

February

Tue

Wed

Thu

Fri

Sat

2

Tokubetsu- 2 9-11am
Super Bowl!



3

Combined
Weapons
7:30p-9:00p

4

Please Make Up
Your Classes Early
in the Month!

5

Please Make Up
Your Classes Early
in the Month!

6

7

Mighty Mites 4:30-5:30p
Advance 5:30-7p
No Weapons
Promotion Ceremony
White/yellow/All 7:15p

8

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

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

9

Tokubetsu-2 9-11am

Leadership 11a-1pm

Yosemite St. Village
Cleanup Volunteers
8am

10

Weapons
7:30p-9:00p

11

12

Please Make Up Your
Classes Early in the
Month!

13

14

Dojo Closed
Canada Internationals
Athletes travel

Valentine's Day



15

Dojo Closed

Canada Internationals
Athletes travel

16

Dojo Closed

Canada Internationals
Athletes travel

17

Dojo Closed



18

19

Please Make Up Your
Classes Early in the
Month!

20

21

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

22

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

23

Tokubetsu-2 9-11a

24

Weapons
7:30p-9:00p

25

26

Please Make Up Your
Classes Early in the
Month!

27

28

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

29

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

2020



Tibon's Goju Gazette



www.tibonkarate.com

February 2020

Tournaments & Events This Year

47th Annual Uchiage Tournament February 15, 2020 Steveston B.C. Canada at the Steveston Indoor Tennis Court 4111 Moncton St. Richmond B.C. Canada.

Welcome New Students Tibon's Goju Ryu Organization

Alexander Pena Tyson Groom Lily Ana Zavala Sergio Zavala
Angel Barriga Arabella Iniguez Andrew Rojo

Welcome Back: Aiden Haynie Nyla Haynie James Foster
Barry Foster



Promotion Testing!

February 7, 2020 Promotion Ceremony 7:15p Friday
Saturday February 8, 2020 Promotion Testing 2:15pm
White & Yellow, Orange and Up Combined testing!
Start checking in 2pm - Need Leadership for Testing Saturday!



Annual Tibon's Karate and USA Grassroots Karate Camping Trip South Shore Lake Tahoe 1900 Jameson Beach Road Parents and Students

Due to the cost of the Ocean Camping Sites being Way to expensive we've decided to return to Lake Tahoe Camp Richardson. We need deposits for Your camping site for the date of June 11 – 15, 2020. The deposit is \$50 per person to lock in your place. The cost is also \$50 per person for food for total of \$100 per person for the whole weekend.

Please pay your deposit before they are sold out.
Deposits are non-Refundable.
Deposit deadline is February 29th, 2020.
Final payment due May 1, 2020

Sensei Joane Orbon Drops in To Teach Sensei Tibon's Advance Class Before Leaving to the Philippines

The competition is the country's Regional Karate Championships. Sensei Joane will be headed to Europe for Training with Team Philippines to prepare for Paris, France in May for the last Olympic Summer Games Final Athlete Seeding Tournament to Qualify for the 2020 Olympic Summer Games in Tokyo Japan in July.

If Sensei Joane can win Gold, Silver, or Bronze out of the top 100 rated athletes in the world she will earn a spot on the 2020 Olympic Karate Competition in Kumite in the -61Kilo Women's Weight Division. The competition in Paris for a competitor to win a spot to the 2020 Olympic Games would need win at least 10 fights against best in the world.

