



# Tibon's Goju Gazette



www.tibonkarate.com

November 2023

## Tournaments & Events This Year

November 4, 2023 Saturday International RyuKyuKan Karate  
Tournament Dixon High School Dixon, Calif. Registration Online: Ramtownkarate.com/tournament

November 18, 2023, Bay Area Cities Karate and Kobudo Championships San Mateo High School 506 N. Delaware St. San Mateo, CA

**Black Belts Testing December 9, 2023**, for our next level of new Brown belts moving up to the next Candidate level of Sho Dan Ho Black belts and to the next degree of black belt level. Prepare Now for that testing group at the Main Dojo. **Advance Seminar Before testing at 12:30p**

**Tibon's Goju Ryu 2023 36<sup>th</sup> Annual IN-HOUSE** Winter Tournament **moved to June 2024**, Due to Gym being remodeled. We will see if we are able to host this year's event at Lincoln High School as in the past years. Waiting for School Athletic Schedule to confirm date!

**Tibon's Goju Ryu Represented by Neython Saavedra Gold and 2 Silver at West Coast Open Internationals in Tacoma, WA Does Outstanding! Congratulations**



Neython Saavedra is one of our outstanding Green Belts competing in the intermediate division and in the last 4 tournaments places in all three of his divisions of Kata, Kumite, and Kobudo. An outstanding job in training in Tokubetsu classes

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

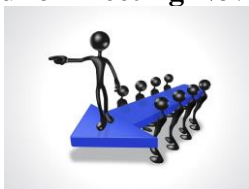
Mani Sherpa Tenzing Sherpa Jetsan Sherpa  
David Aranda Cash Gordon Emmet Paminto  
Nataniel Hoffmann Dominic Tornero Ezekial Grado  
Azalea Grado River Cadile



**Promotion Testing!**  
November 4<sup>th</sup> Saturday Testing – Main Dojo  
White belts – Brown belts 4:00p – 6:00p  
Promotion Ceremony for October Testing November 17, at 7:45pm

**LEADERSHIP MEETING IN PERSON MAIN DOJO!**

**First In Face Leadership Meeting at the Main dojo Working lunch meeting November 19<sup>th</sup> 11am – 1pm**



**Attention Parents and Students!**  
**Monthly Tuition's to increase January 2024 Friendly Reminder**  
**See New Brochures!**

Please note that Tibon's Goju Ryu due to these hard Covid 19 inflationary economic times, which unfortunately we were shut down for business due to the Governor's mandate for 11-1/2 months, and we are still trying to catchup to pre-covid classes. We are unfortunately having to raise our monthly tuition due to the rising of operating costs of a business, and new business laws starting January 1, 2024. The increase will amount to an additional \$5.00-\$10 per month more per student depending on location, which amounts to less than 2 energy drinks. 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 \$50 - \$130 a month LESS than our competitors. The average costs of monthly tuition nationwide are \$150.00- \$250 per month and are contractual. It is 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 on Team USA like Sensei Adam Tibon, Sensei Eliza Cabanig Balanon, Sensei Ronny Guzman, Sensei Gino Tibon, Sensei Andrew Moore, Sensei Amber Ramirez, Sensei Robert Lawrie, Sensei Jason Kaley, Sensei Brian Embry, Sensei Cristian Embry, Sensei Rupert Espinosa, Sensei Jesse Toy, Sensei Noah Helsby, Senpai Justin Gilmour, Senpai Kaitlyn Gilmour, and Joey Paper to Team USA representing USA at world level competition. Sensei Joane Orbon on the USA World Team and was a member of the Philippine National Olympic Team ranking 7<sup>th</sup> in the world during her international competition travels. Sensei Arin Helsby, Sensei Demytryk Cabanig Del Rio, Sensei Chris Gong, Sensei Brianna Uderman, Sensei Courtney Embry, Senpai Cayla Gapusan, and Senpai Cash Gapusan to the USA National Team Pool as one of the top 3 athletes in the country in their 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 keep 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 2024. This may be discussed with billing personnel. Thank you for your business, support, and cooperation.

