Twin Arbors Athletic Club

SENSEI GENE TIBON, NATIONAL DIRECTOR
Founder, USA Grassroots Karate Program

DEVELOPMENT WORKSHOP SERIES #1
Grassroots Membership Training Workshop
Grassroots Coaching Staff of Northern California:
3 Hour Workshop $55 (includes cost of lunch)

Rotation training 11AM - 2:30PM:
Kata, Kumite, and Take-Downs

Twin Arbors Athletic Club
1900 S. Hutchins Street
Lodi, CA 95240

Also Coaches:
Sensei Chris Hiers, Sensei Justin Love, Sensei Gino Tibon, Sensei John Chang, Sensei Eric Bonjoc, Sensei Mark Canevari, Sensei Shannon Wong, and Sensei Stephanie Louie

Sunday March 29 2015

Tiger Claw
The Masters' Choice for Martial Arts Gear
Twin Arbors Athletic Club

TWIN ARBORS ATHLETIC CLUB

SENSEI GENE TIBON,
NATIONAL DIRECTOR
Founder, USA Grassroots Karate Program

DEVELOPMENT WORKSHOP SERIES #2
Grassroots Membership Training Workshop
Grassroots Coaching Staff of Northern California:
3 Hour Workshop $55 (includes cost of lunch)

Rotation training 11AM - 2:30PM:
Kata, Kumite, and Take-Downs

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Sunday
April 19
2015
Referee and Judges Seminar for Kumite and Kata

This course will cover the NEW RULES adopted by the World Karate Federation and the USANKF. This hands-on seminar will help athletes, coaches, and officials of all levels to keep up-to-date in preparation for the upcoming RSO, Tiger Claw Elite, local, and national-level tournaments.

COURSE INSTRUCTOR: SENSEI CHUCK SWEIGART
World Karate Federation Referee for 17 years
Coach of National and International Champions

- Proper assessment of points and penalties
- Explanation of proper procedures,
- Ring positioning
- Explanation of illegal techniques, holding throws, jogai, mubobi, exaggerating injury, and more.
- Overview, interpretation, and implementation of the new WKF kata rules.

SUNDAY APRIL 12 2015

Time: 11AM - 4:00PM
(with 1/2 Hour Lunch Break)
Cost: $50.00 per person
Contact: Gene Tibon, President of USANKF of Northern California, Inc. to reserve your class space

TIBON’S GOJU RYU DOJO
923 N. YOSEMITE ST.
STOCKTON, CA. 95203

OFFICE: (209) 465-0943
CELL: (209) 406-2776
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td>1</td>
<td>Tokubetsu 9-11am</td>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6 Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7 – 8:30p Canada Tournament</td>
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<td>8</td>
<td>No Tokubetsu All should be at Canada Tournament</td>
<td>9</td>
<td>10</td>
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<td>12</td>
<td>13 Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7 – 8:30p Portland Tournament</td>
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<td>15</td>
<td>No Tokubetsu All should be at Portland Tournament!</td>
<td>16</td>
<td>17</td>
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<td>19</td>
<td>20 Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7 – 8:30p Portland Tournament</td>
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<td>22</td>
<td>Tokubetsu 9-11am Leadership 11-1p</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27 Mighty Mites 4:30-5:30p Advance 5:30-7p No Weapons Promotion Ceremony White/yellow 7:15p Orange &amp; up 8:15p</td>
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<tr>
<td>29</td>
<td>No Tokubetsu! All at: Grassroots Workshop Twin Arbors 11-2:30p</td>
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<td>31</td>
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<td>28 Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p Promotion Testing 2pm Orange &amp; up 2pm</td>
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- **March 1:** Tokubetsu 9-11am
- **March 2:** Weapons 7:30-9p
- **March 3:** Mighty Mites 4:30-5:30p
- **March 4:** Advance 5:30-7p
- **March 5:** Weapons 7 – 8:30p
- **March 6:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 7:** Weapons 7 – 8:30p
- **March 8:** Mighty Mites 11-12n 12n-1:30p Color Belts
- **March 9:** No Tokubetsu
- **March 10:** All should be at Canada Tournament
- **March 11:** Happy St. Patrick’s Day!
- **March 12:** Please Make Up Your Classes Early in the Month!
- **March 13:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 14:** Weapons 7 – 8:30p
- **March 15:** Portland Tournament
- **March 16:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 17:** Make Up Your Classes Early in the Month!
- **March 18:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 19:** Make Up Your Classes Early in the Month!
- **March 20:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 21:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 22:** Make Up Your Classes Early in the Month!
- **March 23:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 24:** Make Up Your Classes Early in the Month!
- **March 25:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 26:** Make Up Your Classes Early in the Month!
- **March 27:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 28:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 29:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 30:** Mighty Mites 4:30-5:30p Advance 5:30-7p
- **March 31:** Mighty Mites 4:30-5:30p Advance 5:30-7p
Tournaments & Events in September

