Tibon's Goju Gazette

www.tibonkarate.com October 2023

Tournaments & Events This Year

Miladi Fall Classic October 1, 2023, Yuba City.

West Coast Open Sunday Oct. 15, 2023, Pierce College Gymnasium in 9401 Farwest Drive SW Lakewood, WA. On-line registration available. Visit www.karatetmaster.com ****Add $10.00 after October 8th** No on-site registration will be accepted**

October 28th Halloween Trunk or Treat Yosemite St. Festival Contest for Most Creative, Scarest, Cutest, Best Group, Best Pet 10am – 12:00noon Free Candy

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

Tibon's Goju Ryu 2023 36th Annual IN-HOUSE Winter Tournament **moved to doin a Summer IN HOUSE June 2024,** Due to Conflict of sports schedules we need to move to summer. 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!

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

Ace Garcia Evan Travale Emmanuel De la Pena
Ariel Sandoval Jasmine Polk Giovanni Valle
Makaio Brady Carter Glaser Jasbir Johal
Dominic Fisher Catalina McDaniel Ayanna Lawson
Sameer Smith Markos Kassa Athena Bossi
Miles Shareef Isadora Ente Logan Lewis
Aiden Martin Christian Campos Nicholas Skelton

Return and Transfers: William Black Xaviar Orosco

Promotion Testing!
October 28th Saturday Testing – Main Dojo
White belts – Brown belts 4:00p – 6:00p
Promotion Ceremony for September Testing October 7th 7:45p

Zoom Leadership Parent Booster Call Sunday October 8th 4:00-5:00pm – Parent Booster 5 - 6pm

50th Fiesta Cup Internationals

Tibon's Goju Ryu Next Generation of Champions
Eli Dominguez Wins 6ft First Place for Kumite!
Congratulations!
Proud Daddy Mario Dominguez!

Tristin Nakagawa and Charlotte Gonzalez and First Place Eli Dominguez show off their awards. So proud of our Karate kids!

50th Fiesta Cup Internationals
South Gate Sports Center
Tibon's Goju Ryu Tokubetsu Competition Team

Great group of competitors getting experience at International Karate Championships. Now October 1st head to Yuba City for Shotokan Fall Festival. Good Luck All

50th Fiesta Cup Internationals
Students were all competitive all from the main Dojo on Yosemite St.

Shihan Minobu Miki and Sensei Gene Tibon and Shihan Juan Larios the Host of the International Karate Championships. I enjoyed their friendship and company along with the kind hospitality of Shihan Juan Larios and his family.

Over 6 South American Countries were in the competition with our students being very competitive and taking home many awards.

Results:

Eli Dominguez 1st place 8 yr. old Kumite (fighting)
Cruz Dominguez honorable participation
Chris Gong 2nd place adult male Black Belt Kumite, 3rd place black belt Kata (forms)
Cash Gapusan 2nd place 14-15 yr. old male Black Belt Kumite
Allison To 2nd place Women's Black Belt Kata, 3rd place black belt Kobudo
Lucian Abundez 3rd place 14-15 yr. old Black Belt Kumite.
Jaden Abundez 3rd place 14-15 yr. old Black Belt Kobudo
Sidney Tran 2nd place female 11-12 yr. old intermediate Kata, 3rd place female 11-12 yr old Kumite.
Carter Tran honorable participation
Joshua Borquez 2nd place male 16-17 yr. old brown belt Kata, 3rd place brown belt Kumite.
Naython Saavedra 3rd place male 16-17 yr. old intermediate Kumite, 2nd place intermediate Kobudo
Navor Gonzales 2nd place men's intermediate Kata, 3rd place men's intermediate Kumite
Isabella Gonzales 3rd place female 16-17 yr. old intermediate Kata.
Charlotte Gonzales honorable participation
Tristan Nakagawa 4th place novice 8-10 yr old Kobudo
Mia Gonzales honorable participation
Myla Quilintang 2nd place female 8 yr. old beginning Kata
Jose Saavedra honorable participation

Tibon's Goju Ryu Needs Karate Parents to Decorate Cars for this Fun Event!
Please Check in with Mrs. Tibon to Confirm Your Trunk or Treat Space for Parking in Front of the Dojo

Congratulations to all of our incredible Karate kids! From all our organization dojos in Stockton Tibon's main dojo, Stockton GymStars, Modesto GymStars and Hiers Goju Ryu Lodi

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 Advance Students

We Train for Excellence!

Competition Training Classes!