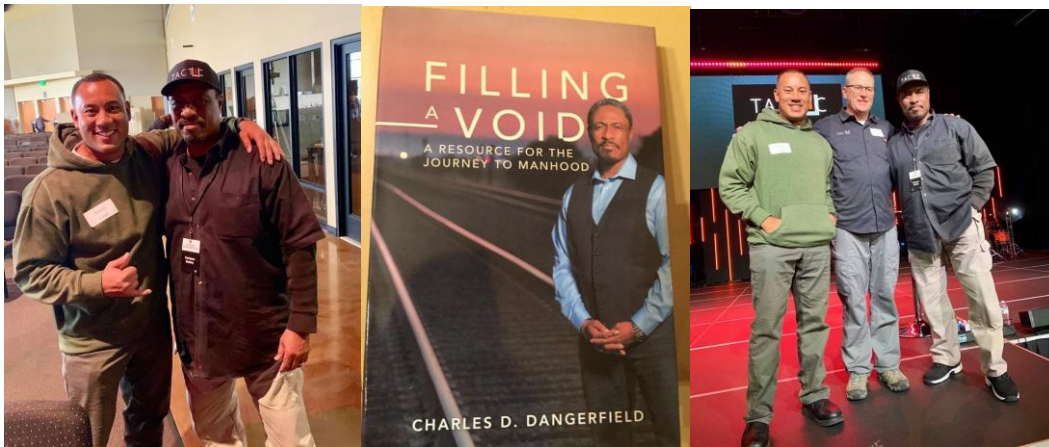


Sensei Gene Tibon will be hosting a fundraising seminar for Sensei Joane Orbon to help raise funds for her as she prepares to travel for the last of the world ranking WKF Premier Tournaments this year for the WKF World Championships in Dubai and 6 additional Premier Karate events in the duration of this new year.

The date set for Saturday March 21 & Sunday March 22, 2020 at Tibon's Goju Ryu Fighting Arts main dojo at 923 N. Yosemite St. Flyer and signup sheet will be posted on the Front Counter.



Tibon's Goju Ryu Black Belts Making A Difference Sensei Charles Dangerfield and Sensei Justin Love



Iron sharpens Iron!! Today MWTC was specially invited to Sun Grove Church in Elk Grove by Sensei Charles Dangerfield for special training. Sensei Charles is a legendary Goju Ryu Karate-do black belt fighter and the author of Filling A Void. Sensei Charles was one of Justin's role models growing up in the Martial Arts. Charles served in the United States Navy as a young man. Then he worked in law enforcement for 28 years and retired as the Chief of the Department of Corrections street law enforcement unit, which was appointed to him by the Governor of California. Lastly, he was inducted into the Masters Martial Arts Hall of Fame! Definitely and without a doubt, 100% Warrior through and through.

Now, Sensei Charles is following his calling. He is director of security operations at Elk Grove's Sun Grove Church. His security ministry is impressive and the work he and wife Darlene is doing is exceptional! Thanks for the invite to today's training Sensei Charles.

We trained today with former Navy SEAL Chris Forrest who has an extensive background as a Navy SEAL and as an overseas contractor for the government. Specifically, Chris deployed three times to the Persian Gulf with SEAL Team One, and five times to Afghanistan as a Protective Security Specialist for the CIA. Additionally, Chris has worked extensively as an international firearms and tactics instructor in places like Saudi Arabia and El Salvador. He empowers his clients to assess situations, work safely and efficiently under stress, and problem solve. He also provides instruction in avoiding violence, security consulting, personal protection, and team building.

Excellent training on Church security and De-escalation techniques.



**Congratulations Tibon's Goju Ryu Athletes Travelling to Canada for
47th Annual Uchiage Tournament February 15, 2020 Steveston
B.C. Canada at the Steveston Indoor Tennis Court 4111 Moncton St.
Richmond B.C. Canada.
We wish all good luck!**

Adam Tibon	Matthew Mojica	Zachary Eve	Matthew Hernand	Aaron Tran
Annie Tran	Tristan Sin	Zoe Harrison	Ellis Chen	Chris Gong
Arin Helsby	Noah Helsby	Sammy Helsby	Angelina Nguyen	Andrew Moore
Caleb Stanley	Paul Stanley	Cat Vaughn	Ethan Fong	Ezra Thurston



**The Leadership Team of Black Belt and Brown Belt
Have Added Green Belt 3 Stripes to
Leadership Class and Training
Next Leadership Meeting February 9, 2020 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, 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. Any questions please call Sensei Gene Tibon at the main dojo at (209) 465-0943.

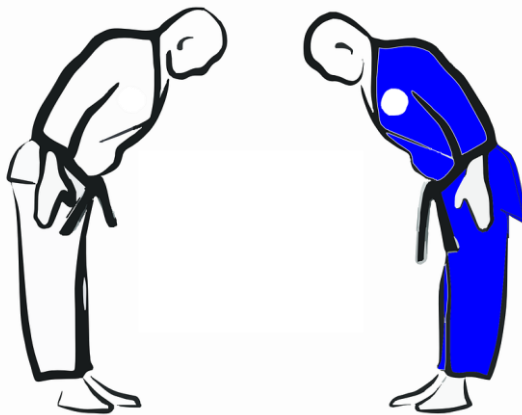


What is Osu?