42nd Annual Uchiage Steveston International Karate Championships Richmond B.C. Canada March 7, 2015.


USA Grassroots Karate Workshop Twin Arbors 1900 S. Hutchins Lodi, Ca. 11-2:30p all Tokubetsu and Leadership Should be attending. March 29th, 2015.


Referee Judges Workshop Sensei Chuck Sweigart at Tibon’s Goju Ryu dojo 11a-4:00pm All Leadership and Tokubetsu should attend.

USA Grassroots Karate Workshop Twin Arbor Series #2 1900 S. Hutchins, Lodi, Ca. 11-2:30pm all Tokubetsu And Leadership should attend. April 19th, 2015

USANKF of Northern California Western States Regional Qualifier Lincoln High School Gym April 26, 2015 Sunday.

Tibon’s Goju Ryu 3rd Annual Patriot Summer IN HOUSE March of the Flags and Olympic Day Celebration Lincoln High School June 27th, 2015 Saturday.

Tibon’s Goju Ryu 31st Annual Winter IN HOUSE Karate Championships and Black Belts Testing December 6th, 2015 with Black Belt Testing and Uchiage Advance Seminar December 5th, 2015 Lincoln High School

Welcome New Students

Tibon’s Goju Ryu Organization

Rocco Sabino  Jayden Orosco  Pablo Herrera
Sam Willis  Kristian Donato  Caleb Casper
Everardo Gomez  Ian Curry  Max Matute
Malia Spence  Violet Odell  Broklyn Bell
Cayleb Delgado  Dylan Machado  Chase Austin
Bryan Stallknecht  Madison McCarthy
Tiffany Ghazanchyan  Jackie Benedict
Damel Hernandez  Gavin Ballejo  Madison McCarthy
Nalani Jaime  Saroop Sahi

Welcome Back:  Trevor Posey
Moments of Competition!

Daniel Inman  Arin Helsby  Chris Gong

Darren Foronda  Elijah Infante  Blake Thurston

Anthony Bonocan  Noah Helsby
West Coast Shotokan Karate Championships Valley High School Yuba City

Blake Thurston  1st place men's black belt Kumite(fighting), 1st place in Men's Advance Kobudo (Weapons).

Curtis Shaw   1st place men's 18-34 yr. old intermediate Kumite.

Frances Yang  1st place 14-15 yr. old boys advance Kumite, 1st place advance Kobudo, 3rd place advance Kata(forms).

Daniel Inman  1st place 6-7 yr. old boys intermediate Kumite, 3rd place intermediate Kata.

Anthony Bonocan 1st place boy's 12-13 yr. old black belt Kumite.

Noah Helsby  1st place boys advance team kumite, 3rd place advance weapons, 3rd place advance Kata, 3rd place advance Kumite.

Arin Helsby   1st place 9-10 yr. old girls advance Kumite, 2nd place advance weapons, 2nd place advance Kata.

