



# STATE OF IOWA BLACK BELT

MARCH 2006

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## STATE OF IOWA BLACK BELT ASSOCIATION LETTER FROM THE PRESIDENT

Hello Sirs and Ma'ams –

### SIBBA SYMPOSIUM

### ... AND OTHER EVENTS

Mark your calendars for the upcoming SIBBA Symposium: Saturday, September 22 in the Forker Building on the ISU Campus. This is an annual event that brings together martial artists from many different disciplines. It's a great opportunity to try out a new martial art or hone your skills in the art you're currently in. Your SIBBA cabinet and committee members are working diligently to bring you another great symposium. Look for more details to come soon!

In addition, there are several other events to get involved in this summer and fall. The Iowa Games on July 15 and the ISU Taekwondo Championships on October 27 are two of the major tournaments coming up. There are also many promotional testings at dojangs throughout the state. When you support the martial arts by competing or officiating at tournaments and promotions, doing demos or attending symposiums, you receive benefits in return: leadership experience and confidence in addition to improving your martial arts skills. Your support is a very important component of maintaining and growing the strength and popularity of our arts. What's the best way to make this happen? Set a goal. Write it down on paper. Imagine the satisfied feeling you get when you add it to your martial arts resume and see your list of credentials grow. If you usually attend just one or two tournaments a year, make it three. Add a demo or two. Judge in at least half of your dojang's yearly testings. Attend a referee seminar. Working out in the dojang is a key part of your development, and putting your skills to the test in a tournament – both through competing and

refereeing – is another facet of a well-rounded martial artist. Participating in demos is a great way to share your art with others and have a lot of fun too!

### KEEPING YOUR COOL

Summer is here and along with it comes our infamous Iowa weather. The popular phrase proclaims, "It's not the heat; it's the humidity." ... but actually, it's both! As the humidity increases, it's harder for the body to cool itself, so it feels much hotter than it actually is. High temps combined with high humidity can easily cause you to overheat because the air is too saturated to evaporate your sweat.

As practitioners of martial arts, we know all too well the effects of these two elements: lots of sweat, soggy uniforms – not to mention the tell-tale "lily-pad" prints on the floor after sitting for just a few minutes. Most of us are in the habit of carrying a water bottle to workouts, but in the summer, it becomes even more important to make sure you are well hydrated not only during workout, but during the entire course of the day.

According to Lynda Graham-Murray, ADA board certified specialized sports dietitian and syndicated columnist, "Water is always a good choice for fluid replenishment. At minimum, you should drink 8-10 cups of fluid a day." Avoid beverages that contain alcohol or caffeine (including energy drinks), she says, because they actually *promote* fluid loss. Also avoid juices because they contain too much sugar. Sports drinks are an alternative, she continues, although the added electrolytes may not be necessary, and the cost of sports drinks and specialty waters can be costly if factored over the course of a year. *About.com's* Elizabeth Quinn, exercise physiologist and fitness consultant, notes, "Sports drinks can be

## LETTER FROM THE PRESIDENT, CONT'D

helpful to athletes who are exercising at a high intensity for 60 minutes or more. Fluids supplying 60 to 100 calories per eight ounces helps to supply the needed calories required for continuous performance.” But, she says, it’s “really not necessary to replace losses of sodium, potassium and other electrolytes during exercise since you’re unlikely to deplete your body’s stores of these minerals during normal training. If, however, you find yourself exercising in extreme conditions over 3 or 5 hours, you will need to add a complex sports drink with electrolytes.”

The Mayo Clinic website recommends that it’s “not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, it is possible to already be slightly dehydrated.”

They also note, “As you get older your body is less able to sense dehydration and send your brain signals of thirst.”

The effects of dehydration go beyond thirst. “A dehydrated person has blood the consistency of a thick chocolate milkshake,” describes Graham-Murray, “Once dehydration sets in, all physical exertion will be more difficult. The athlete might be thinking, ‘Man, the coach is really working me hard today.’ In reality, the workout hasn’t changed but the heart must work harder to pump the thicker blood around.” Her personal experience bears this out. “Last year,

I competed in the Iowa Games/ Midnight Madness 5K road race. As I ran by the clock tower, it said 98 degrees! I ran a better race than other years when it was ten or twenty degrees cooler. How? I drank water all day long before my event.”

Is there a “best way” to drink water? Actually, there is. “Cold water, about 50 degrees Fahrenheit, is absorbed faster than warm water,” says Graham-Murray, and surprisingly, gulps work better than sips, she notes. “If you can, remove the lid from your water bottle and gulp it down – it will be absorbed faster.”

So as the weather heats up, remember these helpful tips for staying well hydrated and performing at your best.

Respectfully submitted,  
Linda Griffen  
president@sibba.org

## REPORT FROM THE TREASURER

Greetings from the SIBBA Treasurer!

It was great to see many of you at the Iowa Governor’s Cup Championship. This year’s tournament was a special one, as it is the first time that an international team comes to play with us, this time was a Mexican team led by Master Ortega. Grandmaster Pak prepared for them a warm welcome with lots of entertainment, great food, campus tour, awards, and lots of presents.

They had a blast and are very grateful of such wonderful reception.

At the tournament, the Mexican flag was displayed beside our Korean and American flags, and the Mexican team sang the Mexican national anthem on the opening ceremonies. They enjoyed the competition and were very happy to take home some gold, silver, and bronze medals that placed them in 3<sup>rd</sup> place on the small school category for a beautiful trophy. Also, they enjoyed working out with the ISU Karate Club and the Ames Parks and Recreation TKD students.