Sincerely,

Sensei Gene & Yvonne Tibon

**Neython Saavedra Wins Gold and 2 Silver in Kobudo, Kata, Kumite  
at  
West Coast Open Internationals in  
Tacoma, WA**

**Congratulations! Well done at one of the most prestigious Karate Events in the Country**



**We are so proud of Neython not only as one of our student representatives but also as part of our Front Counter Staff Employees!**

**Miladi Fall Classic Karate Championships  
October 1, 2023, Yuba City**



**Sensei Adam Tibon 5<sup>th</sup> Dan and Sensei Asa Thurston 4<sup>th</sup> Dan Coach athletes at Yuba City Karate Championships**



**Our youngest competitors all prepared with fight gear and solid training to be competitive in Kumite (fighting) Tristan Nakagawa has a good size division and good size competition.**

## Yuba City Continued



Great job Charlotte Gonzalez, Chris Gong, Lucian Abundez, Navor Gonzalez, Neython Saavedra, Tristan Nakagawa, Akira Mayeda, and Myla Quilantang

## Yuba City Continued



## Yuba City Tournament Results

**Chris Gong** gold medal black belt Weapons (Kobudo), bronze medal black belt Kata(forms), silver medal Kumite(fight)

**Lucian Abundez** silver medal black belt Weapons, bronze medal black belt Kata.

**Tristan Nakagawa** gold medal 8-9 yr old novice Kata, bronze medal in novice Weapons.

**Neython Saavedra** gold medal Weapons, gold medal intermediate Kata, silver medal intermediate Kumite.

**Akira Mayeda** silver medal novice Kata, silver medal novice Kumite.

**Jose Saavedra** gold medal black belt Kumite.

**Navor Gonzalez** gold medal Men's intermediate Kata, silver advance Kumite

**Bella Gonzalez** gold medal female intermediate Kata

**Charlotte Gonzalez** silver medal novice Weapons, bronze medal novice Kumite

**Myla Quilantang** gold medal beginning Kata.



**Carson Oaks Community Church Fall Festival  
Tibon's Goju Ryu Demo Team Preforms Karate and Kobudo  
Great Job!**



**Sensei Asa Thurston does brick breaking demonstration, Chris Gong, Allison To, Lucian Abundez, Jaden Abundez, Cat Vaughn, Jaden Smith, Sidney Tran, and Tristian Nakawaga  
Thank you Pastor Paul Stanley for hosting Tibon's Demo Team**

## Carson Oaks Community Church Fall Festival



**We constantly try to make a difference with our Goju Ryu Karate demonstrations for education and entertainment by some of our best students!**

# Tibon's Karate Demo Team Opening Emergency Food Bank Event



# Stockton Service Corps 5<sup>th</sup> Annual Opening Day Celebration for Emergency Food Bank



**Thank you to my outstanding Demo Team and out Amazing Parent Support Team**

**Classes are Growing Students Are Developing In  
Traditional Goju Ryu Karate Uchiage Kai**



**Above Beginning Novice Class below Advance Class**



## **Tibon's Annual Potluck Holiday Party & Talent Show**

**Sunday, December 17<sup>th</sup>, 2023**

at

**Cason Oaks Community Church Fellowship Hall  
6509 N. Alturas Ave Stockton**

**From 4:00pm til 8:00pm**

**This will be a POTLUCK Event**

<b>A – H</b>	<b>Salad</b>
<b>I – P</b>	<b>Main Dish</b>
<b>Q – Z</b>	<b>Side Dish</b>

**Drinks, Sheet Cake, plates, napkins, utensils will be provided  
by Tibon's Dojo**

**Come join in on the fun. We will have our Karate Kids showing off their  
talent and music live.  
Hope to see you there.**

