






# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Private Lessons Available- Please Book with Front Counter! 	See Class Schedule in New Dojo Brochures	See Class Schedule in New Dojo Brochures	See Class Schedule in New Dojo Brochures	See Class Schedule in New Dojo Brochures	 Main Dojo Closed! GymStars Closed	1  Main Dojo Closed! GymStars Open
2  Main Dojo Closed! GymStars Closed	3 Dojo Open!	4	5 Please Make Up Your Classes Early in the Month!	6	7	8 Tokubetsu-1 4-5:30p Competition Class
9 Christmas Tree & Village take down team 9am-11am Volunteers  Tokubetsu-2 1:00-2:30p Competition Class	10	11  Happy Birthday Sensei Adam!	12 Please Make Up Your Classes Early in the Month!	13	14 Promotion Ceremony 7:45pm	15 Promotion Testing 4:00p-6:00pm  NO TOKUBETSU CLASS!
16 Leadership 12-1p  Tokubetsu-2 1:00-2:30p Competition Class	17 Dojo Closed! 	18	19 Please Make Up Your Classes Early in the Month!	20	21	22 Tokubetsu-1 4-5:30p Competition Class
23 Tokubetsu-2 1:00-2:30p Competition Class	24	25	26 Please Make Up Your Classes Early in the Month!	27	28	29 Tokubetsu-1 4-5:30p Competition Class
30 Tokubetsu-2 1:00-2:30p Competition Class	31					

2022



# Tibon's Goju Gazette



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

January 2022

## Tournaments & Events This Year

National Qualifier for Northern California March 27, 2022  
Date to be confirmed by host.

Ozawa Cup Internationals Flamingo Hotel Las Vegas  
April 14-17, 2022 Sensei James Tawato  
• <http://www.ozawa-tournament.com/>

Black Belt Testing Exam will be scheduled in May 2022  
Date to be announced.

USA National Championship and USA Team Trial in  
Spokane, WA June 30-July 3, 2022. Date to Be confirmed  
When contracts signed by National Federation.

Tibon's Goju Ryu 2022 36<sup>th</sup> Annual IN-HOUSE Winter  
Tournament will be this December 2022 once we know that  
Due to Covid 19 we will be able to host the event at  
Lincoln High School. Specific day will be announced.

## SEE NEW CLASSES TIME SCHEDULE BELOW

Thank you as a Small Business we Appreciate  
Your Support!  
Welcome New Students to  
Tibon's Goju Ryu Uchiage Kai Organization

Charles Butcher Felix Logan Gage Reveles



## Promotion Testing!

January 15th Saturday Testing – Main Dojo  
White belts – Brown belts 4:00p – 6:00p

Promotion Ceremony for December test is  
January 14<sup>th</sup> 7:45pm – Receive Belt and Certificate  
Main Dojo



Zoom Leadership Call Sunday January 16<sup>th</sup> 12n-1:00pm

## Tibon's Goju Ryu Fighting Arts Wants to wish all our Karate Students and Families the best of the 2022 New Year's

Thank you for your Support and helping us get through the Covid  
19 Pandemic 2020 and 2021 by supporting our business and karate  
programs.

2022 we are predicting a great new reboot for our karate program  
with competition and high-level development classes

2022 we predict will be a great year for our students' setting goals  
for their next level of ranking and personal development.

2022 we have confirmed our Karate Camping Trip to Lake Tahoe  
at Camp Richardson June 15, 2022 arrive and June 19, 2022  
depart. The cost will be \$55 per person. Please lock your place in  
right away we expect another sold out year. We only have so many  
camp sites. Contact the Main Dojo for your Camping reservation.

2022 will be a competitive year with bringing back our competition  
Tokubetsu-1 Classes with Sensei Adam Tibon on Saturdays and  
Tokubetsu-2 on Sundays with Sensei Brian Embry

2022 competition in Las Vegas at the Ozawa Internationals in  
April, National Qualifier in Yuba City in March, USA Nationals in  
Spokane, WA in July, Fiesta Cup in Los Angeles in September,  
Foster City Championships November, Tibon's Winter In House in  
December

2022 we are planning on Black Belt Testing at the Main Dojo in  
May 2022, start preparing!

