



STATE OF IOWA BLACK BELT ASSOCIATION

OCTOBER/NOVEMBER 2007

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LETTER FROM THE STATE OF IOWA BLACK BELT ASSOCIATION PRESIDENT

Hello Sirs and Ma'ams –

Symposium

The SIBBA Symposium took place on September 22. The word on the street and the feedback from our survey says it was a success! The mix and kinds of classes, as well as instructors received very favorable comments. Our goal was to provide perennial favorites, such as board breaking, one-step sparring, advanced kicking, judo and hapkido and opportunities outside the realm of our day-to-day martial arts practice such as bong sool, kum do, Chinese martial arts, knife/stick/empty hand, systema and tai chi/qi gong. The weightlifting principles, yoga stretching and creative conditioning classes provided opportunities to improve our core physical fitness. The refereeing class was changed up a bit this year. A scoreboard system and actual sparring opponents gave participants a realistic, hands-on experience. We had to cancel one class, heavy breaking, due to lack of advance registrations. I was very surprised and disappointed, since it's a rare opportunity to learn this form of breaking, and I would think people would jump at the chance.

The Symposium took place at the Forker building on the ISU campus. Forker is now home to the ISU Karate, Judo and Hapkido clubs and was an excellent facility for the event. We had access to larger rooms (no more racquetball courts!). This was very much appreciated by the instructors and students. One room was even air conditioned!

The event began with an opening ceremony featuring the vocal talents of Mr. Glenn Wiedenhoef and Dr. Fritz Kinert for the U.S. and Korean national anthems. 90 people were in attendance, and there were 15 sessions on a wide range of martial arts topics. You can read about them in the following pages of this newsletter.

I would like to express our very sincere thanks to the instructors and their assistants who donated

their time and talents to make the Symposium a reality. Without their willingness to share their knowledge and their dedication to the martial arts, we would not be able to offer this event to our members year after year.

I would also like to recognize the SIBBA cabinet and committee members who spent countless hours planning and staffing the event. Again, without their hard work and dedication, there would be no Symposium. Thank you so much for all you do!

This year we had advance registration with a late fee for those at the door. While it required some advance planning by participants, we found it to be the best way to ensure a quality Symposium for our members. Being able to predict the number of attendees allowed us to prepare the right amount of materials, pre-order equipment, coordinate lunch with the food vendor and keep costs down. A few survey comments requested sandwiches rather than pizza. This year we chose pizza because sandwiches require a very firm head count, because they must be made in advance. While we had a "do you plan to purchase lunch" check-off on the pre-registration form, we also offered at-the-door registration and didn't want to leave anyone without an on-site lunch option.

I hope that all who attended, enjoyed the Symposium and that we see you again next year! If you have an idea for a session or would like to teach a session next year, please don't hesitate to contact me or one of the cabinet or committee members.

Looking toward 2008

Before we know it, it will be time for the annual Martial Arts Banquet, scholarship awards, outstanding referee awards and SIBBA elections. Each year, SIBBA offers three \$400 academic scholarships, one \$400 leadership scholarship,

SIBBA CABINET

- Master Linda Griffen
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- Ed Jackson
Scoreboard Coordinator

PRESIDENT'S LETTER CONT'D

scholarships, one \$400 leadership scholarship, one \$150 Jared Ringstad Memorial scholarship and one \$250 Junior Olympic Scholarship. If you are a student or know of a qualified student, please check out the scholarship application information on our website (www.sibba.org). Applications are due no later than February 1st. There are also nomination forms for Outstanding New Referee and Outstanding Service Referee. Applications for these can also be found on our website under "downloads." If you are interested in supporting the martial arts by becoming an SIBBA cabinet member or committee member, please look for more information on open posts in November/December.

If you have any questions, concerns or ideas for improving our services to members, please don't hesitate to contact me at president@sibba.org. Thank you again for your support of SIBBA!

Respectfully,
Linda Griffen

REPORT FROM THE MEMBERSHIP DIRECTOR

Hello Fellow Martial Artists,

It was great seeing so many of you at the SIBBA Symposium. Over one-third of our membership was present! I met many new people and look forward to becoming better acquainted with you all.

Jumping right into the numbers' end... our enrollment is up a bit from last year. We have a total of 235 members as of September 26.