**Tibon's Annual Holiday Party & Talent Show**



**Halloween Trunk of Treat  
Thank You Parents and Students for Participation**



**Tibon's Goju Ryu Halloween Trunk or Treat  
At the Main Dojo.**

**Thank you, student Leadership and Parents, for your help and support!**

## Tibon's Goju Ryu Promotion Testing Ceremony For September Tested Students



A special moment for Sensei Gene Tibon 8<sup>th</sup> Dan, with son Adam Tibon 5<sup>th</sup> Dan, and 6<sup>th</sup> generation Karate grandson Lucas Tibon 9<sup>th</sup> Kyu Orange Belt

**Competition Development Classes  
Tokubetsu 1 on Saturday's 4:00-5:30p  
Tokubetsu 2 on Sunday's 1:00-2:30p**

**Some of Our Sr. Black Belts Visiting to Train with the New Black Belts and Students  
preparing for Karate Competition**



**We Train for Excellence!**



**Competition Training Classes!**

**Sensei Adam Tibon 5<sup>th</sup> Dan teaches on Tokubetsu 1 on Saturday's 4-5:30p  
Sensei Brian Embry 3<sup>rd</sup> Dan teaches on Tokubetsu 2 on Sunday's 1-2:30p**

**Weapons Class Taking New Students**  
**Orange Belt and Above Qualified for Weapons Class**  
**Monday's 7:00p – 8:00pm**  
**Sensei Francis Yang Teaching 1<sup>st</sup> Dan Yamani Ryu Kobudo**

**Beginning Classes Now Open for New Students**



**Learn both Bo and Sai Okinawan Weapons**

# Tibon's Goju Ryu Karate-do



**“Tradition of Excellence”**

**We would like to ask you for your personal referral. We believe that our Parents and Students are our greatest source of New Students.**

**We are offering Free Tuition at the Main Yosemite St. Dojo!**

**We would like to introduce our “Tibon’s Karate Referral Program”**

**For each new student who registers for our main dojo program, we will pay for One month of your tuition or One Private Lesson with**

**Sensei Tibon 8<sup>th</sup> Dan Goju Ryu.**

**That’s one-month Free Tuition for each student who lists you as referring them to our program and registering as a student.**

**Satellite Dojo’s like Stockton GymStars or Modesto GymStars if refer a student start at the Main Dojo on Yosemite St. You will be entitled to a Private Lesson for promotion testing preparation with Sensei Tibon**

**Now That’s an Offer You Can’t Refuse.**

**Help Us Grow While Introducing Your Family and Friends to the Benefits of Martial Arts Training for Children and Adults**

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

**Tibon's Goju Ryu Fighting Arts Main Dojo - Celebrates 38 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 Asa Thurston 4<sup>th</sup> Dan**

**Sensei Francis Yang 2<sup>nd</sup> Dan - Sensei Arin Helsby 2<sup>nd</sup> Dan**

**Sensei Chris Gong 2<sup>nd</sup> Dan Ho   Sensei Cat Vaughn 2<sup>nd</sup> Dan Ho**



Tibon's Goju Ryu Fighting Arts main dojo has been doing our community service with karate demonstrations at various festivals and special gatherings at the invitation of County, City, and non-profits benefiting children. We've had great exposure in educating the public about Tibon's Goju Ryu Karate with educational demonstrations.

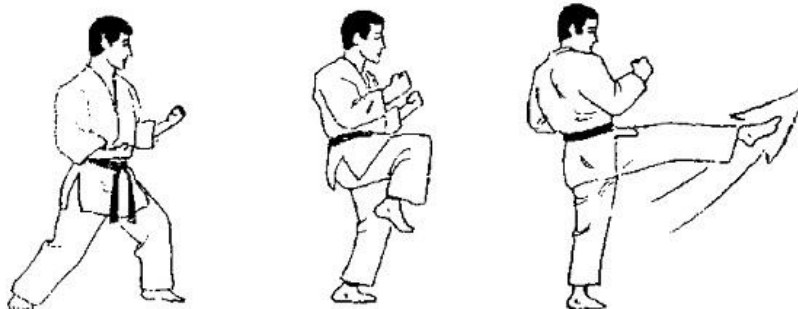
**Black Belts Testing December 9, 2023**, for our next level of new Brown belts moving up to the next Candidate level of Sho Dan Ho Black belts and to the next degree of black belt level. Prepare Now for that testing group at the Main Dojo. **Advance Seminar Before testing at 12:30p**