Weapons Class Taking New Students
Orange Belt and Above Qualified for Weapons Class
Monday's 7:00p – 8:00pm
Sensei Francis Yang Teaching 1st 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 8th 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 8th Dan
Sensei Adam Tibon 5th Dan
Sensei Ronny Guzman 3rd Dan
Sensei Brian Embry 3rd Dan Sensei Asa Thurston 4th Dan
Sensei Francis Yang 2nd Dan - Sensei Arin Helsby 2nd Dan
Sensei Chris Gong 2nd Dan Ho Sensei Cat Vaughn 2nd 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. September 30th Stockton Human Services Emergency Food Bank Opening October 14th Polynesian Festival Fairgrounds, October 21st Carson Oaks Community Church Fall Festival Karate Demo.

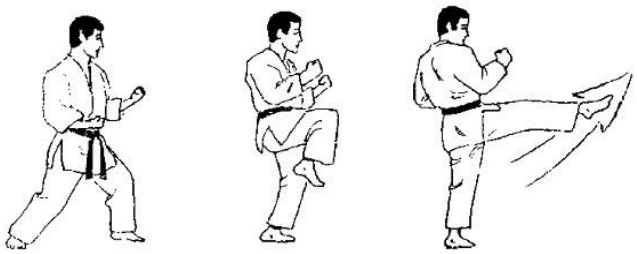
Charter Schools calling and referring their students to our dojo as Physical Education alternative. If your children are in a Charter school you may check to see if they could use Tibon's Goju Ryu Karate as a PE alternative, which they would pay for the class tuitions.

It looks like due to the many High Schools are running all of their indoor sports tournaments during December 2023 and January 2024 sports season. The gymnasiums are being booked with these sports and has made it difficult for us to host our annual Tibon's Annual IN HOUSE Karate Championships. Sensei Tibon will be looking to moving our IN HOUSE Tournament in June 2024 with the Olympic Day Celebration. Stay tuned for more information as we try to lock in a date. It is the best time for us because all of our black belts will be back from college and universities from around the country.

Thank you for your support, we look forward to a great finish to 2023 and an explosive new 2024 year!

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 4th Dan
Sensei Allison To 2nd Dan Ho
Sensei Cat Vaughn 2nd Dan Ho

Message from Sensei Asa, Sensei Allison, and Sensei Cat:
Stockton Gymstars is doing well! Remember that all student's 3rd stripe Green and above are able to assist beginner level classes. All help is appreciated! The schedule is as follows:

Monday: Sensei Asa and Sensei Cat
3:30-4:25, 3-6 year old White/Yellow belts
4:30-5:25, Orange/Blue belts
5:30-6:25, 7-16 year old White/Yellow belts
6:30-7:25, 7-16 year old White/Yellow belts - promoting to Orange

Tuesday: Sensei Allison
3:30-4:25, Blue/Purple/Green belts
4:30-5:25, 7-16 year old White/Yellow belts
5:30-6:25, Yellow/Orange/Blue belts
6:30-7:25, 3-6 year old White/Yellow belts

Wednesday: Sensei Asa and Sensei Cat
3:30-4:25, Yellow/Orange/Blue belts
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 White/Yellow belts
3:30-4:25, 7-16 year old White/Yellow belts
4:30-5:25, Yellow/Orange/Blue belts
5:30-6:25, Blue/Purple/Green belts
6:30-7:25, Beginner weapons, purple and above

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, Orange/Blue 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

Modesto GymStars – Celebrates 18 years
Sensei Chris Inman Instructor 2nd Dan
Sempai Joey Carruth Sho Dan Ho

Message from Sensei Chris Inman and Sensei Joey Carruth:

Modesto GymStars is continuing to grow and develop our students to the best they can be. With the start of the new school year, we are seeing many new and returning students are joining us this month. We look forward to teaching you all and developing your skills in karate. Many of our students are working hard to improve themselves. Finally, a friendly reminder to schedule any make-ups for classes you have missed in the past month.

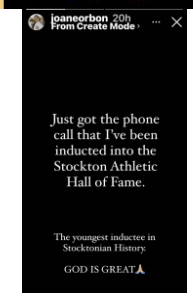
Chris Inman

Hiers Goju Ryu – Celebrates 26 years.
Sensei Chris Hiers Chief Instructor 4th Dan
Sensei Janelle Hiers Assistant 2nd Dan
Sempai Maddie Hiers Assistant 1st Dan

Hiers Karate School Twin Arbors Athletic Center

In the month of October 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 strong finish to 2023 Years and a amazing kick off for 2024 New Year!

