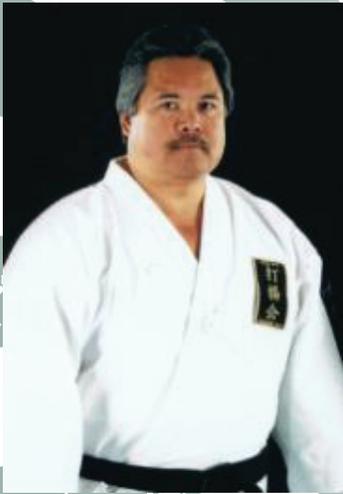


Hiers' Goju Ryu Karate TWIN ARBORS ATHLETIC CLUB

USANKF of Northern California, Inc.
Regional Sports Organization

PRESENTS



SENSEI GENE TIBON, NATIONAL DIRECTOR

Founder, USA Grassroots Karate Program

DEVELOPMENT WORKSHOP SERIES #1

Grassroots Membership Training Workshop

Grassroots Coaching Staff of Northern California:

3 Hour Workshop \$60 (includes cost of lunch)

Rotation training 11AM - 2:30PM:

Kata, Kumite, and Take-Downs

Twin Arbors Athletic Club

1900 S. Hutchins Street

Lodi, CA 95240



Adam Tibon (Past)
Team USA, Jr. & Sr. - 7 years



Eliza Cabanig (Past)
Team USA, Sr. - 8 years



Rupert Espinosa (Past)
Team USA, Jr. - 4 years



Ronny Guzman (Past)
Team USA, Sr. - 4 years



Cristian Embry (Past)
Team USA, Jr. - 4 years



Sensei John Chang
Grassroots Coach



Sensei David Kaneda
Grassroots Coach



Sensei Shannon Wong
Grassroots Coach



Sensei Justin Love
Grassroots Coach

Also Coaches:

**Sensei Chris Hiers, Sensei Eric Bonjoc, Sensei Courtney Embry,
Sensei Asa Thurston, Sensei Jessie Toy, and Sensei Gino Tibon**

**SUNDAY
MARCH 11
2018**


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