2022 Spring Cleanup and Leadership development



**Attention Parents and Students!**  
**Monthly Tuition's to increase January 2022 Friendly Reminder For all Our**  
**Programs**  
**See New Brochures!**

Please note that Tibon's Goju Ryu **has not raised prices for the last 3 years to help our families during these hard Covid 19 economic times, which unfortunately we were shut down for business due to the Governor's mandate for 11-1/2 months.** We are unfortunately having to raise our monthly tuition due to the rising costs of operating cost of a business, and new business laws **starting January 1, 2022.** The increase will amount to an additional **\$5.00** per month more per students, which amounts to **only 62 cents a class, less than a can of soda.** I certainly hope this doesn't present a hardship to anyone, and please realize we always try very hard to give you more than your value in instruction and investment into your family member in traditional karate and Kobudo instruction.

With the new rates in effect, we can still offer quality instruction at \$25 - \$130 a month **LESS than our competitors. The average costs of monthly tuitions nationwide are \$130.00- \$250 per month and are contractual we are non-contractual.** In addition, most of my competitors only offer 45-minute classes, and do not possess the ability to teach at our level of technical quality. It is a common knowledge, and a proven business fact that we strive for excellence in developing our students in karate and life skill development. That is why we are a national rated developmental program, and place athletes on the United States National Karate Team on years they attend USA Team trials. Our specialty is Goju Ryu karate and the self defense aspect to the system.

We have placed students like **Sensei Adam Tibon** 8 years on Team USA, **Sensei Brian Embry** 4 years Team USA, **Cristian Embry** 2 years Team USA, **Sensei Eliza Cabanig Balanon** 9 years Team USA, **Sensei Jason Kaley** 4 years Team USA, **Sensei Amber Ramirez** 4 years Team USA, **Sensei Gino Tibon** 6 years Team USA, **Sensei Joane Orbon** on the USA World Team and now the Philippine National Olympic Team ranking 7<sup>th</sup> in the world during her international competition travels. Sensei **Noah Helsby** on Team USA to Brazil in past years, and Senpai **Arin Helsby** and **Cayla Gapusan** to the USA National Team Pool as one of the top 3 athletes in the country in her respective black belt division. Only the best black belt athletes in the USA are selected to Team USA National Federation, member of the US Olympic Committee.