United Bay Area Karate Club
Sensei Joane Orbon Chief Instructor 4th Dan



Dear Goju Ryu Uchiage Kai Families,

Sensei Joane with working with Sensei Gene Tibon 8th Dan Chief Instructor of Tibon's Goju Ryu Fighting Arts and President Western United States of Goju Ryu Uchiage Kai with a series of promotion testing Saturday December 2nd 1:30pm – 4:30pm, March 9th Saturday 12:30pm – 4:30pm, Saturday June 1st, 2024 12:30p -4:30pm. Prepare for testing.

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
3rd 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. <u>Students in color belt class are required the following:</u>

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,

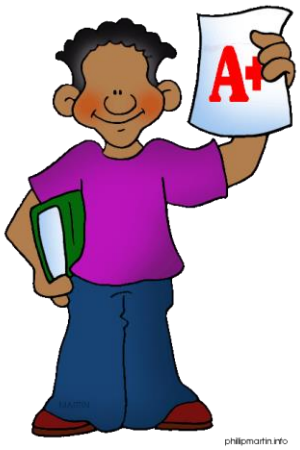
Gene Tibon Sensei 8th Dan Goju Ryu Uchiage Kai

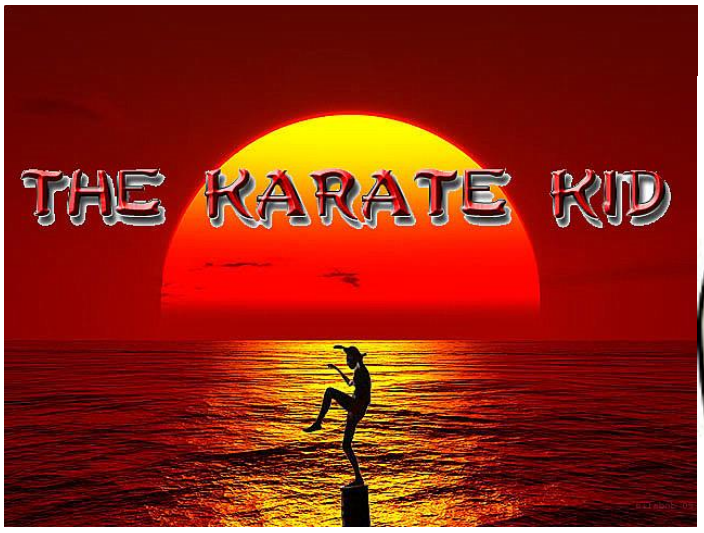
Charter School Students

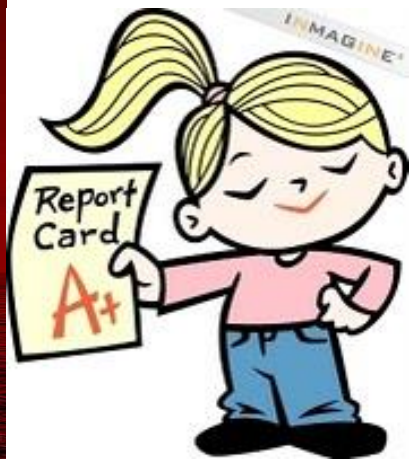
Most Charter Schools in San Joaquin accept Tibon's Goju Ryu Fighting Arts Karate For P.E. Alternative School Program
Check Your Charter School to see if they will fund your Karate Lessons at Tibon's Goju Ryu Fighting Arts Karate Studio – (209) 465-0943