We are starting again with Face to Face Leadership Meetings in the Main Dojo on Yosemite St. Starting the first face to face since 2019 due to Covid. It will be a working lunch meeting and Leadership Training for our students who are Green Belt and above. Also some selected students by the various Instructors who may be less than Green Belt Ranking will be invited to the Leadership Program.

Thank you for your support, we look forward to a great 2023!

Sensei Gene Tibon and Yvonne Tibon office Manager

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



**Stockton GymStars – Celebrates 23 Years**  
**Sensei Asa Thurston Chief Instructor 4<sup>th</sup> Dan**  
**Sensei Allison To 2<sup>nd</sup> Dan Ho**  
**Sensei Cat Vaughn 2<sup>nd</sup> Dan Ho**



**Message from Sensei Asa, Sensei Allison, and Sensei Cat:**

Stockton GymStars is continuing to grow and improve. We have added new classes on Tuesday and Thursday, including bringing weapons classes back to GymStars! Weapons classes are open to all student's purple belt and higher. The new schedule is as follows:

[All classes are the same as the schedule currently in the newsletter with the addition of]

Tuesday

6:30-7:25, 3-6-year-old white/yellow belts

Thursday

6:30-7:25, Beginner weapons, purple and above

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**Modesto GymStars – Celebrates 18 years**  
**Sensei Chris Inman Instructor 2<sup>nd</sup> Dan**  
**Sempai Joey Carruth Sho Dan Ho**

**Message from Sensei Chris Inman and Sensei Joey Carruth:**

. Modesto GymStars is seeing many of our students continuously develop and improve their karate.

We have had many students test in the past few months and are very proud of all the hard work they have put in.

We are dedicated to helping all our students reach their karate goals and see many of our students diligently working to improve. Don't forget to schedule and make-up classes you may have missed, and we look forward to everyone's continuous improvement.



**Hiers Goju Ryu – Celebrates 26 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**



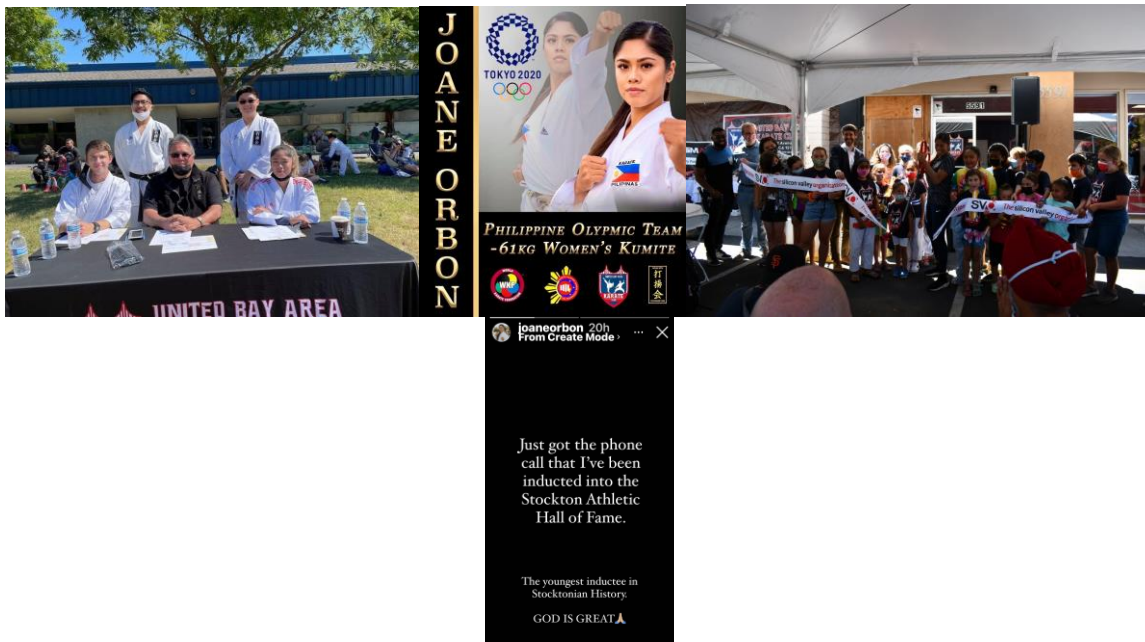
**Hiers Karate School Twin Arbors Athletic Center**