People who study karate can often be heard saying the word Osu. Sometimes they will say it is a normal speaking voice, but just as often, they will loudly shout this word, which can substitute for “hello,” “goodbye,” “yes,” “okay,” or “I understand.” No matter how or when it is said, however, Osu reaffirms one of the most important lessons of karate. The top character, O, means to push, and symbolizes one hundred percent effort. The second character, SU, means to endure. Combined, Osu is a pledge to do one’s very best and to endure. However, su by itself can also mean, “to be silent,” and the character is made up of the radicals meaning “blade” and heart.” The Japanese idea of endurance, therefore, encompasses being silent, even if your heart is cut with a blade.

It is very natural for people to seek positive reinforcement in return for their efforts. This is the very principal by which our society operates, after all. Professionals are paid for their work. Teachers reward hard-working students with high marks. Parents pay children compliments for their efforts. But karate is a discipline, which involves a great deal of self-reflection, and self-reflection is more concerned with irrefutable truths than with rewards. Unfortunately, there is some karate students who pretend to work hard only when they believe their instructor is watching. These types of students devote more energy toward attracting their teacher’s attention than to learning karate. In other words, their efforts are not “silent.”

What these students do not realize is that they are in class to learn karate, not to impress the teacher. And how much they learn depends solely on how hard they work. If they give their best efforts only when the instructor is watching and are lazy the rest of the time, this will inevitably be reflected in their technique. On the other hand, true karate masters are usually humble and reserved. They realize their expertise in karate and the amount of effort they have devoted to it are irrefutable, independent of the recognition of others. After all, a flower blossoming deep in a secluded forest is no less beautiful than one growing in a garden where everyone can see. In fact, many great karate masters have spent time training on secluded mountains in Japan, where they had to continually challenge themselves to work hard even though there was no one there to provide encouragement or reinforcement. Each time you say Osu during karate class, remember that it is a pledge to work hard and to endure. If you can say it honestly and with pride each time, you can be confident that you are doing well.



News from Tibon's Goju Ryu Fighting Arts Branch Karate Programs

Stockton GymStars
Sensei Asa Thurston Chief Instructor
Sensei Brianna Udermann Assistant



This month was great for kata development with every student learning more about proper body movements to gain power and speed making the techniques much stronger. I have also seen more and more senpais come into class and help teach the lower level students and I am very proud to see the leadership stepping up and helping make the Stockton GymStars Dojo get to the next level

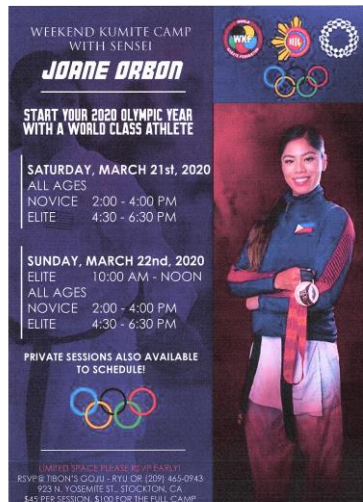
We had an interesting testing with only 6 students total at the main dojo this month. 3 were from the main dojo and 3 were from our very own Stockton GymStars it was a great day with every student passing their test but what was more fun to watch was the competition between the 6 students as they all did fantastic and sensei and I could not have been more proud of how well our students performed their requirements.

I look forward to the upcoming winter showcase and hope all of the students participating along with the parents watching the event this February will enjoy it I know I always love seeing the growth of the students and how they all rise to the occasion when they perform in front of the big crowd.

I'm glad to hear that the students have been getting into making their goals and accomplishments with some help from parents and others doing it entirely by themselves I could not be more proud and I hope that we can try to work hard and accomplish all of the goals we have set for this year



United Bay Area Karate Club
Sensei Joane Orbon Chief Instructor
Sensei Joane Orbon Wins Bronze Medal in Kumite at SEA Games



UBAKC Updates:

Happy New Year to the Tibon's Goju- Ryu Uchiage Kai Organization!

