



STATE OF IOWA BLACK BELT ASSOCIATION

SEPTEMBER 2006

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DON'T MISS THE 2006 SIBBA SYMPOSIUM!

Saturday, November 11
Beyer Hall
Iowa State University

More details coming soon!

SIBBA CABINET

- Master Kathy Gundlach
President
- Ana Reyes de Oropeza
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- Master Linda Griffen
Secretary
- Kenwood Scoggin
Judo Delegate
- Dr. Master Gina McAndrews
Hapkido Delegate
- Dr. Terry Fernando
Taekwondo Delegate
- Michelle Johnson
At-Large Delegate
- Teresa Bruns
Membership Coordinator
- Master Larry Voorhees
Instructor Certification
& Continuing Education
- Gori S. Devrajani & Holly Bignall
Webmasters
- Ed Jackson
Scoreboard Coordinator

LETTER FROM THE PRESIDENT

Congratulations to all of you who have reached your goals and dreams this summer – those who have promoted, those who have advanced in referee status, those who have learned something new or have done something exciting and new. And a huge thank you to all of you who competed, refereed and helped out at the Governor's Cup and Iowa Games!!!

Celebrate your achievements, and

Continue to strive to do your very best by using what you have learned and using your techniques!

USE YOUR TECHNIQUES

*"...living to run and running to live...
I've got so much more to think about,
Deadlines and commitments, What to
leave in, What to leave out, Against the
wind, I'm still runnin' against the wind"*
— Bob Seger (Against The Wind)

I have heard that the line "living to run and running to live" was written on a bathroom stall wall and that Mr. Seger liked it so much, he used it for the title of one of his songs.

Seems like we are sometimes, if not much of the time, running against the wind. Too many things to do with not enough time (and sometimes energy). There is that proverbial "carrot" that is coaxing us forward and it seems like we

are pushing and pushing to get ahead, do more, be more. It seems as if we are forever moving against the wind.

In Hapkido, we have three principles: nonresistance, circular motion and the water principal. These principles are used with the physical techniques to help us defend ourselves if attacked. We can use the opponent's momentum in any of the three ways listed above and take him down, finish him and get away. We don't rush headlong into the opponent, but move almost with the opponent and using our techniques to guide him to his demise. Judo – the "gentle way" – also uses the concept of getting the opponent off balance to execute the throw, joint lock or choke. Taekwondo uses fakes, sidesteps and counters to gain control of the opponent.

The principles and techniques learned are not just physical in nature. Master Pak relates all of these principles and techniques to daily life. When you encounter a problem or when it feels like you're "running against the wind," use those principles and techniques to get to accomplish what you set out to accomplish or to get to where you are going.

When I was growing up, I had the opportunity to live on a few lakes in Minnesota. The water was so much a part of my life and sailing was a love of mine. I remember having one hand on the tiller

Continued on next page

PRESIDENT'S REPORT (CONTINUED)

and one hand on the mainsheet pulling tight to tack and sailing at a slight angle to a strong wind. It was great fun as the boat would tip to one side and you could literally “fly” through the water. It was hard work, but well worth it. I enjoyed sailing as close into the wind as possible so that the boat would tip and I would have to lean as far out as possible to prevent the boat from tipping over. Other times, I could just “run with the wind” (non-resistance) and could work up some high speeds, but the boat would not tip as much; it would be pretty even-keeled.

To get to a destination via sailboat,

you sometimes have to zig-zag; sailing a little into the wind one direction and then into the wind from another direction; and back and forth in that manner until you get to where you want to go. Sometimes you would even have to go downwind (or with the wind). You could never go straight into the wind or you would stall; not go anywhere and possibly tip. Either way, tacking (sailing into the wind) or running with the wind – using one or a combination – you can reach your destination.

Use the techniques you have learned in martial arts; not only the physical techniques, but the “art”

techniques: courtesy, integrity, perseverance, self-control, indomitable spirit, commitment, continuity, consistency, cooperation and citizenship. Use the wind or resistance to your advantage. Trust your techniques and make every technique your best ever – and you will be a winner!

2006 SIBBA SYMPOSIUM
Saturday, November 11th
Beyer Hall, Iowa State University

Please mark your calendar to join us for a fun-filled day of being with friends, meeting new friends and learning new techniques!!!

REPORT FROM THE AT-LARGE DELEGATE

Happy Fall Sirs and Ma'ams,

As summer comes to a close, many students may realize they have drifted away from their usually routine martial arts classes. Summer is always a break and participation in these classes suffers as the students'

schedules are altered. When class resumes in late August, make a solid effort to get back into the swing of things. You are certain to see new faces and make new friends. I still maintain many friendships from my time in martial arts at ISU, and never have I seen so much member diversity represented in a college sports club!

During the Iowa Games Taekwondo Tournament, the ISU Hapkido Club presented a great demonstration for

all spectators. During the demonstration, Iowa Games competitors were allowed to participate and learn some basic techniques. Demonstrations such as this are always an excellent chance for martial artists to cross-train in an art they may not otherwise have the opportunity in which to participate. If you are interested in the different martial arts, talk to your local instructor to learn about prospects in your area.

If you have any questions, please do not hesitate to send me an e-mail.

Respectfully,
 Michelle Johnson
 atlarge@sibba.org



Skylar Kantaris, Rice Taekwondo, and other students participated in the ISU Hapkido Club demonstration during the Iowa Games Taekwondo Tournament.

REPORT FROM THE WEBMASTER

Dear Sirs and Ma'ams,

This is my first newsletter article as your webmaster, I'm happy to announce that we have made many improvements to the SIBBA site over the last few months, and we are working to add more features for our members.