In the month of November Hiers Goju Ryu in Lodi has many of his old students returning to class to continue their training. After Covid 19 shutdown are still working to build back the program. Looking forward to 2023 Years for our students!



剛 - Go  
柔 - Ju  
流 - Ryu  
空 - Kara  
手 - Te  
道 - Do

# United Bay Area Karate Club Sensei Joane Orbon Chief Instructor 4<sup>th</sup> Dan



Dear Goju Ryu Uchiage Kai Families,

Sensei Joane with working with Sensei Gene Tibon 8<sup>th</sup> Dan Chief Instructor of Tibon's Goju Ryu Fighting Arts and President Western United States of Goju Ryu Uchiage Kai with a series of advance Goju Ryu Kata bunkai application seminars on September 24<sup>th</sup>.

UBAKC San Jose has continues to extend throughout the South Bay Area Goju Ryu Uchiage Kai and continue to make Sensei Gene Tibon Sensei Joane's teacher very proud of her students and organization development. 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. Some of Sensei Joane's students will be coming to the Main Dojo on Yosemite St. for training in our Tokubetsu class.

Have a great year!

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



# **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 protectors. Students in color belt class are required the following:**

- 1. Hand gear and feet gear.**
- 2. Mouthpiece**
- 3. Groin protection for boys**
- 4. Children can purchase the new body chest plates if desired.**
- 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.**

**Sparing equipment is mandatory for all students and it must be in good condition with no cutting edges. Each student must keep their 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 with the face or groin is permitted. You may score to the face and groin, but you cannot make contact. No contact with the joints is allowed.**

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

**At Tibon's Goju Ryu we have extraordinarily 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**

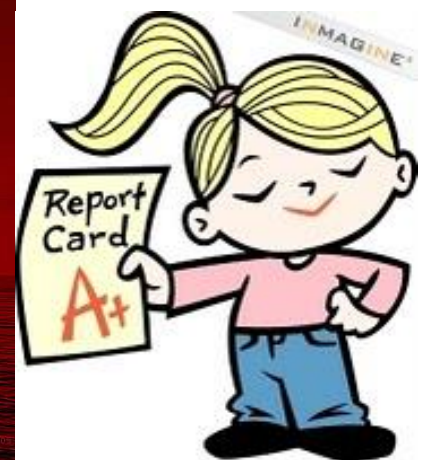
# Charter School Students

Most Charter Schools in San Joaquin accept Tibon's Goju Ryu Fighting Arts Karate  
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