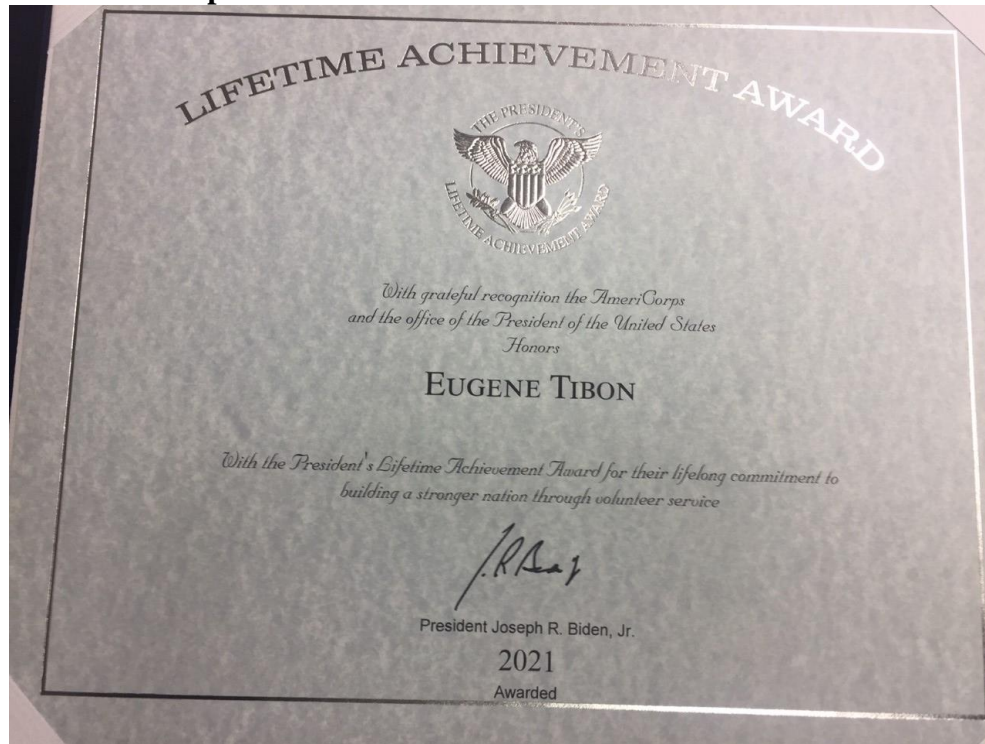
I hope you understand our reasoning for raising the tuition; these Covid 19 economic times have also challenged us to keeping our doors open with being closed for 11-1/2months. Due to the new State of California mandates for business minimum wages, we are trying to be more reasonable and affordable than our competitors without sacrificing our technical quality. **If you are interested in prepaying your tuition, a discount is offered. We are offering an opportunity for those who wish to pay this year's annual cost before the new rates in 2022.** This may be discussed with billing personnel.

**Thank you for your business, support, and cooperation.**

**Sincerely,**

**Sensei Gene & Yvonne Tibon**  
**(209) 465-0943 dojo office**

**Sensei Gene Tibon Receives Lifetime Achievement Award  
For Volunteer Services for Community and Country  
From  
AmeriCorps and the Office of the President of the United States**



**Tibon's Goju Ryu always works to make a difference in country and community.**

Sensei Gene Tibon 8<sup>th</sup> Dan Goju Ryu Uchiage was 16 yrs. Past Sr Vice President and Regional Vice President United States of America National Karate-do Federation, the NGB for traditional karate, member of the US Olympic Committee, Past Technical Committee member, Past Dan Certification Committee member, Past USA Coaches Selection Committee Chairman, member of the 2008 US Olympic Strategic Team for Karate in Olympic Summer Games at Colorado Springs at the US Olympic Training Center. Currently President USANKF Of Northern California Regional Sports Organization non-profit 501(c)3, National Director and founder USA Grassroots Karate Program and hosted 3 Youth Olympic Development Camps at Olympic Training Center in Colorado Springs, 3 yrs. at the University of the Pacific, past Executive Board of Directors Stockton Sports Commission, past Coordinating Director for Classical Karate for the Disney Martial Arts Festival in Disneyland and Disney World at the Wide World of Sports Complex for 4 years, past honorary member Child Abuse Prevention Council, past President Martial Arts for a Better World raising \$52,000 for Children's Charities, past Tiger Claw Martial Arts Alliance, Coordinator and hosted 2000 - 2003 USA Nationals and USA Team Trials, Coordinator 2003 USANKF Junior Olympics at Spain's Center at University of the Pacific, hosting USA Grassroots Karate Camping Training at Lake Tahoe last 3 years and one year at Santa Cruz. Currently also Ambassador of Masters Hall of Fame for Traditional Kobudo and Karate.



# USANKF of Northern California, Inc. Regional Sports Organization

## Presents

### 2022 Tibon's Goju Ryu Fighting Arts – USA Grassroots Karate Camping Trip



**Date of Camping at Camp Richardson Lake Tahoe Arrive June 15 – Depart June 19, 2022**

**\$55 Deposit fee per person toward secured camp site – non-refundable -  
Please Pay As Soon As you Can to Lock in Your Reservation – Bring Your Own Food for 4 days**