In the last few months we have completely redesigned the site using the most current web development technology and database storage, improved site security and implemented content management features that allow our cabinet more control over site content. The content management features also allow instructors the ability to add events to the calendar that appears on the SIBBA homepage and update dojang information.

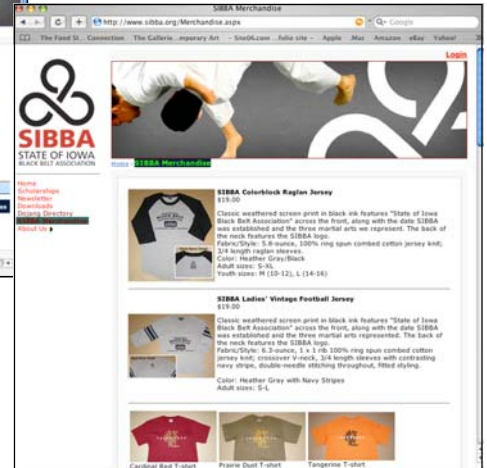
We have added a new merchandise section to the site that includes many new additions to the SIBBA product catalog. We're always adding new products to this section. Please take a moment to visit this page.



In addition to the tools already available to our members, I am currently working on a "Member Resume" section. The Resume area will allow martial artists to track their demos, competitions, promotions, etc., and they will be able to print their resume from the site when testing. Instructors will also be able to see their student martial arts resumes.

Another future addition to the site will allow members to manage their black belt essay online. This feature and others mentioned above will allow members to keep their martial arts information in one place and always available at their

The updated site features convenient member login on the home page, enhanced content management tools and an updated merchandise section.



fingertips. Member profile, black belt papers, member resumes, and all other member information will be on a secure server that requires member password.

I hope you will take few minutes to visit our new site: www.sibba.org. Please send all comments and questions to me at the e-mail address below.

Respectfully,
Gori S. Devrajani
webmaster@sibba.org

REPORT FROM THE TAEKWONDO DELEGATE

Hello Sirs and Ma'ams,

Summer has flown by but not without exciting events in Taekwondo. We've had two successful tournaments locally; Governor's Cup and Iowa Games. Both tournaments provided a rich experience for all involved: competitors, referees, tech people and spectators. During June, due to an unusually large group of zealous lower ranks ready

to test, ISU Karate club had a special testing for green belts and below. During July, ISU had their regular testing. It was very hot, but those testing had the endurance to keep going and perform well. A large group of black belts tested which was inspiring to watch. Congratulations to our new fourth dans: Master Matt Hamann and Master Michael Bailey. We also

have a new Junior Master, Master Emily Thys. As always, if anyone has news, upcoming events, or photos they would like me to include in future TKD delegate reports please feel free to e-mail me at the address below.

Respectfully,
Terry Fernando
taekwondo@sibba.org



MEMBERSHIP APPLICATION

DUES: Non-Black Belt - \$20 Black Belt - \$40
 Family - \$80 Lifetime Membership - \$400/individual, \$800/family
 All Ranks, Academic Student (K-12/College Student) - \$20

New Member (e.g. never been a member) **Renewal**

Please Note: Dues are for one calendar year only (Jan. 1 - Dec. 31). Membership must be renewed each year unless you have paid a lifetime membership. Dues are tax-deductible.

Name _____ Birth date _____ Age _____

Address _____ New Address? Yes No

City _____ State _____ Zip _____ E-mail _____

Telephone: home (____) _____ work (____) _____ cell (____) _____

If applying for Family Membership, please list family members:

Circle One: Taekwondo / Judo / Hapkido / Other _____ Rank _____ Rec'd _____ / _____
mo yr

Name of Instructor _____ Club _____

Are you the head instructor of a club? Yes Club Name: _____

NAMETAGS

___ I would like a magnetic replacement nametag. Enclosed is an additional \$10.00*

___ I would like a pin replacement nametag. Enclosed is an additional \$10.00*

___ I have never received a nametag (first-time tag is free). Please order one for me: ___Magnetic* ___Pin*

**Please add \$2.00 Shipping & Handling if you would like the nametag mailed to you. Otherwise, the nametags will be available at upcoming tournaments or testings.*

AN OATH OF MEMBERS

1. We as members, train our spirits and bodies according to the strict code of martial arts etiquette.
2. We as members are united in mutual friendship.
3. We as members will comply with the regulations and obey the instructors.

 Signature

 Date

Make checks payable to: S.I.B.B.A.
 Mail to: Teresa Bruns, Membership Director
 State of Iowa Black Belt Association
 PO Box 36
 West Bend, IA 50597

Cash \$ _____
 Check # _____ \$ _____
 Money Order # _____
 \$ _____
 Date Received _____

Please Note: There is a \$25 charge per returned check



WWW.SIBBA.ORG

The S.I.B.B.A. is dedicated to the improvement of martial arts and their member practitioners. The S.I.B.B.A. is an educational and professional organization that offers products, seminars, donations, sponsorships, and scholarships to its members throughout the year.

STATE OF IOWA BLACK BELT ASSOCIATION

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CONTINUING SUPPORT

Yes, I would like to help the SIBBA with my tax-deductible donation.

My donation of \$25 \$40 \$50 \$_____ is enclosed.

Please put my donation toward:

- _____ SIBBA Scholarships (please specify, if you wish: Academic, Leadership, Jared Ringstad, Junior Olympic)
- _____ SIBBA Scoreboard Maintenance
- _____ SIBBA Symposium
- _____ SIBBA Educational Materials (videos, DVDs, newsletters, etc.)
- _____ SIBBA Website
- _____ Other (please list) _____

On behalf of the State of Iowa Black Belt Association, thank you!

Please send your donation to:

Ms. Ana M. Reyes de Oropeza
3718 Eisenhower Avenue
Ames, IA 50010