

# April

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Please Make Up Your Classes Early in the Month!		<b>1</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>2</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p
<b>3</b> Tokubetsu 2 9-11a	<b>4</b> Weapons 7:30-9p	<b>5</b>	<b>6</b> Please Make Up Your Classes Early in the Month!	<b>7</b>	<b>8</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>9</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p
<b>10</b> Tokubetsu-2 9-11a Parent Booster  Easter Potluck Picnic Swenson Park 12-4p	<b>11</b> Weapons 7:30-9p	<b>12</b>	<b>13</b> Please Make Up Your Classes Early in the Month!	<b>14</b>	<b>15</b> Mighty Mites 4:30-5:30p Advance 5:30-7p No Weapons Promotion Ceremony White/yellow 7:15p Orange & up 8:15p	<b>16</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p Promotion Testing 2pm White & Yellow, Orange and Up Combined testing!
<b>17</b> Tokubetsu 2 9-11a  Leadership Meeting Dojo 11-1pm Black Belt Banquet 5-8pm Oriental Chef 7562 Pacific Ave Stkn	<b>18</b> Weapons 7:30-9p	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>23</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p
<b>24</b> Tokubetsu 2 9-11a  Sensei Tibon Kata Seminars Main Dojo Sanseru 11:00a – 1p Shisochin 1p – 3p Sesan 3p – 5p Green 1 & above rank	<b>25</b> Weapons 7:30-9p	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Mighty Mites 4:30-5:30p Advance 5:30-7p Weapons 7-8:30p	<b>30</b> Mighty Mites 11-12n 12n-1:30p Color Belts Tokubetsu 5-7p

# 2016



# Tibon's Goju Gazette



[www.tibonkarate.com](http://www.tibonkarate.com)

April 2016

## Tournaments & Events This Year

49<sup>th</sup> Annual Japan Karate-do Ryobu-kai Tournament  
Sunday May 1, 2016 Santa Ana, Ca.  
Saddleback High School  
Tournament website [www.karatesocal.com](http://www.karatesocal.com)

Grassroots Karate Workshops May 22<sup>nd</sup> Twin Arbores  
For world class training with world class Sensei's open  
To all Tibon's Karate students Blue belt and above.

International Traditional Karate-do Championships  
July 22-24, 2016 Tournament Seminar. Soka University  
Costa Mesa Hilton Pre-register by July 14<sup>th</sup>, 2016  
[Dentokaratetournament.com](http://Dentokaratetournament.com)

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

## Welcome New Students Tibon's Goju Ryu Organization

Fidela Beringuela Gabriel Racela Elias Van Natta  
Samuel Robbins Luke Lourenco Sean Lourenco  
Sophie Newton Aryka Motley Olivia Aguilar  
Naimah Castellanos Chloe Ente Anthony Tafoya  
Lailand Ewing Marley Lacke Macher Noah Pinzon  
Lillanna Tran Devin Tran Logan Lee  
Clemente De Alba Dalilah Lamson Eric Brannum  
**Welcome Back: Amir Smith**

## Gofundme Fundraiser for Zoe Harrison Please Support



[https://www.gofundme.com/zgwi28f8?pc=expt\\_em\\_co\\_shareflow\\_m\\_91\\_2&rcid=723350faf63b11e587d4bc764e049a64](https://www.gofundme.com/zgwi28f8?pc=expt_em_co_shareflow_m_91_2&rcid=723350faf63b11e587d4bc764e049a64)

She needs our help send prayers and support to our Zoe!

## New Tibon's Goju Ryu Black Belts Receive International Certification at 43<sup>rd</sup> Steveston International Karate Championships in Richmond B.C. Canada



Tibon's Goju Ryu Fighting Arts athletes are successful in Canada  
winning 5 gold, 2 silver, 4 bronze medals

Black Belt banquet ceremony to be held in April location at Oriental  
Chef Chinese Restaurant date to be announced!

**Adam Jumaos** 1st place men's 18 yrs. and up black belt kata(forms),  
and 1st place 18 yrs. and up black belt Kumite(fighting).

**Noah Helsby** 1st place boys 12-13 yr. old black belt kata and 1st place  
14-15 advance kata.

**Jacob Ruiz** 3rd place 14-15 yr. old black belt kata, and silver 15-16  
yr. old black belt kumite.

**Arin Helsby** 2nd place girl's 10-11 yr. old black belt kumite

**Zoe Harrison** 3rd place mixed boys and girls 5 yr. old beginners paddle  
kumite, and received special award recognition youngest competitor in  
tournament.