Academic Students – 25 members
Black Belts – 68 members
Non-Black Belts – 39 member
Family – 15 members
Lifetime – 88 members

Club Memberships

No Club Named – 41 Members
Albrechtsen's Kenpo Karate, LLC – 1 Member
Algona Taekwondo – 6 Members
Ames Parks & Rec – 17 Members
Collins Tae Kwon Do – 5 Members
Corning Taekwondo – 1 Member

Des Moines Hapkido – 4 Members
Des Moines JA – 1 Member
Des Moines Riverfront YMCA – 4 Members
Falcon Taekwondo – 1 Member
Family Martial Arts – 12 Members
Farrell's US Martial Arts – 3 Members
GMAC Inc. – 2 Members
Heartland Family Martial Arts – 6 Members
Henry's TaeKwonDo – 11 Members
Iowa Martial Arts – 1 Member
ISU Hapkido Club – 7 Members
ISU Karate Club – 48 Members
ISU Martial Arts SW Branch – 1 Member
James TaeKwonDo – 6 Members
Kirkpatrick – 1 Member
Knoxville TKD – 1 Member
KTN Taekwondo – 3 Members
Lenox Taekwondo – 1 Member
Luverne Taekwondo – 11 members
Melcher Dallas TKD – 1 Member
Merritt's Taekwondo – 5 Members
Omaha Elite Taekwondo – 1 Member
Point of Grace – 1 Member
PolyTech TKD – 1 Member
Ram's TaeKwonDo – 1 Member
Red Dragon Tae Kwon Do – 2 Members
Rice TaeKwonDo – 8 Members
Shaw TKD Inc. – 1 Member
South/Southwest YMCA – 4 Members
The University of Iowa Hapkido – 1 Member
Tiger's Eye Taekwondo – 1 Member
Voorhees Taekwondo – 6 Members
West Iowa Martial Arts – 6 Members
World TKD Academy – 1 Member

Thank you to all members and instructors for your continued support of this organization. Your memberships help us maintain the scoreboards which are necessary to operate a tournament smoothly. We also provide scholarships to several martial art college students each year. We offer products for you to purchase – SIBBA ties, Poomse DVD's, name tags, and other items. We organize and conduct the SIBBA Symposium each year. Without you, the above items would be very difficult to accomplish. If you have questions or concerns, please visit with one of the members of the cabinet. We welcome new ideas and encourage comments on improving the State of Iowa Black Belts Association.

FROM THE MEMBERSHIP DIRECTOR (CONT'D)

If you have submitted an SIBBA application and have not received a membership card, please contact me at membership@sibba.org. As always, if you have a new email address or snail mail address, please let me know. We do not want you to fall out of the loop due to outdated contact information.

Keep Kicking!

Respectfully,

Teresa L Bruns
Algona Taekwondo

REPORTS FROM THE SIBBA SYMPOSIUM

Thanks to all of the instructors for a great Symposium this year! Here are some observations by cabinet members and members at large who attended the sessions.

Creative Conditioning, Mr. Ben Davis, ISU Karate Club

Mr. Davis's section was incredibly informative and a great workout to boot. He drew on his military experience as well as his experience as a competitor on both the ISU Judo and Taekwondo collegiate national teams. Last year, he also served as conditioning coach for the Taekwondo team. Warning us that he would focus on sit-ups and push-ups (since core strength would help all of us no matter what our particular martial art), Mr. Davis began with some basic information about physical fitness, conditioning, and ways to get started on a fitness routine without getting burned out. Of course, we began the workout with jumping jacks and some basic warm-ups. Throughout the session, he kept us moving by introducing different (and fun!) ways of working our abs or doing push-ups. After introducing each new method, we got to practice it. Some of the highlights were circuit training and partner drills for both stretching and working out.

Weightlifting Principles, Dr. Dale Chimenti, ISU Karate Club

Dr. Chimenti's many years of commitment to weightlifting were evident throughout the course. We learned a great deal about weightlifting: an overview of the Sport (including Arnold Schwarzenegger's involvement before becoming a movie star); basic anatomy; when, what and how to lift; as well as many references to get us started. We all saw how weightlifting is beneficial to any martial artist.

Yoga Stretching for Martial Arts, Dr. Master Irene Faass, Ames Parks & Recreation TKD and ISU Karate Club

We began with a brief introduction to yoga and dove right into stretching. We covered Sun Salutation, Balance Poses, Flexibility Poses, and Relaxation Pose. She also provided references for continuing on our own. I think all the students left that class more stretched out and relaxed than they'd been in a long time.

Advanced (Aerial) Kicking, Master Matt Hamann, Luverne TKD

Master Hamann began the session with some stretching, which was great because we'd just eaten lunch and needed just a few minutes to get back to workout mode. But we began kicking right away after stretching and kicked non-stop for the entire session. We began with a few basic kicks and we were already jumping by the time we got to the third time up the floor. He divided each kick up into several different ways of practicing it: first, we would kick up and down the floor, as we do in a regular TKD class; then, we practiced kicking the WaveMasters; finally, we kicked focus pads to work on hitting a smaller target. Master Hamann was enthusiastic (and he's incredibly talented—he made each kick look so easy!) and challenged the black belts while encouraging and supporting the lower rank students who were unfamiliar with the kicks. It was definitely exciting to see our progress from the beginning of the session as we practiced the fun, flashy techniques (triple front snap, jumping 360 wheel kick) at the end.