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



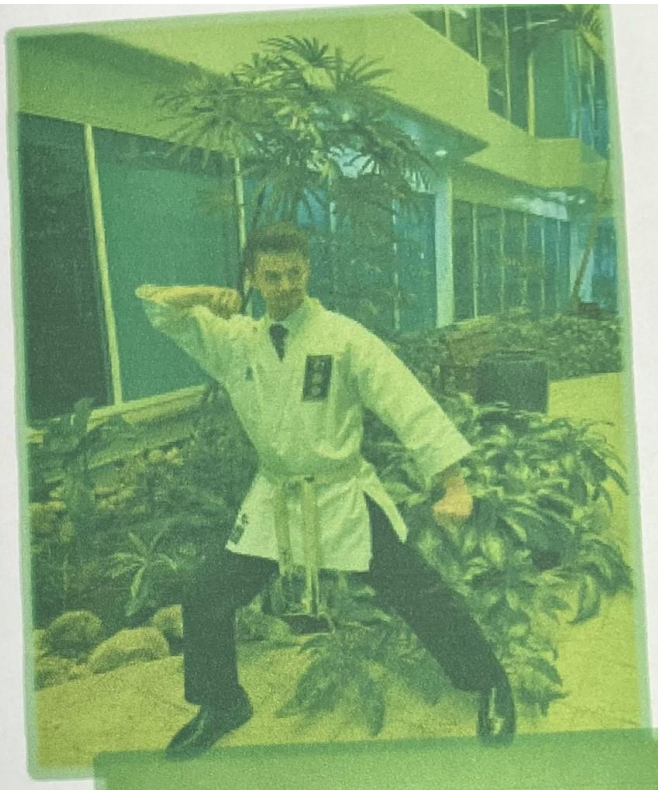




SEPULVEDA
REAL ESTATE & FINANCIAL SERVICES

Realtor
Asa Thurston
The Realtor Sensei

Owner & proprietor
Julian Sepulveda
Broker for over 20 years



Asa is a karate instructor turned realtor working alongside Juilan 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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October

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
1 **No Tokubetsu 2** **Yuba City Karate Championships**	**2** **See Class Schedule in New Dojo Brochures**	**3** **See Class Schedule in New Dojo Brochures**	**4** **See Class Schedule in New Dojo Brochures**	**5** **See Class Schedule in New Dojo Brochures**	**6** **See Class Schedule in New Dojo Brochures**	**7** **T-1 Tokubetsu 4-5:30p**
8 **Tokubetsu 2** **1:00p – 2:30p** 	**9**	**10** **Dojo Open**	**11** **Please Make Up Your Classes Early in the Month!**	**12**	**13** **Friday Night Market 4-8pm**	**14** **No Tokubetsu** **Polynesian Festival 1:00pm Demo San Joaquin Fairgrounds Building**
15 **Tokubetsu-2 1-2:30p**	**16**	**17**	**18** **Private Lessons Available- Please Book with Front Counter!** 	**19**	**20**	**21** **No Tokubetsu** **Carson Oaks Community Church Fall Festival Karate Demo 1:00pm**
22 **No Tokubetsu-2** **West Coast Open Tacoma, WA**	**23**	**24**	**25** **Please Make Up Your Classes Early in the Month!**	**26**	**27** **Promotion Ceremony 7:45pm for September Testing Group** 	**28** **No Tokubetsu 1** **Promotion Testing 4-6pm**
29 **Tokubetsu-2 1-2:30p**	**30**	**31** **Dojo Closed** **Halloween**				**Tokubetsu 1 4-5:30p**

2023

OUR YOUTH

A Story of Perseverance and Triumph
"It's Always Good to Open Your Heart"—ZOË Harrison

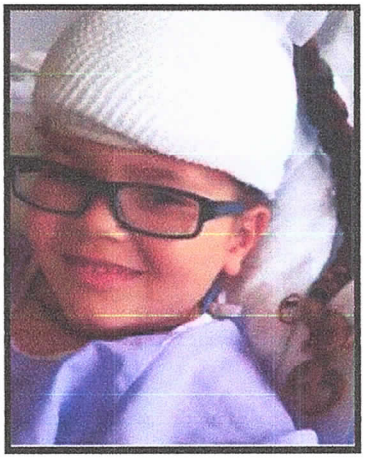
By Elizabeth Claramo

ZOË Harrison was 5 years old when her Mom noticed something was wrong. ZOË had just woken up from a nap and was feeling sick. She had a seizure. Her parents immediately rushed ZOË to the hospital where they ran tests and performed a CT Scan. The official diagnosis- ZOË had craniopharyngioma, a brain tumor on her pituitary gland. ZOË's mom, Cheila Rosencrans, described her feelings that day "like someone ripped my heart out." Craniopharyngiomas are most commonly found in children between the ages of 5 and 14, however, some adults over age 50 can also develop these tumors. Craniopharyngiomas may cause symptoms such as balance problems, nausea, vision problems, and slow growth in children.

ZOË underwent two 10-hour surgeries, each one week apart. The surgeons were able to remove most of the tumor but couldn't get all of it. Three months later, the brain tumor began to grow again. The doctors did not want to do another surgery, it would have been too risky. ZOË's neurosurgeon recommended that Cheila take her to St. Jude's Research Children's Hospital. A week and a half later, ZOË was admitted into St. Jude's. Cheila described St. Jude's "as the hospital that gives you a hug." St. Jude's specializes in proton radiation where they can pinpoint the exact location of the brain tumor and can shoot the area without it destroying other parts of the brain. ZOË's treatment protocol would consist of thirty rounds of proton radiation during a six-week period, five days each week. A big undertaking for a 5-year-old. Radiation treatment is very precise, and a patient must remain still the entire time. If they can do it while awake, it would minimize the time the patient must spend in the hospital. Typically, children six and under are sedated during the procedure.