This is the year of the 2020 Tokyo Olympic Games where karate will debut for the first time in the history of the sport. We all look forward to watching history be made as our event will be held from August 6th- 8th, 2020! Mark your calendars to watch the live stream. I, myself, have begun preparing for the last chance qualifier for the Olympics that will be held in Paris from May 8th- 10th, 2020. For the next seven weeks, I will be competing abroad once again in the Karate1 Premier League with the other professional karate athletes in Dubai, Austria, and Morocco. Only 60 of highest ranked athletes are able to participate in this league, so it is always an honor to represent our group wherever I go. You will also see that I will be staying in Istanbul and Ukraine in between the competitions for training camps. 2020 marks a new era and is an exciting year as we will also take adopt a mission focused on athlete development. My dojo, United Bay Area Karate Club, will be another outlet and home for athletes and students in our organization. Everyone is welcome at any time and will be a hub of new students for us to accept into our group. The facility has now passed all its rough inspections and is finally on track to fully open in May this year.

With athlete development, mark your calendars for March 21st and 22nd, 2020 because Tibon's Goju- Ryu will be hosting its first quarter kumite camp to prepare for the US Open in Las Vegas in April. Please note this weekend will be filled with high level athletes traveling from all over the country to participate and join the training. RSVP early to reserve your spot and meet some of my friends on TEAM USA. I will be in the country for one week prior to this camp before returning to the Philippines to resume training for the Olympics.

Thank you all! And continue to enjoy the journey as a martial artist.

Sensei Joane Orbon

Hiers Goju Ryu
Sensei Chris Hiers Chief Instructor
Sempai Maddie Hiers Assistant
Hiers Karate School celebrates 24 years

With the New Year we have had the pleasure of welcoming back students that have been busy during the holiday season. During January we have been focusing on the importance of setting, monitoring, and following through with goals.

I feel more and more we see people starting something and going strong for a time and then life gets busy and they fail. It could be eating right, working out, learning a new skill, and the list goes on. How many times do people lose sight of their goals? As a martial arts instructor I see it much too often. Many times they come back to that goal and try again, and then again. Others I have seen live with the regret of not fulfilling those dreams. Goals are tools that help overcome this cycle I have described. Setting goals is a tradition that Sensei Tibon started long ago and I feel it is so important to the success of our students.

Modesto GymStars
Sensei Eric Bonjoc Chief Instructor
Sensei Chris Inman Assistant