Thank you all of you taekwondo friends for helping us to support the Mexican team and special thank you to Mrs. Nancy Marion and her son Zach and The Carranzas, Mr. Ignacio Carranza, Mrs. Judith Morales, and their sons Ignacio and Angel for opening their homes and hearts to our visitors, thank you so much for helping us to make this a successful event.

Finally, I would like to share with you that Master Ortega was not only very well impressed of the fact that taekwondo is a way of life for us, but also with the way that Grandmaster Pak teach us the tenants and 5c’s, about the way we show respect and mutual support to one another!!!!

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And now let’s talk about money . . .

**REPORT FROM THE TREASUER, CONT'D**

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And now, let's talk about money!!!

The SIBBA table had a successful day at the Iowa Governor's Cup; we sold a total of \$1,045.00 on branded merchandise; on behalf of the SIBBA cabinet I would like to thank you all for your support. Keep visiting our table in the upcoming tournaments, bear in mind that we use the proceeds to support our operations and to provide academic and leadership scholarships.

Respectfully Submitted,  
 Ana M. Reyes de Oropeza  
 treasurer@sibba.org

**Fund balances as of June 30, 20007**

**Cash and Equivalent**

Cash.....	\$150.00
Savings & Checking Accounts.....	4,365.74
CDs.....	11,890.61

**Scholarship Funds**

Jared Ringstad Scholarship.....	\$3,966.36
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**Mutual Funds**

The Investment Company of America.....	\$15,833.84
Washington Mutual Investors Fund.....	15,119.26



*Iowa officials in Kansas City with Master Anne Chase and Master John Holloway, past USAT Referee Director*

## REPORT FROM THE AT-LARGE DELEGATE

Happy Summer sirs and ma'ams,

I trust everyone is having a safe and enjoyable summer. Once again, this spring proved to be a busy one, and I have done a lot of traveling for martial arts events. In March, I officiated at three events: first, the Battle of Iowa in Iowa City as I discussed in the last newsletter; second, the 2<sup>nd</sup> Annual Dual Meet in Ames; and third, the 32<sup>nd</sup> Annual National Collegiates in Texas. The Dual Meet was an excellent local beginner tournament and opportunity for new referees. Participation increased greatly from last year as invitations were extended to a higher number of smaller Pak-family clubs.

At the end of the month, after a 15-hour overnight car ride with three other Iowa referees, I found myself in College Station, Texas for National Collegiates. I met many officials at this event, many of them International Referees. The tourney was a different experience for me, because the competitors were primarily college students. Master Pak resigned his post as President of the National Collegiate Taekwondo Association (NCTA), and was replaced by Master Rex Hatfield from Princeton University.

In April I continued my travels by officiating at the National Qualifier #4 in Kansas City, Missouri. As was the case with the National Qualifier in Rochester, Minnesota in 2006, one-quarter of all officials was from the Pak family (see photo on page 3). It is great to see such a consistent group of familiar faces at these events.

In June I traveled to Luverne, Minnesota for the Luverne Taekwondo Association summer promotional testing and Buffalo Days festivities. Testing was held Friday evening and congratulations to new black belts Julie Grether, Cassie Gearhart, Jessica Abrahamson, and Luke DeJong! After marching in a parade on Saturday morning, an annual demonstration was done in the park in the afternoon. It was a fun day for everyone.

The following weekend I officiated at the 5th Annual Iowa Governor's Cup in Ames. The new venue for this tourney was the Forker Building on the ISU Campus. A club from Mexico made the long trip to compete, and our family was very gracious and hospitable to them. The large number of referees allowed plenty of experience for all and the day to pass quickly. Everyone's hard work made the event successful.

Thanks for your continued support, and I will see you at the Iowa Games and July testing! Good luck to all those competing and testing!

Respectfully,  
Michelle Johnson  
At-Large Delegate  
atlarge@sibba.org

## REPORT FROM THE TAEKWONDO DELEGATE

Summer is going fast, and has already been full of experiences for Taekwondo. Early June saw Iowa Governor's Cup held in ISU Karate club's new home, Forker and included a group of international competitors for the first time. This group was from Tequila, Mexico and went home with a third place team trophy. Another (more local) visiting team from Omaha, Nebraska went home with the first place trophy.

Following the tournament, ISU Karate club was visited by Master

Son from Korea. He taught Hapkido courses which provided a rich experience and a few aching muscles for taekwondo practioners.

Iowa games were July 15th. The competition was challenging and the weather cooperated- a little cooler for a change. Testing is facing us this weekend (July 27th and 28th). This should be an unforgettable testing due to the large group of Blackbelts testing.

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 email me at [taekwondo@sibba.org](mailto:taekwondo@sibba.org).

Respectfully submitted,

Terry Fernando  
Taekwondo Delegate  
[taekwondo@sibba.org](mailto:taekwondo@sibba.org)

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# 2007 SIBBA SYMPOSIUM MARK YOUR CALENDARS!

Are you interested in learning about Advanced Judo; Bong Sool; Creative Conditioning; Weightlifting Principles; Systema; Board Breaking; Heavy Breaking; Knife, Stick, and Empty Hand Techniques; Mock Center Refereeing; Advanced Aerial Kicking; Tai Chi and Qi Gong; Yoga Stretching for Martial Artists; Hapkido; Kum Do; Chinese Martial Arts; or One-Step Sparring? All of these classes are available at the 2007 SIBBA Symposium, scheduled for Saturday, September 22, 2007. Registration forms are now available on the SIBBA website and from your instructors. Please plan to attend!



## 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	<input type="checkbox"/>	\$ _____
Check	<input type="checkbox"/>	# _____ \$ _____
Money Order	<input type="checkbox"/>	# _____ \$ _____
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 Reyes de Oropeza  
3718 Eisenhower Avenue  
Ames, IA 50010