

February

Tue

Wed

Thu

Fri

Sat

3

**Tokubetsu 2 9-11a
Demo Practice 11-1p**

4

**Weapons Starts
7:30p – 9:00p**

5

6

**Please Make Up
Your Classes Early
in the Month!**

7

8

**Mighty Mites 4:30-
5:30p
Advance 5:30-7p
Weapons 7-8:30p**

**Mighty Mites 4:30-
5:30p
Advance Class 5:30 –
7:00p
NO Weapons
Promotion Ceremony
White/yellow/All 7:15p**

9

**Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu 5-7p**

**Promotion Testing 2pm
White & Yellow, Orange
and Up Combined testing**

10

**Tokubetsu 2 9-11a
Leadership - Demo
Practice 11-1p**

11

**Weapons
7:30p – 9:00p**

12

13

**Please Make Up Your
Classes Early in the
Month!**

14

**Happy Valentine's
Day**



15

**Mighty Mites 4:30-
5:30p
Advance 5:30-7p
Weapons 7-8:30p**

16

**Mighty Mites 11-12n
12n-1:30p Color Belts
Tokubetsu Demo Team
Combined 5-7p**

**GymStars Winter
Showcase Demo practice
1:30p -3:00p**

17

**Tokubetsu-2- 9-11a
Demo Practice 11-1p**

18

**Dojo Closed!
Presidents Day!**



19

20

**Please Make Up Your
Classes Early in the
Month!**

21

Canada

22

**Mighty Mites 4:30-
5:30p
Advance 5:30-7p
Weapons 7-8:30p**

Canada

23

**Mighty Mites 11-12n
12n-1:30p Color Belts**

No Tokubetsu

Sensei Cristian's B-Day!

Canada

24

**No Tokubetsu-2-

Sensei Eliza B-Day!**

Canada

25

**Weapons
7:30p – 9:00p**

26

27

**Please Make Up Your
Classes Early in the
Month!**

28

2019



Tibon's Goju Gazette



www.tibonkarate.com

February 2019

Tournaments & Events This Year

46th Annual Steveston International Karate Championships
Richmond B.C. 4111 Moncton St. Richmond, Canada
February 23, 2019.

41st Annual Chinese New Year Parade & Festival Tibon's Goju Ryu Fighting Arts Demo Team will be marching in the parade And demonstrating. Come out and support our Demo Team Downtown Stockton 10am – 11am and On-Stage Demo at 1:00pm March 3, 2019.

Tibon's Goju Ryu 35th Winter IN HOUSE Invitational Karate Championships Sunday December 8th, 2019. Black Belt Testing December 7th, 2019 Saturday

Welcome New Students Tibon's Goju Ryu Organization

Yolanda Mawson Joshua Borquez Lindell Sinclair
Lucca Morelli Jose Juan Dias Brooke Buxa Ryker O'Connell
Lucas Harrison Michael "Mikey" Jensen
Welcome back: Tommy O'Boyle Aiden Haynie Nyla Haynie



Promotion Testing!

February 8th Promotion Ceremony 7:15p Friday
February 9th Saturday Promotion Testing 2:15pm
White & Yellow, Orange and Up Combined testing!
Start checking in 2pm



Sunday Leadership-Demo February 10th 11am – 1pm
Leadership Meeting Ranking Green 3 –Black Belts Only! Main dojo meeting location.
Demo Practice 2/3, 2/10, 2/16 11a-1p, & 2/17 5p-7p
See Calendar

Attention New Weapons Class Starting

Class Starting February 4th, 2019 Monday
7:30p – 9:00pm for Beginning and Novice
Blue Belt and above level just starting. Sensei Aleesa Ohata will be instructing, she is a 1st Degree in Yamani Ryu Kobudo and 2nd Degree in Goju Ryu. Please purchase your weapons before class starts!

Yosemite Street Village Cleanup



About 20 of Tibon's Goju Ryu Leadership Students participated in the Yosemite St. Village Cleanup to keep our neighborhood clean and nice. I'm so proud of our students who came out 7am Sunday morning to help doing their part for the community!

**Channel 10 ABC News
Comes to Tibon's Goju Ryu Fighting Arts
for**

Interview with student Zoe Harrison and Sensei Gene Tibon at the main dojo



Message from Cheila Rosencrans Zoe's mom:

Channel 10 news came out to do a story on my daughter Zoë. They are doing the story for the Sacramento St. Jude home giveaway. This story will air on January 17th. I will post a time once it's announced. Thank you ABC 10, St. Jude and [Alyssa Santos](#) [Gene Tibon](#) [Yvonne N Gene Tibon](#) [Courtney Marie Embry](#) Cindy Philpott [Joseph Philpott](#) and Tibon's Goju Ryu fighting arts. Zoë and I appreciate all you guys did to make this happen and for the support you continue to show us!

**Tibon's Goju Ryu Fighting Arts Organization Promotion Ceremony
Hiers Goju Ryu
Stockton GymStars
Modesto GymStars**



Congratulations to our newest Color Belts for the New Year of 2019!



Front page of the Lodi News Sentinel Newspaper Sensei Chris Hiers of Hiers Goju Ryu Karate at Twin Arbors poses for a photo while working out at Twin Arbors under new Ownership and has agreed to Have Hiers Goju Ryu Karate to continue its Karate program, which has been at this location for 23 yrs. We are extremely excited the program continues to develop outstanding Karate students.