**Camping 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 Arin Helsby**

**(209) 465-0943**



**The Official First Group Promotion Testing  
And the Last Promotion Ceremony of the 2021 Year!  
Congratulations we are Back on Track!  
Please Watch for 2022 Promotion Testing and Ceremony Dates!**



**We've missed our group testing since the covid 19 shutdown, we are back with testing and promotion ceremonies! A Bright 2022!**



**Tibon's Goju Ryu Fighting Arts Last Teen Adult Class of the 2021 Year  
And a Great Kickoff for the 2022 Year!  
Happy New Year's All!**



**Tokubetsu Class Returns**  
**National, International, Pan-American Competitors**  
**Developmental Advance Competition Program**  
**Taught by Sensei Adam Tibon 5<sup>th</sup> Dan 8 Yrs. Team USA Tokubetsu-1**  
**Sensei Brian Embry 3<sup>rd</sup> Dan 4 Yrs. Team USA Tokubetsu-2**  
**Prepare for USA Nationals in Washington 2022 and**  
**Ozawa Cup Internationals Las Vegas, NV 2022**  
**Tokubetsu Classes**  
**Saturday's 4:00p-5:30p on Specific Dates**  
**Starting January 9<sup>th</sup>, 2022 Sunday's 1:00p-2:30p**

**Who can go to this class?** All rank students who are committed to competing in State, National, International, and Pan-American Competition, or are members of the USA National Senior and Junior Team **What is the purpose of Tokubetsu?** The word Tokubetsu means, “ongoing development towards excellence”. The purpose of the class is to create a **high-level competition kumite class** for the students who desire to develop and travel to the highest level of competition in the USA. All our Team USA Athletes have trained in this class to prepare for this level of competition. You must have your own fighting gear to be in this class.

To develop the technical and physical understanding to prepare them the USA National Team Trials for the National Team under the USA Olympic Committee, and for the next international tournament on the posted calendar. **What is the commitment to Tokubetsu?** This class is very committed and for the very serious student. Students are required to call into the dojo if they are going to be absent. There are only a few acceptable excuses to miss class are as follows: Work, school, church, family reunion, family vacation, or sick.



Sensei Adam Tibon at the Pan-Am's in Canada, the Uchiage Kai Internationals – Tokubetsu 1 now started



Sensei Brian Embry 3<sup>rd</sup> Dan Ozawa Cup International Grand Champion Kumite and Silver Medal Curacao Pan-Am's Internationals – Tokubetsu 2 starting January 9, 2022



