

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4 Dojo Closed Independence Day! 	5 11-12n MM 12:00- 1:30p int/adv Tokubetsu 5-7pm Courtney is 21yrs old! Happy Birthday!
6 No MMA Oshiro Weapons 3-5p TK-2 Mental training & Movie night Potluck - all National Team! 5:00pm – ?	7 Weapons 730-900pm Sensei Anna Olpin Leaves to College	8 Main Dojo Open USA Nationals & Team Trials registration Peppermill Reno, NV	9 Main Dojo Open USA Nationals & Team Trials registration Peppermill Reno, NV Weigh- in's Sensei Tibon comes in this day.	10 Main Dojo Open USA Nationals & Team Trials first day of competition Peppermill Reno, NV	11 Main Dojo Open Mighty Mites 4:30-5:30p Advance 5:30-7pm Weapons 7-830pm USA Nationals & Team Trials Peppermill Reno, NV	12 Main Dojo Open 11:00-12:00 MM 12-1:30p int/adv. No Tokubetsu- should be at national
13 Dojo Closed USA Nationals & Team Trials registration Peppermill Reno, NV	14 Weapons 730-900pm Time Sheets Due!	15	16	17 Sensei Rupert is 21 yrs. old Happy Birthday!	18 Mighty Mites 4:30-Advance 5:30-7pm Weapons 7-830pm	19 11:00-12:00 MM 12-1:30p int/adv Promotion Testing White/Yellow 2:00pm Tokubetsu 5-7p
20 TK-2 9-11am MMA 1-3pm	21 Karate Camp 9-3p Weapons 730-900pm	22 Karate Camp 9-3p Amber's 27 th yrs old Happy Birthday!	23 Karate Camp 9-3p	24 Karate Camp 9-3p	25 Mighty Mites 430-530p No Weapons Advance 5:30-7pm Promotion Ceremony Whit/yell 7:15p Color belts 8:15p	26 11:00-12:00 MM 12-1:30p int/adv Promotion Testing Orange & Up 2:00pm Tokubetsu 5-7pm
27 TK-2 MMA 1-3p	28 Weapons 730-900pm Karate Camp 9-3p Time Sheets Due!	29 Karate Camp 9-3p	30 Karate Camp 9-3p	31 Karate Camp 9-3p	1 Karate Camp 9-3p Mighty Mite 4:30- 5:30p Advance 5:30-7pm Weapons 7-830pm	2

2014



Tibon's Goju Gazette

www.tibonkarate.com

July 2014

Tournaments & Events in September

1. USA Nationals Reno, NV Peppermill Casino Resort July 8-13, 2014 the 8th is registration, 9th competition Starts.

2. Quan Traditional Karate Tournament September 21st Saturday Fresno Betsuin Buddhist Temple 2690 E. Alluvial Ave. Fresno, CA. Tokubetsu is going!

3. Crockett Itosu Kai Tournament September 22nd Sunday Soka University, 1 University Dr, Aliso Viejo, CA 92693 optional attendance.

9 Ajari Cup Oakland October 12, 2014 Ira Jenkin Recreation Center 9175 Edes Ave. Oakland, Ca. 94603 Tokubetus is going!

10 West Coast Open Tacoma Convention Center October 25-26, 2014.

11. Tibon's Winter IN HOUSE Christmas Tournament Lincoln High School December 6th Black Belt testing And advance seminar with Sensei Uchiage December 7th Sunday IN HOUSE Tournament. We are Hoping for this to be our biggest and challenging IN HOUSE, prepare for it! All SHOULD BE ATTENDING! That is the Goal!

Welcome New Students Tibon's Goju Ryu Organization

Marco A. Ruiz Isabela Rodriguez Madeline McKinsey
Cash Borges Robert Dillingham Gemirah Dillingham
Pranav Lal Shirley Dillingham Shirley Dillingham
Lena Hardey Param Bhullar Paul Stuckey
Jose Chacon Jr. Randy Rowe Ambrose Serna

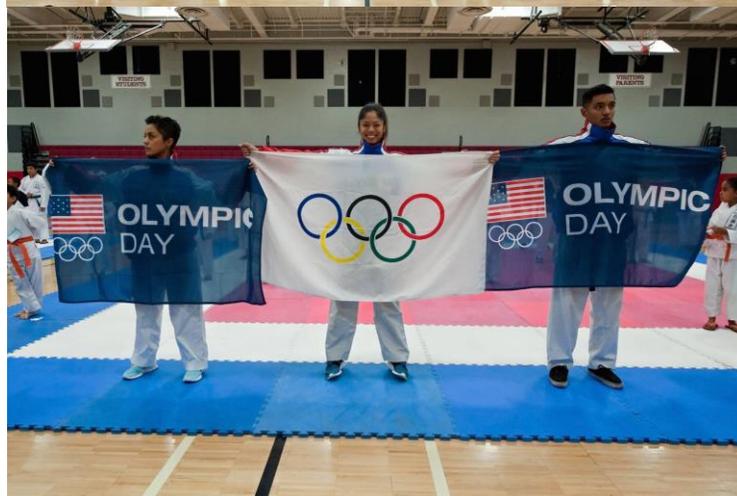
Welcome Back: Julien Santos



OLYMPIC DAY

Tournament Results Next Goju Gazette

Tibon's Summer Patriot IN HOUSE A Great Day, Olympic Day!