**Cayla Gapusan** 3rd place in girls 12-13yr old black belt kata(forms),  
and 1st place in 14-15 yr. old black belt kata

**Julian Sepulveda** 3rd place 16-17 yr. old black belt kata

**Asa Thurston** special black belt competitor award

**Blake Thurston** special black belt competitor award

Andrew Moore special black belt competitor award

**Sensei Justin Love with PBS Television Crew  
At  
Main Tibon's Goju Ryu Dojo for Television Documentary**



**Sensei Justin Love, one of our black belt instructors at Tibon's Goju Ryu Fighting Arts and Chief Instructor of Victory Outreach Karate Program where he volunteers his time for teaching to at risk children had the PBS (Public Broadcasting Service) videotaping Television Crew on hand. Sensei Justin Love is a California Highway Patrol Officer, and had the company of the PBS television crew was with him on his service territory filming him for a week watching him work, teach, and being a citizen of Stockton, his home town. We are so proud of our Sensei Justin, who has been training since he was 8 years old, and now a 3<sup>rd</sup> Degree Black Belt instructor teaching. He also teaches the CHP Certification for their hand to hand defense requirement. Sensei Justin Love is truly a modern day Samurai giving back to community, as well as protecting it every day with his life.**



## Tibon's Goju Ryu Fighting Arts Tournament Results

Athletes from Tibon's Goju Ryu main dojo travelled to several international karate tournaments the last several weeks in March. A special acknowledgement to our Tibon's Goju Ryu **Coaches Sensei Cristian Embry and Sensei Joane Orbon** for their coaching our athletes, and **Ron Ruiz for photos and karate parents for all your support**. They all did an outstanding job working as a team supporting the athletes in their performance, and above all their willingness to gain the much needed experience to prepare of an opportunity to become members of Team USA Jr. and Sr. National Karate Team, member of the US Olympic Committee. The only way to gain this type of experience is to go to the highest level of international competition and compete against the best from the various nations participating in the tournament. Some of these competitions had as many as 53 countries in the competition. We are equally proud of those who won, and those who competed to learn from the experience. They are the following athletes:

### **Junior International Cup Karate Championships in Las Vegas 35 countries:**

**Ronald "Jacob" Ruiz** Gold medal in the male 15-16 yr. old Black Belt Kumite (fighting).

**Noah Helsby** Bronze Medal 12-13 yr. old Kata.

**Jaron Guerrero** honorable mention, **Cash Gapusan** honorable mention, **Aleesa Ohata** honorable mention.

### **U.S. Open International Karate Championships 53 countries Las Vegas:**

**Cayla Gapusan** Gold medal in Female 12-13 yr. old Team Kumite.

**Noah Helsby** Bronze Medal in the male 12-13 yr. old black belt Kata (forms).

**Aleesa Ohata** honorable mention, **Joane Orbon** honorable mention, **Jaron Guerrero** honorable mention. **Jacob Ruiz** honorable mention

### **30th NW Classic Yoshida Cup International Karate Championships in Portland, Oregon**

**Samson Helsby** Gold medal boys 6 yr. and under beg/nov Kumite, and Silver medal boys 6 yr. and under beg/nov Kata.

**Cayla Gapusan** Bronze medal girl's 12-13 yr. old black belt Kumite, and Bronze medal girl's 12-13 yr. old black belt Kata.

**Joane Orbon** Silver Medal Women's Open weight Black Belt Kumite. **Aleesa Ohata** honorable mention, **Jacob Ruiz** honorable mention.



**Sensei Gene Tibon 6<sup>th</sup> Dan Teaching Black Belt Kata Seminars**  
**Chief Instructor Tibon's Goju Ryu Fighting Arts**  
**President Western United States Goju Ryu Uchiage Kai & Uchiage Kai Class A Examiner**  
**Past Chairman USA National Karate Federation Technical Committee for Goju Ryu**  
**Past Technical Dan Certification Committee**  
**April 24<sup>th</sup>, 2016 Sunday Main Dojo**

**These Seminars for Green Belt Level and above only!**

**Sanseru 3<sup>rd</sup> Degree Black Belt Kata \$40 per person 11a – 1pm**

**Sanseru** (“Thirty-six Hands”) is derived from 6 x 6 = the first 6 represent eye, ear, nose, tongue, body, and spirit. The second 6 represent color, voice, taste, smell, touch, and justice.

This kata also contains four directional movements and techniques used in close combat. In real fighting it is often the case that an attack comes suddenly and without warning. Very quickly, calm turns to sudden action. Throughout the kata the moves follow this rhythm: slow, smooth movements followed by fast explosive ones. This is a purely fast and hard kata designed to develop speed and power and it is therefore not as intricate as other kata. Much more research still needs to be done on this kata to fully understand its deeper meaning and hidden techniques.

