



Member USA Olympic Committee  
Official Representative



Amazing Awaits

## **USANKF of Northern California, Inc. Is hosting the 3rd Regional, Grassroots YOKP Karate Training Program, & Fundraiser Kumite Clinic**

Sensei's,

The USANKF of Northern California, Inc RSO (a non-profit public charitable organization) will be hosting the third "Grassroots YOKP Training Practice", Beg/Novice and Inter/Advance Kumite Clinics and Fundraiser to support RSO Coaches to Nationals, June 14<sup>th</sup>, 2009 11:00 – 2:00pm. USANKF of Northern California Regional Sports Coaches will lead this event. The clinics will be held at "TWIN ARBORS RAQUETTBALL CLUB" 1900 S Hutchins, Lodi, CA 95240. We will have a large Basketball court/gym that we can utilize to run the various stations of drills as we did at the Olympic Training Center in Colorado Springs and various racquetball courts for specialized drills.

Please pass the word to all those traditional Japanese Okinawa Dojos who have never belonged, or would like to come back to the USA National Karate-do Federation and be a part of the "Grassroots YOKP Karate" in Northern California. YOKP "Youth Olympic Karate Program."

The cost will be \$25.00 per current, 2009 USA-NKF member. \$75.00 for non USA-NKF Members (The \$75.00 fee includes a 2009 membership) This has always been an successful event, but we now have "Grassroots YOKP Coaches" who will be running drills from the US Olympic training Center for you to take back to your dojo's to train your students, or for your students to develop their personal training on.

Sensei's will be able to also register their dojo on site if wish to. If you wish to register your dojo it will cost \$100.00. \$100 goes to automatically registering your dojo with the USA-NKF, and one Sensei of the Dojo participate as long as he is a Federation member so they are covered by the insurance. This is good incentive to register your dojo.

All of our "Grassroots YOKP Karate Coaches will be donating their time to help this 2009 Grassroots YOKP training, Fundraiser, Membership drive and the kick off of our new "Grassroots YOKP Karate Practices." We will be evaluating athletes for our next "Grassroots YOKP Karate Camp" at the next US Olympic Training Center.

If you have any questions in regard to the Grassroots YOKP Karate program please feel free to contact: Mr. Gene Tibon: National Coordinator, USANKF Grassroots "YOKP" Youth Olympic Karate Program.  
(209) 465-0943/[emtibon@hotmail.com](mailto:emtibon@hotmail.com) see our website at [www.usankfnorcal.com](http://www.usankfnorcal.com)

Please pass this on to your friends and let's grow our organization!

Sincerely,

Gene Tibon  
President  
USANKF of Northern California  
National Coordinator  
USANKF Grassroots YOKP "Youth Olympic Karate Program"

**Twin Arbors Racquetball Club**

\*1900 S Hutchins in Lodi, CA. 95240\*

\*209-465-0943Dojo \*(209) 465-1517Fax

**Sensei Gene Tibon - President [emtibon@hotmail.com](mailto:emtibon@hotmail.com)**

**Sensei Chris Hiers – Vice President [hiersgoju@hotmail.com](mailto:hiersgoju@hotmail.com)**

**SEMINARS TO BE HELD AT TWIN ARBORS RAQUETTBALL CLUB**

**SUNDAY, JUNE 14, 2009**

Station #	SEMINAR	Taught by	Cost	Time
Stations	Beginner-Novice Kumite (white belt – 5 <sup>th</sup> Kyu) (4 <sup>th</sup> Kyu-Black-welcome)	RSO Coaches	\$25.00	11:00-2:00 PM
Stations	Adult Kumite-all level (age 16+)	RSO Coaches	\$25.00	11:00-2:00 PM
Stations	YODP Training Camp Open to Intr and Adv Students 4 <sup>th</sup> Kyu – Black Belt. *Must be a 2009 USANKF Member	RSO Coaches	\$25.00 for USANKF 2009 members or NON USANKF members \$75.00 (includes 09" USANKF membership)	11:00-2:00 PM

NAME: \_\_\_\_\_ PHONE # \_\_\_\_\_

KYU/RANK \_\_\_\_\_ SEMINARS ATTENDING: \_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

Make Checks payable to USANKF of Northern California, Inc.  
Non-profit 501(c) 3 public charitable organization

In consideration for the acceptance of my application for participation in or presence at the aforementioned activity; I hereby waive, release and discharge, The USANKF of Northern California, Inc. Dojo Owners, instructor's and landlord and Twin Arbor Racquetball Club aka Spare Time Inc., Tibon's Goju Ryu Fighting Arts, Hiers Goju Ryu it's staff and instructors from and against any and all liability for any loss, personal injury, or property damage that may have arisen out of, or in any way connected with my participation or presence at the aforementioned event. By acknowledging and signing this letter, the student recognizes the risk involved and agrees to the following terms and conditions required by in conjunction with participating in our kihon, kata and/or kumite seminars. During the training the student agrees to practice and train in the techniques being taught, and to only practice under the supervision of the instructor or instructor assistants. The student, participant, or legal guardian thereof, hereby agrees to individually provide for the possible future medical expenses which may be incurred as a result of any injury sustained while participating at the facility cite Twin Arbors Racquetball Club at 1900 S. Hutchins Lodi, CA 95240.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature of Parent/Guardian (if under 18)