay area Sensei Chuck Sweigart's Washington dojo, Ocampo Dojo in Chicago. Our RSO athletes, RSO Coaches, and many parents will be going on this first time historic trip.

**Masters Magazine will also be on board for the trip
To interview and video our athletes and coaches
Capturing the Olympic Dream.**

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**Tibon's Goju Ryu Fighting Arts
Raising Funds for
Church of Annunciation's Annual
Columbus Day Festival
Black Belts and Students from our Many
Dojos
Represented**



Upcoming Karate Tournaments, Technical Seminars, and Events

- **19th WKF World Senior Championships**
Karate Championships Nov. 13, 2008 Tokyo, Japan
- **Tibon's Goju Ryu Annual IN HOUSE Tournament Dec. 6th Black belt testing and advance seminar, Saturday Dec. 7th Sunday Tournament starts at 9:30am** Cesar Chavez High School Gym
- **2009 Disneyland Martial Arts Festival**
Anahiem Covention Center March 26-28, 2009.

Thank you PG&E Corporation Campaign For the Community to USANKF of Northern California, Inc. Wants to Thank our Donors!

Parents and families as you know the USANKF of Northern California, Inc. Regional Sports Organization for Karate is a non-profit 501 (c) 3 public charitable organization that supports our USA athletes from Northern California for international travel while representing the United States of America in International competition.

Parents and students are invited to support your local non-profit organization through your payroll deductions through your United Way Campaign for The Community Donations.

Thank you to 2008 Donors:

Willie Ureta	Christine Torres	Gene Tibon
Jimmy Morales	Kristine Embry	Gary Forrette

Sensei Oshiro Weapons Classes

Moves to Every Other Month

Sensei Oshiro has been teaching seminars around Europe and has finally returned to the USA. He will resume his Bi-monthly seminars at Tibon's Goju Ryu Dojo at 923 N. Yosemite St. in Stockton.

The Dates for the 2008 Kobudo Weapons Seminars Are:

Nov. 16



Sensei Gene Tibon
Sr. National Coordinator
Disney's Martial Arts Festival
Disney's Wide World of Sports® Complex in
Orlando, Florida
Oct. 24-26th, 2008

Sensei Gene Tibon hosted second year of the Classical Japanese Okinawan Karate and Kobudo at Disney's Wide World of Sports®Complex called the Milk House, and the first ever Disney International Goodwill Championships of Team Kumite with several countries from around the world participating.

Sensei Gene Tibon will also be overseeing the Disneyland® Martial Arts Festival at Disneyland® March

Welcome New Students - Tibon's Goju Ryu Karate Organization

Tibon's Goju Ryu - Aleen Ung Dmari Washington Chaofan "Paul" Huang

Stockton GymStars – Ruben Osegueda Marcus Osegueda Deja Holomon
Emanuel Goodlaw Jack Duncan

Modesto GymStars - John Finnegan Clayton Ferreira Daniel McFall

Hiers Goju – N/A

Attention Parents!
New T&T Dragons Program
Tiny & Tough 2-4 yr old Pre Karate Program
Starting September 1st Still Room in Class

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!

US Wado Kai Karate Federation
2008 Ajari Cup Karate Championships
Oakland, Ca. Sunday October 5, 2008.

Members of Tibon's Goju Ryu Fighting Arts competed a couple weekends past. The results are as follows:

Andrew Moore 1st place men's 18-34 Black Belt Kata, and 1st place men's Black Belt 18- 34 yr old Kumite, Jesse Toy 1st place 14 yr old boys black belt Kata, 3rd place 14 yr old Black Belt Kumite. Michael Brian Embry 1st place boys' 17 yr old Black Belt Kumite. Connor Curit 1st place boys intermediate Kata, 1st place boys intermediate Kumite. Morgan Canevari 1st place girls 10yr old intermediate Kata, 3rd place girls 10yr old intermediate Kumite. Kaitlyn Gilmour 1st place girls 7yr old beginning Kumite, 3rd place girls 7yr old beginning Kata. Justin Gilmour 1st place boys 9yr old intermediate Kumite, 2nd place boys 9yr old intermediate Kata. Joey Paper 1st place boys 15yr old black belt Kumite. Ryan Hansen 1st place boys 9 yr old intermediate Kumite. Crystal Lee 1st place girls black belt 13 yr old Kumite, 3rd place girls black belt Kata. Keanu Karsuvar 1st place boy's 13 yr old black belt Kata, 1st place 13 yr old black belt Kumite. Jeremy Cavanaugh 1st place boys novice Kata, 1st place boy's novice Kumite. Sara Paper 2nd place girls black belt Kumite. Alex Pettus 2nd place boys intermediate Kata, 2nd place boys intermediate Kumite. Aleesa Ohata 3rd place girls novice Kata, 3rd place girl's novice Kumite. Cullen Curit 1st place in boys beginning Kumite, 3rd place boys beginning Kata. Kendrick Ladao 3rd place boy's 14 yr old black belt Kumite, 3rd place boy's 14 yr old black belt Kata. Jordan Saunders 2nd place boys intermediate Kumite, 3rd place boys intermediate Kata.