**Tibon's Goju Ryu Fighting Arts Main Dojo  
Indoor Classes Schedule**

**The new class schedule is:**

**Monday**

**First class Color Belts – Juniors**

**4:30-5:30p**

**Second class Color Belts – Juniors**

**5:45-6:45p**

**Beginning-Novice- Intermediate Weapons**

**7:00-8:00pm**

**Tuesdays and Thursday**

**First class Beginning Level – Juniors 4:30 - 5:30p**

**2nd class Beginning Level – Juniors 5:45 – 6:45p**

**3<sup>rd</sup> class Beginning Level - Teen Adults 7:00-8:30p**

**Wednesday**

**First class Color Belts – Juniors 4:30-5:30p**

**Second class Color Belts – Juniors - Teens 5:45-6:45p**

**Third class Black and Brown Belts – 7:00-8:30p**

**Friday**

**Mighty Mite: 4,5,6 yr. old- Time is Friday 4:30-5:30p**

**2<sup>nd</sup> Advance Class Green, Brown, Black 6:00p – 7:30p**

**Saturday**

**1<sup>st</sup> Class Mighty Mite: 4,5,6 yrs. old 11:00-12:00n**

**2<sup>nd</sup> Class Color Belts Orange – Purple 12:15 – 1:15p**

**3<sup>rd</sup> Class Green-Brown-Black Advance 1:30-2:30p**

**4<sup>th</sup> Class Advance Weapons Brown Black 2:45-3:45p**

**5<sup>th</sup> Class Tokubetsu Advance Competition Class 4:00- 5:30p**

**Sunday – Starting January 9, 2022**

**1<sup>st</sup> Class Tokubetsu-2 Advance Competition Class 1:00p-2:30p**



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

### **Tibon's Goju Ryu Fighting Arts Main Dojo - Celebrates 37 Years**

**Sensei Gene Tibon 8<sup>th</sup> Dan**

**Sensei Adam Tibon 5<sup>th</sup> Dan**

**Sensei Ronny Guzman 3<sup>rd</sup> Dan**

**Sensei Brian Embry 3<sup>rd</sup> Dan**

**Sensei Elijah Infante 2<sup>nd</sup> Dan – Sensei Francis Yang 2<sup>nd</sup> Dan-**

**Sensei Annie Tran 1<sup>st</sup> Dan- Sensei Aaron Tran 1<sup>st</sup> Dan**



Exciting times ahead, looking forward to a successful 2022! We are so looking forward to getting back on track with our class development and competition travel. We've reinstated our competition program both Tokubetsu-1 and Tokubetsu-2 on Saturdays and Sundays for competition preparation. Students are excited with full classes showing excitement for travel again.

We had planned on going to Canada in March 2022, but with the Omicron Covid 19 Strain new strict rules for international travel. It requires 24-hour test before crossing US Border to Canada, and 24-hour test to coming back from Canada to US. This means we would have the leave during the tournament just to get our 24-hour covid test to cross back over from Canada. If for some bad opportunity any of our group came down positive with Covid 19 they would be stranded in Canada with a 14 Day quarantine before allowing to come back home. During communication with the tournament host, they may end up cancelling the event.

Sensei Gene Tibon and Yvonne Tibon office Manager

(209) 915-7177 Yvonne Cell and (209) 406-2776 Sensei's Cell



# **HAPPY NEW YEAR**

**Thank you for your votes and support for 2021 making us the Best in San Joaquin - Let's win 2022!**



**Stockton GymStars – Celebrates 22 Years**  
**Sensei Asa Thurston Chief Instructor 3<sup>rd</sup> Dan**  
**Sensei Allison To 1<sup>st</sup> Dan**



**Message from Sensei Asa:**

**New Class Days Added to GymStars**

This month has been a very fun one. We've seen many of the mini camps grow bigger and so many students working harder and harder truly taking things to the next level!

On a side note, we have had some schedule changes with some of the mini camps. The new schedule will be listed below along with which sensei teaches them

**Monday: Sensei Asa/ Sensei Allison**

3:30-4:25, 3-6 year-old white/yellow belts  
4:30-5:25, Orange/Blue belts All ages  
5:30-6:25, 7-16 year-old white/yellow belts  
6:30-7:25, 7-16 year-old white/yellow belts

**Tuesday: Sensei Allison**

3:30-4:25, blue/purple/green belts All ages  
4:30-5:25, 7-16 year-old White/Yellow belts  
5:30-6:25, yellow/orange/blue belts All ages

**Wednesday: Sensei Asa**

3:30-4:25, yellow/orange/blue belts All ages  
4:30-5:25, 7-16 year-old White/Yellow belts  
5:30-6:25, 3-6 year-old White/Yellow belts  
6:30-7:25, 7-16 year-old White/Yellow belts

**Thursday: Sensei Allison**

2:45-3:25, 3-5 year-old beginners  
3:30-4:25, 7-16 year-old white/yellow belts  
4:30-5:25, yellow/orange/blue belts All ages  
5:30-6:25, blue/purple/green All ages

**Friday: Sensei Allison**

3:30-4:25, 7-16 year-old White/Yellow belts  
4:30-5:25, 3-6 year-old White/Yellow belts  
5:30-6:25, 7-16 year-old White/Yellow belts

**Saturday: Sensei Allison**

9:00-9:55, 3-6 year-old White/Yellow belts  
10:00-10:55, 7-16 year-old White/Yellow belts  
11:00-11:55, Orange/Blue/Purple belts All ages

## United Bay Area Karate Club – Grand Opening August 1st Sensei Joane Orbon Chief Instructor 3<sup>rd</sup> Dan



Dear Goju Ryu Uchiage Kai Families,

Happy October! The year has been continuing to fly by and we are nearing the start of a new year.