EXTRACURRICULAR

GREAT ON THE FLOOR, *Great Out the Door*

TIBON'S KARATE

BY CAITLIN HAMER



Like many extracurricular activities, martial arts can be both a fun and enriching hobby as well as a learning experience that offers its students lifelong lessons. And at Tibon's Goju-Ryu Fighting Arts Karate in Stockton, they'll get the added benefit of learning a unique fighting style from one of the best in the business.

"My history starts with four generations of ancestors who have been in the martial arts," says Gene Tibon, Sensei at Tibon's. Gene himself is the fifth generation, with his son and grandchildren making up the sixth and seventh generations, respectively. "The pride we have in our heritage goes back over several hundred years," he adds. And, of course, Goju-Ryu, which is Japanese for "hard soft style", has a long history as well. Combining the soft, angular redirection style of martial arts with the direct straight line of defense and offense, Goju-Ryu is a popular style that not only offers self-defense techniques, but numerous other benefits.

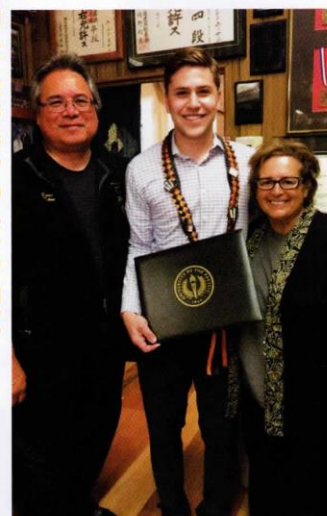
"One: the physical fitness and health benefits. Two: the discipline, respect,

and self-dedication to achieve what they start. Three: learning a traditional martial art like Goju-Ryu Karate is the best of two martial arts."

Those aspects, plus the passion that Gene has for teaching and for Goju-Ryu, has led to numerous success stories. 100% of Tibon's black belt students graduate from high school, and 95% of the black belts also go on to receive a college degree. Many of these students become leaders in their classes, and some of his current students are even Olympic hopefuls.

"The students learn life skill development in applying their training, self-initiative, and desire to succeed at what they have started," explains Gene. "I tell them, 'Great on the dojo floor, great out the door!'"

At Tibon's, classes start with beginner level students, who train by age, starting with ages 3 to 5, and continuing with 6 to 12. Classes for teenagers are from 13 years and up. The same breakdown in ages is applied to the novice/



intermediate students, while advanced level students have separate classes. Athletes who are interested in competing at the international level also have development classes available.

"From the very beginning we set goals," Gene says. "Each student has to write a new set of 10 goals and 10 accomplishments each year." But ultimately, he says, his own goal – which he is clearly accomplishing – is to teach his students to be the best they can be.

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SIGN UP NOW:

TIBON'S KARATE
923 N. Yosemite St., Stockton
(209) 465-0943
TibonKarate.com



**Sensei Joane Orbon Wins Number #1 Top Seed
for Pan-American Karate Championship and Pan-Am Games Trials in Panama
at Sr. Team USA at US Olympic Training Center in Colorado Springs, Colorado**



I began 2019 with the mindset to work hard and work humbly. Yesterday, I went 5-0 with talented athletes from all over the US, seeded #1 in the US, made it on the 2019 US NATIONAL TEAM, will be representing at the last qualification event for the Pan Am Games and will compete at the Pan American Championships in Panama in March. So, it was a very good day.

This weekend the women fought 3-minute matches in over 6,000 ft of elevation. I was very, very grateful for the brutal preparation for this event. Last week I was running in the snow, and on Tuesday before I left camp, I was in simulation matches for this weekend. I fought 5 times with timed and monitored recovery and lost 3 out of 5. I made the adjustments for this weekend and was mentally prepared for all scenarios. The goal was to allow my mind to work harder than my body to compensate for not being able to breathe lol!

.Thank you for the continuous support and best support this weekend my sponsor Adidas, Tareq, [Gene Tibon](#) and wife [Yvonne](#), [Jon Orbon](#), and [Ashley](#) and Adham!



**Officially a signed and sponsored athlete of Adidas👍 Ready to rock n roll tomorrow at the
US Team Trials**



Tibon's Karate Camping Trip – Signups



South Lake Tahoe–Camp Richardson–June 20-24th, 2019

\$50 Deposit Deadline January 28th to lock your camp site in!



Please students and parents we are needing committed families to register so we can lock in our camping area all together. Come out and have an incredible time! The signup list is at the Front Counter at the Main dojo on Yosemite St. or call and have your names added to the list. Deadline is January 28, 2019 for \$50 camp deposit with list of your family members. Camp payment final deadline is April 10th, 2019 Contact Mrs. Tibon, Mrs. Helsby, Courtney Embry, Alyssa Santos at (209) 465-0943 – Make Checks to USANKF of Northern Calif. Inc.



The Leadership Team of Black Belt, Brown Belt, and 3 Stripe Green Belt Leadership Class and Training

Next Leadership and Demo Team Meeting February 10th, 2019 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 teamwork 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, and jobs 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 stripes; whose next level is Brown Belt to our Leadership Program.



Attention New Weapons Class Starting

Class Starting February 4th, 2019 Monday 7:30p – 9:00pm for Beginning and Novice Blue Belt and above level just starting. Sensei Aleesa Ohata will be instructing, she is a 1st Degree Black Belt in Yamani Ryu Kobudo.

We will be splitting the Friday Weapons Classes to just Intermediate and Advance Kobudo students only. The Returning Weapons class on Mondays are for those students at Blue belt and above level ranking who have just started weapons.



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

Great Valley Academy Charter Home School

Lincoln High School X-Sports Program