**Tibon's USA Grassroots Karate Program Northern Cal
Prepares for USA Nationals and USA Team Trials in Reno, NV July 8-13th**

<http://www.youtube.com/watch?v=8t9ILNZr5HA>



USA National Karate National Championships, "the Calm before the Storm!"

Tibon's Goju Ryu – USANKF of Northern Cal 3rd Annual Summer Patriot IN HOUSE Karate Championships



Tibon's Goju Ryu Fighting Arts organization and the USANKF of Northern California, Inc. the Regional Sports Organization for development of traditional karate, the official representative of USA Karate, member of the USA Olympic Committee working to promote a day our athletes will remember.

Commemorating the birth of the modern Olympic Games, Olympic Day is not only a celebration, but an international effort to promote fitness and well-being in addition to the Olympic ideals of Fair Play, Perseverance, Respect and Sportsmanship. It is celebrated annually on June 23rd, by thousands of people in more than 160 countries.

Last year, more than 200,000 Americans celebrated Olympic Day by participating in 832 Olympic Day events hosted in 690 cities across all 50 states. Americans also celebrated in 10 overseas locations, making last year the most successful Olympic Day celebration ever in the United States.

This year, organizations can host an Olympic Day celebration between May 31-July 1, 2014. Communities across the United States will celebrate Olympic Day through educational programming and other activities and may also include Olympic Day as part of a pre-existing event. Often times, a local Olympian or Paralympian in your area will participate at an Olympic Day event to share their personal story and inspire those in attendance with Olympic messaging.



Tips for Nationals

- Register ON LINE at <http://www.teamusa.org/usa-karate>
- When you register note your National Qualifier was April 6, 2014.
- Make sure you keep and bring your receipt from your on line registration to present at the Federation Registration Desk when you are checking in for our credentials. This will help them locate it faster.
- You should have an additional photo of yourself just in case you need to have another identification tag made.
- If you are trying out for the USA Team Trials for Jr. or Sr. National USA National Team you must bring your valid Passport.
- Make sure your age and divisions are correct on your receipt, and you're Competitors Pass.
- Be sure to carry your karate uniform and all required fight gear safely to your room. You don't want them to get lost in hotel storage, or if you are flying to airport carry on the jet.
- Don't forget your blue and red belt, blue and red gloves, shin guards, mouthpiece, USANKF patch, groin cup (boys), chest protection for (girls) and elite team trials males.
- Your Gi Top should be no longer than wrist length and pants should be just above the ankles, no rolling up.
- Make sure you have made your hotel reservations and confirm them.
- The competition is at the Peppermill Hotel Casino Convention area in Reno, NV.
- Please let Ron Ruiz know your cell phone number so we can have a communication group notification for all parents and athletes of who are being staged, who is fighting in what ring, workout schedule, location and time.
- Wear your USA Grassroots Karate Coats or your Tibon's Goju Ryu Karate sweat coats if you don't have a Grassroots Coat.
- We will be trying to set up a group practice time for all of the USA Grassroots Karate Program athletes that are us! Be there!
- No swimming the day before or same day you compete.
- Tibon's competitors and parents are known for good behavior and respectful manners that are consistent with the code of "Karate-do"
- Don't be a poor sport; shake the judges hand and the other competitors hand after the competition. Good behavior when in the hotel.
- Don't berate or put down anybody, whether you agree with the decision or not.

- Don't coach unless you are a black belt.
- We will have a staff of black belts and USA Grassroots Karate Coaches watching over our athletes while competing as we can get to them. Sometimes we will have more competitors than coaches so make sure you have been practicing in the dojo so you know what to do for yourself.
- If we have a Team meeting you'll be notified by the Cell Phone Tree from Mr. Ron Ruiz so make sure you have provided him your phone number.
- Also coaches will be carrying clip boards taking down your stats on you competition so if you place in top three places in our division please let them know. To be a National Champion or a USA Team member is a huge accomplishment. We want to make sure we have everybody's updates so we can keep everybody informed.
- Good luck! Remember win, lose, or draw I'm proud of you as long as you leave everything on the mat and have given your best. That you are competing and trying your best already makes you a champion. Learn from your experience so you know what to work for the next time around. If you lose your fight, always watch the competition you're in, because you may be fighting again in the recharge bracket for double 3rd place. So it's not over until the Referees dismiss you from the ring.
- Also an important note: when you win you always report your name to the desk with your name so they can move the correct person forward on the chart. They are volunteers so they make mistakes also. Also if you see everybody has competed the first round and you have not don't be afraid to ask if you may have been skipped over. This will help with no discrepancies in our division.



2013 Team USA Team Winners

Tibon's Goju Ryu Fighting Arts Karate

Does it Again for the 4th Consecutive Year in a Row!

"Best in San Joaquin Gold Award"

"For Best Martial Arts Center"

As Rated in San Joaquin Magazine Covers 5 Cities



Thank you for you continued support!

Yvonne and Sensei Gene Tibon

And Staff!

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