Sensei Tibon, Sensei Asa and I cannot wait for the day my students are able to meet everyone in the organization: peers, senpais, and sensei's. We've completed our 4<sup>th</sup> Quarter Belt Testing this December with a great response and outstanding job by all of the students who tested. All were successful in their testing with Sensei Gene Tibon President Western United State Goju Ryu Uchiage Kai was present for the testing. With welcoming our first set of full solid blue belts, UBAKC has welcomed our first novice leveled students.

UBAKC San Jose has continued to extend throughout the South Bay Area and have also opened our first satellite program at a local heritage school. We hope our reach will continue to grow as we teach karate and our mantra of Respect, Discipline, and Loyalty all throughout the Bay Area.

Have a great month!

All the best,  
Sensei Joane Orbon  
3<sup>rd</sup> Dan Goju Ryu Uchiage Kai  
Chief Instructor of UBAKC San Jose



### December 5<sup>th</sup> Testing at Sensei Joane Orbon's Dojo in San Jose



**Modesto GymStars – Celebrates 17 years**  
**Sensei Chris Inman Assistant 2<sup>nd</sup> Dan**

Message from Sensei Chris:

Modesto GymStars is starting to grow, and our student base is growing. **We are currently setting up a new Monday class taking names to fill the class.** I am very proud of my students, who are working hard to prepare and ready themselves for testing for their next rank level. Everyone is had dedicated themselves to learning as much as they can to be ready to test in front of Sensei Tibon 8<sup>th</sup> Dan Chief instructor of our organization. Students in Modesto GymStars Karate Program are excited about the 2022 New Years!

Thanks, Sensei Chris Inman



**Hiers Goju Ryu – Celebrates 25 years**  
**Sensei Chris Hiers Chief Instructor 4<sup>th</sup> Dan**  
**Sensei Janelle Hiers Assistant 2<sup>nd</sup> Dan**  
**Sempai Maddie Hiers Assistant 1<sup>st</sup> Dan**



**Hiers Karate School**

In the month of December, no new news or updates, Looking forward to 2022 New Years for our students!

# **TIBON'S GOJU RYU**

## **ARTS**

### **DOJO TIPS**

**Tibon's, Stockton & Modesto GymStars, Hiers, United Bay Area Dojos**

**Please refer to dojo etiquette regarding conduct, dressing, and grooming and health standards. Please no jewelry or gum on the dojo floor. Cut nails and clean karate uniforms and showered clean students. Teens especially and adults wear deodorant for presentable training in the dojo.**

**Regarding in house sparring, we require Mandatory Safety equipment for Kumite:**

**All gear is to be furnished by the student except for headgear and chest protectors, which are at the discretion of the student or the parent for purchase. Some students like their own headgear and chest protector. Students in color belt class are required the following:**

- 1. Hand gear and feet gear.**
- 2. Mouthpiece**
- 3. Groin protection for boys**
- 4. Girls and boys can purchase the new body chest plates if desire.**
- 5. Shin pads and forearm pads are optional but recommended for new students.**
- 6. Headgear is optional but can purchase your own.**
- 7. Chest gear is optional but can purchase your own.**

**Sparring equipment is mandatory for all students it must be in good condition with no cutting edges. Each student must keep nails trimmed and hair clean.**

**The students will have sparring in the color belt classes. The training is intense and strict no horseplay, or disrespectful attitudes will not be tolerated.**

**No contact to the face or groin is permitted. You may score to the face and groin, but you cannot make contact. No contact to the joints is allowed.**

**The system of rules and regulations enforced and controlled by a qualified instructor.**

**At Tibon's Goju Ryu we have very strong traditional ties to Karate in Japan, and Canada, and promote the development of strength of character, discipline, citizenship, good role modeling, and spirit.**