Central Valley Karate Booster Corner



Please attend the next meeting, Sunday November 16th 2-3pm Reorganization underway! Any questions contact Justin Love 209-623-9443. Central Valley Karate Booster Mailbox now inside Sensei Tibon's office.



Halloween Teen Dance Party

Friday, October 31st, 2008 at 5pm-9pm Stockton Teen Impact Center 725 N. El Dorado St. Parents we need Volunteers to help Chaperone, Set-up, and Snack Bar. Please contact President Justin Love 209-623-9443.



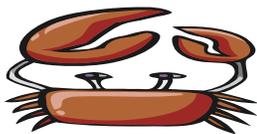
"Fundraising Days"

Café Acacia 946 N. Yosemite St. Friday, Oct. 10 and Sat. Oct. 11th Bring Flyer and Café Acacia will donate 20% excluding alcoholic beverages.



IN-HOUSE Karate Tournament

Snack Bar Volunteers Sunday Dec. 7th 2008. Snack bar proceeds to replenish General Fund. Volunteers Needed! Please contact Christina Santana 209-406-6603 Rhonda Villallos 209-986-3871



Save the Date!

Annual Crab Feed Saturday January 24th, 2009

More details to follow! Interested in chairing a committee or volunteering your time? Contact Mrs. Tibon 209-465-0943 or Rhonda Villallos 209-986-3871/mureta @Comcast.net

Check our our website for updates and information at:

www.centralvalleykaratebooster.com

DOJO REMINDERS

Please make sure you pick up your child on time.

- All tuition payments are due by the 10th 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 month between each level to properly be prepared for the test. This is based on 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 canceled. 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 place, circle the block, or park in the rear of the school so this does not create an unsafe condition while picking up your child. Thank you!
- Current students are encouraged to bring in a friend in to try out a class. If the guest decides to continue and join the program, the student who referred will be awarded a Tibon's Goju Ryu T-Shirt for the referral.
- 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 \$60. Any classes over four is equal to a full month or \$75.
- All Dojo Information see 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 the "Acai Berry" and the **19 other power fruits that may well be the Healthiest Drink on the Planet.**

We are now selling "SANBON" Martial Arts Clothing also on line our website. All custom shirts. www.tibonkarate.com



Tibon's Goju Ryu America's Finest Program

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 Military.

When an Officer, Fire Fighter, or Military Personnel is able to show us an I.D. or a badge Tibon's Goju Ryu will give them the 50% monthly rate of \$65.00 per month. The purpose 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 family's of our dojo's.

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

Our Military Kids, Inc. Has Approved 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 be an approved program to help serve 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.





**US Olympic Grass Roots Development Program
USANKF of Northern California, Inc. Pilot Program
US Olympic Training Center
Colorado Springs, Col
Nov. 21-24, 2008**

The USA National Karate-do Federation's (YODP) Youth Olympic Development Program is well on its way this year. The USANKF of Northern California, Inc. Regional Sports Organization for Karate is the pilot program for the YODP Grassroots program set for the November 21-24th, 2008 at the US Olympic Training Center at Colorado Springs, Col.

RSO President Gene Tibon of Stockton, Ca. with the approval of USANKF CEO Luke St. Onge took the bull by the horns to develop a Grassroots program that will be the first ever in history. Athletes will be developing to become Olympic hopefuls for Karate if accepted into the Olympic Summer Games family in 2016. This program will setup our Grassroots development for our athletes and coaches around the country. The ripple affect of this program will energize our way of Karate to the public, and at the same time develop a higher level of athlete and coaches at the Grassroots level.

The talent at the USANKF Team Trials for Junior and Senior teams will grow to higher level of standard each year the Grassroots (YODP) Youth Olympic Development Program is expanded to all corners of the country.

In China, the country searches for and selects 3 yr olds from around the country, and enters them in training schools until they are old enough to compete in their respective discipline at world level competition. The Olympics in Beijing was a great example of working with their talented youth and creating almost flawless athletes in many different events.