Modesto Students Learning Saifa Kata Applications



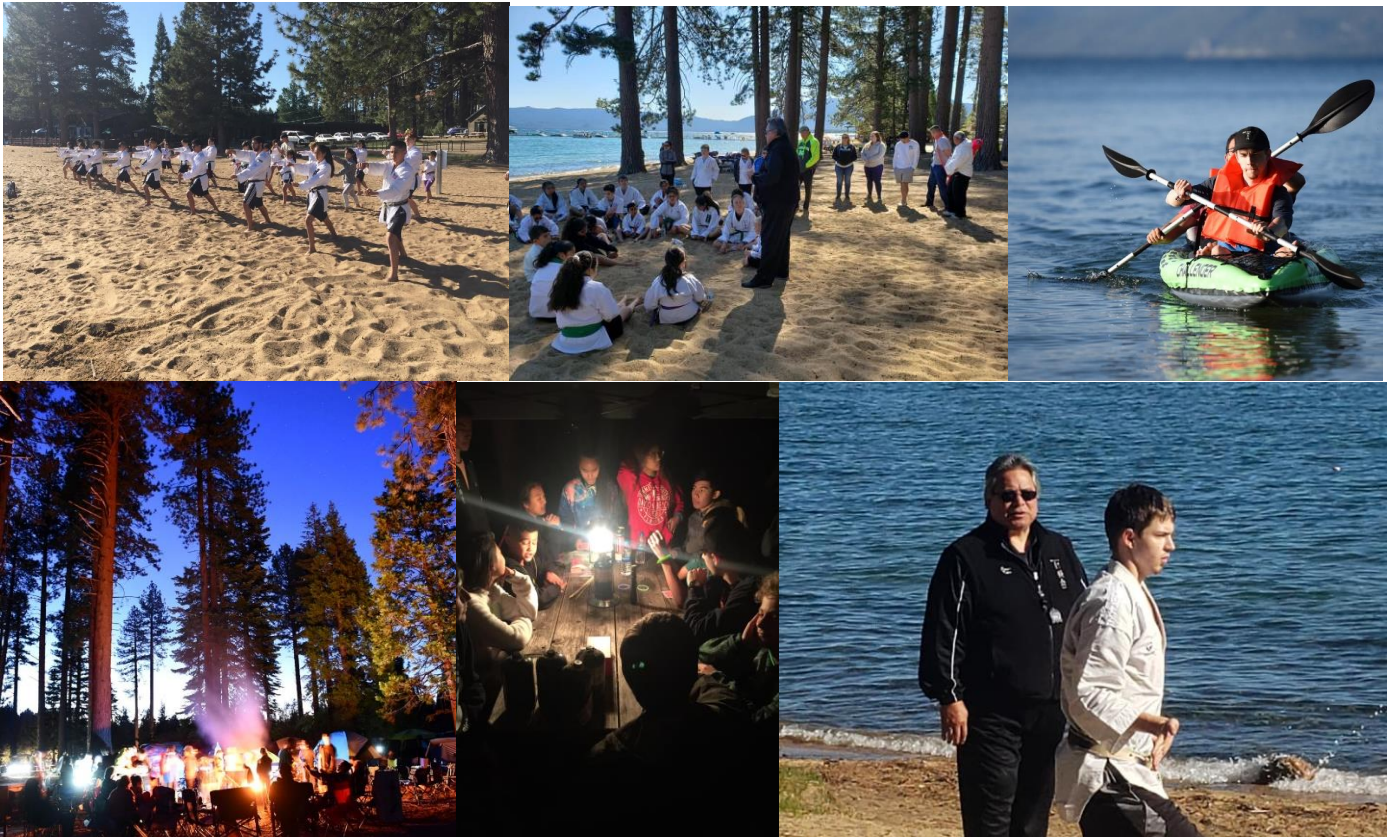
We are proud of our Modesto GymStars Tibon's Goju Ryu Karate satellite program. Sensei Eric Bonjoc and his assistant instructors and leadership continue to develop international certified black belt.



USANKF of Northern California, Inc. Regional Sports Organization

Presents

Tibon's Goju Ryu Fighting Arts – USA Grassroots Karate Camping Trip



Date of Camping at Camp Richardson Lake Tahoe is June 11 - 15, 2020

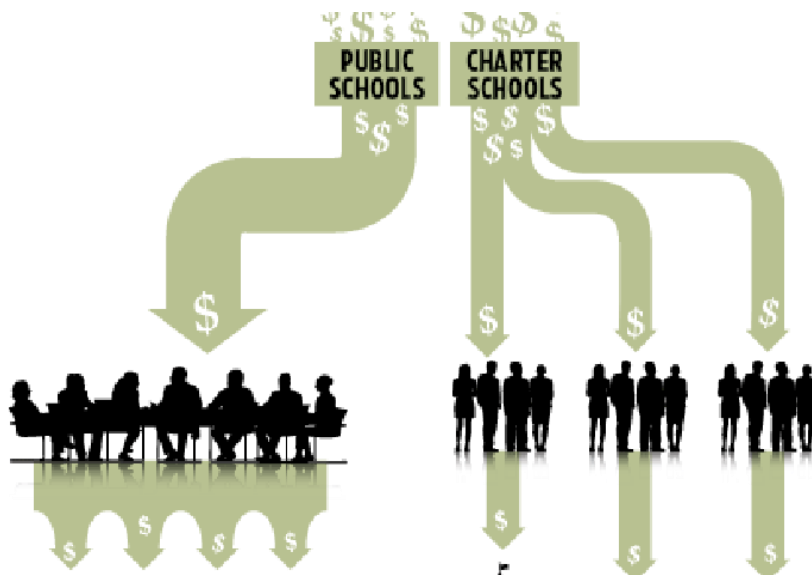
**\$50 Deposit fee per person toward secured camp site – non-refundable -
Deadline February 29, 2020 - \$50 per person for food for 4 days - Deadline May 1, 2020**

**If not Camping or Eating at Camp Site \$80 for Training Participation
Fun, games, team building, karate training**

**If interested, please sign up at the front desk. The deposit will secure your spot
Any questions or concerns please contact Mrs. Tibon, Sherri Helsby, or Courtney Embry**

(209) 465-0943





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

Lincoln High School X-Sports Program