Darren Foronda 1st place 10-11 yr. old advance team kumite, 3rd place advance Kata, 3rd place advance Kumite.

Jaron Guerrero 1st place 10-11 yr. old advance team kumite.

Ellis Chen  1st place 14-15 yr. old boys intermediate Kata, 2nd place 14-15 yr. old boys weapons, 2nd place advance Kumite.

Asa Thurston 2nd place 16-17 yr old black belt weapons, 3rd place black belt Kata, and 3rd place black belt Kumite.

Ethan Fong   2nd place 9-10 yr. old Novice Kata.

Chris Inman  3rd place 10-11 yr. old boys advance Kata.

Barry Keene   2nd place boys 13-14 yr. old advance Kata.

Jacob Ruiz   2nd place 14-15 yr. old black belt Kumite.

Chris Gong    2nd place boys 8-9 yr. old Kata.
Tibon’s Goju Ryu Ryu main dojo, black belts, students, and parents are working to help raise funds for Sensei Joane Orbon’s Team USA Trips to the Sr. Pan-American Karate Championships in Toronto, Canada in March,

Joane will be competing at this competition to also win a spot on Team USA for the Pan-American Games also in Toronto, Canada in July 2015.

Joane will also be competing in the North American Cup in Las Vegas at the US Open between Mexico, Canada, and Team USA, which she is a part of.

We all appriecate everybody’s support to help one of our athletes represent USA and the world level, especially when she gets no support from the USA National Karate Federation.

Our athletes are successful because of the training at our dojo, and the support of the families of our dojos to particiapte as a member of Team USA in Pan-American and World competition. When it is your child’s turn we will work to raise funds for their trips also.
**2015 A Year for Competition Experience**  
**And a New Generation of Black Belts**  

This year we have a new group of 5th generation black belts at Tibon’s Goju Ryu Fighting Arts Karate Organization. We have 5 schools in our organization, Tibon’s Goju Ryu main dojo, Stockton Tibon’s GymStars, Modesto Tibon’s GymStars, Hiers Goju Ryu, and Victory Outreach Program. All of these schools are dedicated to giving our athletes an opportunity of gaining the needed experience to learn how to be competitive in the sports karate world of Team USA development opportunities and in life.

The international experience gained from being a member of the Junior or Senior National Karate team, under USA Karate Federation, member of the USA Olympic Committee is huge, especially with the possibility that Karate will be in the 2020 Summer Olympic Games in Japan. Many of our athletes will be at the USA Team Trials for this!

In the meantime whether you make Team USA or just gain the experience for preparing for elite level competition it will teach you that to be at any elite level takes elite training and personal dedication, with the support of your parents.

We plan to host more USA Grassroots Karate workshops, which Sensei Gene Tibon is National Director and Founder of [www.grassrootskarate.com](http://www.grassrootskarate.com) with the help of Hier’s Goju Ryu Karate program at Lodi’s Twin Arbors Athletic Facility in the next several months. We look forward for your participation.

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**Students Don’t Bring Valuables to the Dojo**

Students please don’t bring any valuables to the dojo. We had one of our students brought her Christmas shopping money in an envelope to class, and when she got home she could not find it. The daughter of one of our black belts walking by found the envelope, and brought it inside of the Karate school to the front counter for us to hold in case somebody called. Fortunately an honest person found the money, brought it into the dojo, and it was returned to the student.