In this Grassroots development program we are taking young talents in the Junior National team pool and pipe line athletes in the Federation to the US Olympic Training Center in Colorado Springs to run them and RSO coaches under the guidance of Head USANKF Coach Hidiharu, Igaki. The USANKF of Northern California, Inc. goals are to help with setting up the process to help other RSO's work to develop their Grassroots programs so we can impact the country and help them set up camps in their closest Olympic Training Center. As the program progresses we will have the coaches select some of the top athletes at each camp to attend a special camp with the national team where they will train with the elite athletes to further their development.

The first pilot program's intention is to give 49 athletes and coaches the opportunity to train in the Judo Room for sweeps, take downs, and throws, to the Gymnasium for technical drills and Kumite development, Conditioning and Strength Room, a meeting with Sports Psychologist, and WADA Drug Testing Program on Doping. These young up and coming athletes will be introduced to the Olympic Dream while training, eating, and sleeping at the US Olympic Training Center and taking the Olympic attitude back to their dojos and in their personal training.

Just an example of the schedule:

Breakfast 7:30am-8: 30am Olympic training center dining room.

Technique 9:30am – 12:00noon Judo Room

· Warm up · Proper stretching · Proper techniques body mechanics, footwork, distance, timing, and mental attitude for both offense and defense. · Ring control. · Strategy: what to do when ahead in points, behind, in the last 30 seconds, the last 10 seconds, and the last 2 seconds of a match.

Lunch: Noon-1pm

Speed and Conditioning 2-4pm Location: Gym

Strength and Conditioning Coach teaches drills and particular strength exercises, along with speed training. Also speed training ladders, cones and small hurdles.

· Speed training · Strength training with partners (no equipment). This way the athletes can continue with their training at their home Karate School. · Talk about amount of practice and the importance of rest & time off training.

Dinner 5pm-6pm.

Meeting 6:30-8pm Location Meeting Room · Strategies for Individual and Team events.

· Sports Psychologist · WADA: Education on Doping

Coaches meeting 8pm-9pm · Discussion on coaching ethics. · Questions and answers on technique, strategy, logistics, etc.

Lights out

10pm

We are lucky to have a partnership in coverage of this event with Masters Magazine's Mr. Jose Fraugas and Vice President Val Mijailovic. This first ever youth development camp will have Masters Magazine interview and video the highlights of the program and able to give all of our readers a birds eye view of our coaches and athletes introduction to the Olympic Dream. This camp may indeed change the lives and attitudes of these young athletes and coaches, and take their training and attitudes to another level. The idea of 24-7-365 will hopefully be an attitude that will resonate to all of the coaches and athletes as they come in contact with their fellow karate-ka when they return to their respective dojos for training. The attitude and desire to become and to train towards marching in a world-class event carrying the flag of our country as a member of Team USA.

The opportunity of having camps at the US Olympic Training Centers in Colorado Springs, Col., USOC training center in Chula Vista, Ca., in Lake Placid, NY, the New USOC Combatant Center in North Miami, FL, is unbelievable at to what we can develop in our USA National Karate Federation's athletes to becoming a world class power house for the World Championships, World Games, Pan-American Games, and the Summer Olympic Games.

"Amazing Waits" is the slogan and charge of the USA Olympic Committee. It represents the untapped talents waiting to be discovered and developed to a level we recognize every 4 years at the Olympic Summer Games. As the saying goes, "If you want to change a culture, educate the children." That is exactly the mission of the USANKF Grassroots Development Program, also known as YODP, Youth Olympic Development Program." We will educate and develop our future champions to help them one day represent United States at the highest level of international competition.

Athletes and Coaches from our program who will be attending are as follow:

Athletes:

Courtney Embry Joane Orbon Sara Paper Rupert Espinosa Mark Canevari Devin Collins
Tim Cronin Jack Gonzales Andrew Moore Cristian Embry Jesse Toy Crystal Lee
Keanu Karsevar Kendrick Ladao Michael Brian Embry Raquel Kirn Anna Cronin Eric Bonjoc
Mario Evangelista

Coaches

Ronny Guzman Justin Love

Team Leader

Sensei Gene Tibon

Receive Physical Education High School Credit!



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
Connecting Waters Charter Schools
&
Most Charter Schools Approved at Request

Attention students and parents, many times our son's and daughters are getting ready for college and have to take many classes to achieve the grade point average they need to graduate. But it is also mandated that the student have to participate in Physical Education class. We now have an alternative during Summer school, and during school year.

Eligibility is restricted to 11th and 12th grade students who need P.E credits towards graduation, maintain full 7 period schedules (no TAs or free periods), and participate in competitive sports programs at the national, state or local level.

Underclassmen whose elective coursework in fine or performing arts does not allow time in the school day to schedule PE may also be eligible. (i.e.band students with full schedules.)

Also every student who has taken Karate as their Senior Project have received A's on their grades. This is also a great opportunity to learn martial arts for a class grade.