**Shisochin 4<sup>th</sup> Degree Black Belt Kata \$40.00 per person 1p -3pm**

**Shisochin** (“Four Directions Battle”) This kata stresses four directional fighting. When performing you imagine striking and pushing away four opponents. As you strike, power is concentrated in the palm heel and tanden, and you exhale as you strike. In addition to pushing techniques, which create distance between you and your opponent, the kata also contains techniques for close in fighting such as joint locks and attacks, nukite, and hiji ate. Thus, in a real fight if you fail to distance yourself from your attacker, the close combat techniques of the kata can be used effectively.

**Seisan 5<sup>th</sup> Degree Black Belt Kata \$40.00 per person 3p – 5 pm**

**Seisan** (“Thirteen Hands”) The outstanding feature of this kata is the combination of circular and straight movement, speed with heavy powerful muchimi (sticky hands), and hard and soft technique. The circular smoothness of the blocks and the linear power of the attacks combine to create to kata of sublime aesthetic beauty. Seisan kata contains a great variety of contrasting techniques. For example, circular movements quickly change to linear moments in combination; fast and slow movements are performed with minimum of excess body motion. This kata is characterized by combinations of techniques containing fast explosive movements balanced and interspersed by slower heavy movements performed with muchimi. Each technique, seeming to be only one strike or block, may contain many meanings. For example, towards the end of the kata a mae geri is performed. It appears to be only one movement, but in fact, a combination of three techniques is involved.

**Please see sign-up sheet on Main Dojo Front Counter**

**Please secure your seminar space by prepay for seminar.**

**You can call dojo to secure your place with credit card over phone or in person.**

**Prepare for a great summer of competition!**

# ***BLACK BELT AWARDS DINNER***

SUNDAY APRIL 17, 2015 5:00PM -8:00PM

## **Oriental Chef**

7562 Pacific Ave Stockton, Ca 95207

(209) 952-2888

## **HONOREES:**

**\*ASA THURSTON\*BLAKE THURSTON\***

**\*JOANE ORBON\*NOAH HELSBY\***

**\*JULIAN SEPULVEDA\*ADAM JUMAOAS\***

**\*ELIJAH INFANTE\*JACOB RUIZ**

**\*SAUL GOMEZ\*MICHELLE COOK\***

**\*ANNABELLE RANKIN\*ALEESA OHATA**

**\*SAM KIRKLAND\*LILIA FRANK\*TEAGAN PACHECO**

Dinner Menu: Pineapple Bun, Egg Roll , Won Ton Soup ,Fried Garlic Chicken, House Fried Rice,  
Broccoli with Beef, Cashew Nut Pawns , House Chow Mein and Sweet and Sour Pork Tea, Water  
and Soda Included Dessert: Cake

\_\_\_\_\_ cut here \_\_\_\_\_

Honoree's Name: \_\_\_\_\_

Number of Guests: \_\_\_\_\_ @ \$14.00 each = \$\_\_\_\_\_

Include yourself if a seat is taken there is a charge

Payment Amount Included: \$\_\_\_\_\_ includes tax and tip

Please get number of guest and payment in no later than April 15 Please contact Mrs. Tibon with  
any questions if you would like to charge with credit card

209-465-0943 Thank you and Congratulations





## **TIBON'S Parents Club**

### **Annual Easter Picnic**

Come join in on the Easter Fun and Games as we celebrate our  
Annual Easter Picnic

Sunday, April 10<sup>th</sup> @ 12:00pm til 4:00pm

Swenson Park in Stockton (Across from Lincoln High School)

Parents, please bring a dozen filled plastic eggs to contribute to  
our egg hunt

This will be a POTLUCK event – Please remember to bring your  
own drinks

Last Name Beginning with:

A – H     Salad Dish

I – P     Main Dish

Q – Z     Side Dish

If you have any questions or would like to help out please contact  
Paula Gonzales (209) 683-6082





**The Leadership Team of Black Belt and Brown Belt  
Have Added Green Belt 3 Stripes to  
Leadership Class  
Next Leadership Meeting April 17th, 2016 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 others.

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 or bi-monthly 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, 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. You qualify for your Leadership patch when you have participated in a minimum of 2 Leadership  
Any questions please call Sensei Gene Tibon at the main dojo at (209) 465-0943.

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**Let's make 2016 our best year yet!**





**Black Belt Awards Banquet Dinner**  
**Sunday April 17, 2015**  
**\$14.00 per person**  
**Must Purchase Ticket at Main Dojo Before Banquet**  
**See Mrs. Yvonne Tibon**  
**Congratulations New Black Belts!**



**2<sup>nd</sup> Degree Black Belts Joane Orbon Asa Thurston Blake Thurston Aleesa Ohata**

**1<sup>st</sup> Degree Black Belts Noah Helsby Ronald "Jacob" Ruiz Saul Gomez Michelle Cook  
Annabelle Rankin Teagan Pacheco**

**1<sup>st</sup> Degree Candidate Black Belts Adam Jumaoas Julian Sepulveda Elijah Infante  
Sam Kirkland Lilia Frank**