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**Grassroots Karate Workshops Being Scheduled**

*For March 29th and April 19th, 2015*

Great Training Opportunity with Top Instructors in Northern California  
To be hosted at Hiers Goju Ryu Karate at Twin Arbors  
Watch for Flyers, Facebook, and E-mail Blast for Details and Dates

Please give the front counter your e-mail address for electronic news and information.
New Black Belts and Black Belt Candidates
Congratulations!
Many Headed to Canada to Receive Certification at Internationals

Joane Orbon
Sr. 1st Degree Black Belt
Blake Thurston
Sr. 1st Degree Black Belt
Asa Thurston
Sr. 1st Degree Black Belt
Ronald Jacob Ruiz
Jr. 1st Degree Candidate

Alyssa Santos
Sr. 1st Degree Candidate
Kimberly Roberts
Sr. 1st Degree Candidate
Noah Helsby
Jr. 1st Degree Candidate
Ryan Ho
Jr. 1st Degree Candidate

Annabelle Rankin
Sr. 1st Degree Candidate
Dominic Respicio
Jr. 1st Degree Candidate
Michelle Cook
Jr. 1st Degree Candidate
The Leadership Team of Black Belt and Brown Belt
Have Added Green Belt 3 Stripes to
Leadership Class and Training
Next Leadership Meeting March 22\textsuperscript{nd}, 2015 Sunday 11am-1pm

Leadership training is exactly that, it teaches our students to become role models, leaders, positive examples, interns to the assistants to the Instructors. It helps develop confidence, taking initiative, understanding customer service, builds team work relationships with the instructor team. This class teaches one how to take initiative towards addressing an issue, and developing a creative idea in making a person who can work in developing anyone.

Our Leadership program teaches our students about business and corporate understanding. This class will affect them in school, work, clubs, organizations, along with the development of their interpersonal skills.

Once a month we have a Leadership meeting for two hours, which will include lunch. After receiving the black belt, our Leadership Instructors work to maintain an excellent grade point average, which has been beneficial for preparation when going off to college or university to achieve their degrees. Once they have received their Associates, Bachelors, and/or Master’s Degree, they find that our Leadership Class has prepared them for the Management positions they may have applied for.

We go beyond teaching great martial arts. During their training in Goju Ryu Karate; we teach our students to be successful in life, understanding business, customer service, and how to apply these skills into their lives.

We welcome the new Green Belts 3 strips, whose next level is Brown Belt to our Leadership Program.

Any questions please call Sensei Gene Tibon at the main dojo at (209) 465-0943.
Tibon’s Goju Ryu Fighting Arts Karate Studio  
Approved as a Physical Education Alternative for St. Mary’s High School  
Most all Stockton Unified School District High Schools accept Tibon’s Goju Ryu Karate Program as a Physical Education alternative, just check in with your Counselor. Lincoln High School and Tokay High School require athlete be in the Elite Karate Training program to qualify – See Sensei Tibon on those requirements! 

Connecting Waters Charter School 
Connecting Waters is Fully Accredited by the Schools Commission of the Western Association of Schools and Colleges (WASC) 

We have many students in the Connecting Waters Charter Schools that come to Tibon’s Goju Ryu Fighting Arts Programs for their physical education requirements. If you are with Connecting Waters, and have questions about our program and how to qualify through Connection Waters Charter Schools just call our main Karate school at (209) 465-0943.
Sensei Toshihiro Oshiro

Yamani Ryu Weapons Seminar

Sunday May 17, 2015

Tibon’s Goju Ryu Main Dojo

Beginner/Novice Class 3p-4pm

Intermediate/Advance 4p-5pm

$25.00 per person

Part of Weapons Class Requirement is Student Should Participate in Yamani Ryu Weapons Seminar With one of the Top Weapons Masters in the World
The USANKF of Northern California Inc.

Presents

USA-NKF of Northern Calif. Inc.
Western States Invitational National Karate Qualifier Tournament
&
USA Grassroots Karate Program Development Cup Competition

Sunday April 26th, 2015 Tournament
Stockton, CA
Lincoln High School Gymnasium
Doors Open 8:00am
6844 Alexandria Pl, Stockton, CA 95207

Sanctioned by:
United States of America National Karate-do Federation
Member of the USA Olympic Committee

For Questions call Gene Tibon – President
(209) 465-0943

USA Grassroots Karate Program ®
Japanese Okinawa Karate