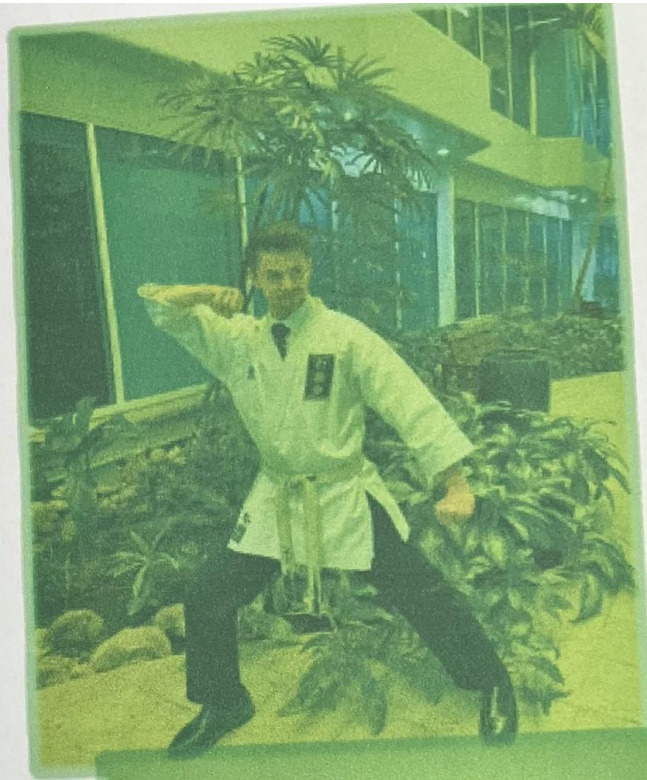
Realtor  
Asa Thurston  
The Realtor Sensei

Owner & proprietor  
Julian Sepulveda  
Broker for over 20 years

Asa is a karate instructor turned  
realtor working alongside Julian  
Sepulveda with one goal in mind.  
To provide exceptional service using  
the same principles as karate  
**Discipline, Honor, and Loyalty**

## CONTACT INFO

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ADDRESS: 5250 Claremont Ave.,  
Ste. 206 Stockton, CA 95207



# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>Private Lessons Available- Please Book with Front Counter!</p> 	See Class Schedule in New Dojo Brochures	See Class Schedule in New Dojo Brochures	<p><b>1</b></p> <p>See Class Schedule in New Dojo Brochures</p> <p>Please Make Up Your Classes Early in the Month!</p>	<p><b>2</b></p> <p>See Class Schedule in New Dojo Brochures</p>	<p><b>3</b></p> <p>See Class Schedule in New Dojo Brochures</p>	<p><b>4</b></p> <p>No Tokubetsu 1 DOJO OPEN</p> <p>RyuKyuKan – Dixon International Tourny Promotion Testing 4-6pm</p> 
<p><b>5</b></p> <p>Tokubetsu-2 1-2:30p</p>	<b>6</b>	<b>7</b>	<p><b>8</b></p> <p>Please Make Up Your Classes Early in the Month!</p>	<b>9</b>	<b>10</b>	<p><b>11</b></p> <p>No Tokubetsu 1 DOJO CLOSED</p> <p>Veteran's Day</p> 
<p><b>12</b></p> <p>Tokubetsu-2 1-2:23p</p>	<b>13</b>	<b>14</b>	<p><b>15</b></p> <p>Private Lessons Available- Please Book with Front Counter!</p>	<b>16</b>	<p><b>17</b></p> <p>Promotion Ceremony 7:45pm for October Testing Group</p> 	<p><b>18</b></p> <p>No Tokubetsu 1 DOJO CLOSED</p> <p>Sensei Bernard Edwards San Mateo</p>
<p><b>19</b></p> <p>Tokubetsu-2 1-2:30p</p> <p>LEADERSHIP FACE TO FACE MAIN DOJO 11am-1pm</p>	<b>20</b>	<b>21</b>	<p><b>22</b></p> <p>Please Make Up Your Classes Early in the Month!</p>	<p><b>23</b></p> <p>Dojo Closed Happy Thanksgiving</p> 	<p><b>24</b></p> <p>Dojo Closed Happy Thanksgiving</p> 	<p><b>25</b></p> <p>Dojo Closed Happy Thanksgiving</p> 
<p><b>26</b></p> <p>No Tokubetsu -2 Dojo Closed Happy Thanksgiving</p>	<p><b>27</b></p> <p>Dojo Open</p>	<b>28</b>	<p><b>29</b></p> <p>Please Make Up Your Classes Early in the Month!</p>	<b>30</b>		

2023