**Any infraction of the rules will terminate your enrollment.**

**Thank you,**

**Gene Tibon Sensei 8<sup>th</sup> Dan Goju Ryu Uchiage Kai**

**HAPPY★NEW★YEAR**



# Sensei Corner

## Sensei's Corner

### Commonly Used Japanese Terminology in a Karate Club

- *Dojo*: school, training place
- *Karate*: "empty hand"
- *Karate-do*: the way of empty hand
- *Sensei*: Teacher
- *Sempai*: senior (higher rank or position)
- *Kohai*: junior (lower rank or position)
- *Dohai*: peer, equal (same rank or position)
- *Obi*: belt
- *Gi*: karate uniform
- *Seiretsu*: Line up
- *Kiotsuke* : Attention
- *Rei*: bow
- *Mokuso*: Mediation, reflection
- *Mokuso Yame*: Stop the meditation, reflection
- *Kokki Ni Mukkatte, Rei* : Respect to the flag
- *Sensei, onegaishimasu, rei*: Teacher, please train us, bow
- *Yame*: Stop
- *Naotte*: at ease
- *Mawatte*: Turn around
- *Yoi*: preparation, ready
- *Kime*: focus
- *Kihon*: fundamentals, basics
- *Yasume*: rest, at ease
- *Seiza*: kneel down
- *Kiai*: yell, expression of breath control
- *Karate-ka*: Karate student, practitioner
- *Keiko*: practice
- *Otagai- ni-Rei*: To each other, bow
- *Ossu*: an expression of respect, "push patience"

# 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**





## Tibon's Goju Ryu Fighting Arts Organization Update



Dear Parents, Students, Leadership, and Friends,

At **Tibon's Goju Ryu Fighting Arts**, the Main Karate Dojo at 923 N. Yosemite in Stockton this is what we are doing. **Following the Governor's Mask Mandate until January 15, 2022. We MANDATORY HAND WASHING STATIONS at the front door** before anyone can even enter the facility. Then before sitting in the lobby and going on the karate mat for training **EACH PERSON HAS TO WEAR MASK EVEN IF HAS BEEN VACINATED per GOVERNOR'S MANDATE. IF NOT VACCINATED WE REQUIRE YOU WEAR FACE MASK. THIS IS THE SAME FOR STUDENTS UNLESS BREATHING ISSUES OR VERY YOUNG.** We would prefer distancing in the lobby and have provided outdoor seating with television monitor of students live training in the dojo. Our goal is to have everyone in the dojo feeling safe and being safe from the virus.

- We have **Mandatory Hand Washing Stations at front door** before entering dojo.
- **We ask parents and students wear a face mask DURING GOVERNOR NEWSOM'S MASK MANDATE HAS HAD VACCINATION AND with NO VACCINATION MUST STILL WEAR FACE MASK.**
- We have wellness stations at the front desk including and sanitizer and tissues.
- We also have our sinks supplied with sanitizing soap in the restrooms.
- We have sanitizing station in each room.
- Staff are wiping down common surfaces between classes and throughout the day.
- Instructors and students are washing their hands before, in the middle, and after each class.
- All our mats are cleaned and sanitized with a hospital grade sanitizer each day.
- We have our employees cleaning daily to clean and sanitize the facility.
- **Our classes have all been instructed to have CONTACT training with Karate basics, Kata(forms), strength and conditioning drills. Kumite(fighting) will resume since the Governor removed mandate on June 15<sup>th</sup>, 2021.**
- Our makeup class policy has been extended to give you credit to making up your classes when needed.
- We ask any families that are traveling to use a great deal of caution and ensure they are free from any illness before returning to class. Children are not really being affected by the virus and that is a blessing, but we do want to ensure we are keeping Grandma's and Grandpa's safe as we can.

We are here to help our families during this period. As with everything, this too will pass. We want to thank everyone for their support and patience during this time.

Thank you,

Yvonne and Sensei Tibon (209) 465-0943 office