Mom Cheila Rosencrans and ZOË

For the first two days of treatment, ZOË was sedated. It was heartbreaking for Mom Cheila seeing her little angel coming out of sedation so groggy lasting the whole day. She thought maybe ZOË can try doing the radiation without sedation. She was confident that ZOË could do this because of her background in karate. ZOË has been in training in karate since she was two and has learned discipline giving her the mindset to stay still long enough to complete her treatment. After a few practice runs, ZOË was able to complete radiation without sedation.

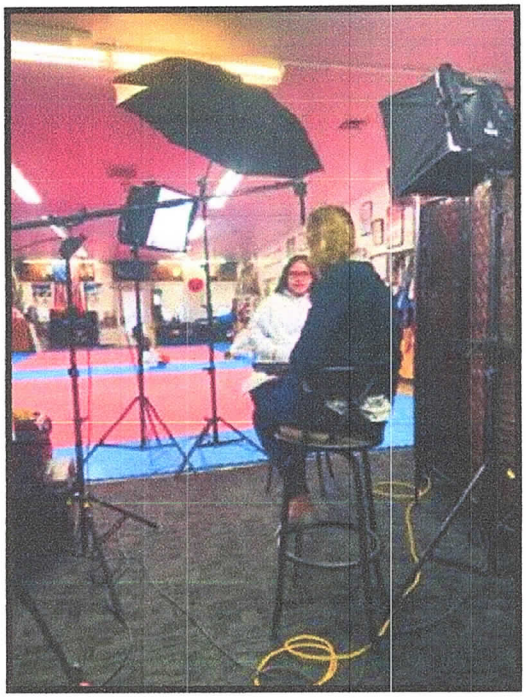


ZOË at Oakland Children's Hospital after second surgery, March 2016

ZOË, now twelve years old, is doing well and her tumor is stable. Her fighting spirit gave her the strength to return to karate, a sport she loves. ZOË receives her training in karate from Sensei Eugene Tibon, 8th Dan Goju Ryu Uchiage kai, owner of Tibon's Goju Ryu Fighting Arts located in Stockton, CA. Sensei Eugene M. Tibon says "ZOË has gone through these major issues with almost losing her life because of the tumor. Yet she came back and pushes herself and gives it her all.

OUR YOUTH

She always tries to demonstrate that there's nothing you can't do if you put your whole mind, body, and spirit into it. That attitude morphed into an opportunity for her to go to the national championships in Reno, NV and, lo and behold, she got the gold medal national champion, the best in the country." ZOË described winning the gold medal as the best moment of her life. "It was so incredible. I felt so honored to get that medal."



ZOË is going into eighth grade and is a straight "A" honor student. She plans on running for senior class president. When she isn't busy at student council or playing flute, Zoe loves watching Cobra Kai, a martial arts series on Netflix. She even received a special Zoom call with some of the main actors of the show. But ZOË isn't done yet. ZOË finds time to volunteer at the Gene Tibon's dojo and has participated in several St. Jude's Home Giveaways and fundraisers. Zoe has set her sights on the Olympics, "I want to do as much as I can while I'm still here. I want to go to college, I want to get my master's degree, I want to get my black belt and be able to go to the Olympics. Because that's my dream. I don't know how much time I have here, but I want every day to mean something, and I don't want to waste none of it!"

L-R: Cheila, Sensei Gene Tibon, ZOË with DJ at KNCI 105.1 Radio-athon, 2019, Sacramento.

November 2022 At TIBON's GOJU RYU DOJO. ZOË .Being interviewed for the Today Show, November 2022

Cheila is extremely proud of her daughter and knows she is headed for great things. ZOË was never afraid and has never asked "why me?" She is a self-motivator and continues to be a self-motivator. She has always been somebody who wants to get things done. She just does what it takes to overcome adversity. Those obstacles are still a part of her everyday routine, but she makes every day count.

This amazing 12-year-old that has persevered and triumphed has this advice: "It's always good to open your heart."

ZOË Harrison's story was featured on the "Today" show on November 23, 2022, with Hoda and Jenna Bush Haggar.

ZOE, International Gold Medalist, January 2020, Canada