Mock Center Refereeing, Master Anne Chase, International Referee

This was an eye-opening experience in how difficult it is to be a really good referee. We practiced dealing with illegal moves, inju-

ries, and how to fix mistakes. This was a great experience without the pressure of being in the middle of a real sparring match.

Chinese Martial Arts, Sifu Mendoza, Des Moines, Iowa

Sifu is the Chinese equivalent of Master. The way he taught included general principles as well specific techniques. He encouraged us to use what we already knew (blocks and kicks from taekwondo, locks and throws from hapkido and judo) while adding elements such as moving like a tiger (cat-like) or bear (heavy and aggressive). Sifu Mendoza's enthusiasm made this a very fun class.

Knife, Stick, and Empty Hand Techniques, Master Lane Swalve, Voorhees TKD

Master Swalve began with the basics of the stick, introducing the 12 basic strikes to cover all of the angles. Then we moved on to blocks to cover these basic moves. After a bit of practice, Master Swalve showed us how these basics relate to our martial arts training. From there participants moved onto utilizing the same principles and techniques with a knife and then finished the session by trying to take the stick away from partners. Master Emery reports that he was teamed with a younger participant for this part and some of the knife work and enjoyed it, but "the most enjoyable part [was] when Master Swalve began showing [the] various stick take-downs and disarms. I was lucky enough to be working with Master Henry and was really able practice the techniques. If I wasn't getting off of the floor, Master Henry was."

(special thanks to Masters Chuck Henry and Jon Emery for their contribution to this piece)

REPORT FROM THE AT-LARGE DELEGATE

Happy Fall sirs and ma'ams,

It was great to see lots of familiar faces as well as many new ones at this year's symposium! The large variety of classes offered provided excellent learning opportunities for all. Instructors from throughout Iowa and two from Minnesota graciously donated their expertise and time to ensure a successful event. Thanks to all participants and I look forward to seeing you next year!

Respectfully,

Michelle Johnson
At-Large Delegate

REPORT FROM THE HAPKIDO DELEGATE

Greetings everyone!!

In early September, Iowa State University Hapkido Club traveled to Pella Iowa to give a self-defense seminar to some of Pella's high school students, and also gave a seminar on ISU campus to some members of various sororities on campus. The ISU group has a demonstration scheduled for 6 October for the Blue Sky Day in Ames.

The Des Moines Hapkido Club, with Master Ken Pilch, Iowa City Hapkido Club, with Master Brian Hayes, and Family Martial Arts Hapkido with Master Jill Hegland, have been busy teaching and are always looking for and getting new students.

Master Pak and his 3 martial arts clubs have completely and officially finished moving into the Forker Building, although, after 30+ years in Beyer Hall, we miss it.

What goals do you have for SIBBA? Please send your Hapkido news to me to include in the news letters. Let us know how SIBBA or your HKD delegate can better serve you by contacting me with your ideas, suggestions, concerns and/or comments.

Please feel free to contact me anytime, by mail at 1111 Iowa Ave, Ames, IA 50014, via email: hapkido@sibba.org or by telephone at: 515.294.7832.

I look forward hearing from you and will keep you informed of our activity.

Respectfully submitted,

Gina M. McAndrews
Hapkido Delegate

REPORTS FROM SYMPOSIUM, CONT'D

Bong Sool, Grand Master Yong Chin Pak, ISU Martial Arts

Grand Master Yong Chin started off the morning with an energizing session in Bong Sool, and had well over 25 participants. Folks learned some warm-up exercises with their staff, and then several spins, strikes and forms, some review from last year and some new techniques. I think most people's wrists and arms were a bit tired after the active session; at least mine were.

Systema, Dr. Master Lance Rewerts, Family Martial Arts Center and ISU Martial Arts

Dr. Master Lance Rewerts lead over 20 participants in a great Systema workshop, where we practiced moving smoothly from many different positions, including standing and lying on the ground, all the while focusing on breathing, relaxing and releasing tension. Participants also learned some unique falling and defense techniques to do while trying to be relaxed.

KumDo, Master Min-Seok Kang, Kang's Martial Arts

Master Min-Seok Kang, 4th Dan in Kum Do and 5th Dan in Tae Kwon Do, has 25 years of martial arts experience, 12 of those years as an instructor. At this year's symposium he instructed a Kum Do session. Master Kang is the current president of the United World Kum Do Federation and a former South Korean Army Black Beret Airborne Special Forces Veteran and former Special Forces Military Tae Kwon Do instructor. He currently is a Kum Do and Tae Kwon Do instructor in Cedar Rapids and Coralville, Iowa.

According to Master Kang's website (<http://www.uskmaa.com>), Kum Do is traditional Korean swordsmanship, which is more than a sport. It is a form of art that is considered both a discipline as well as a sport. Kum Do is both physical and psychological training. First of all, with Kum (sword), one can practice to improve one's physical fitness, by practicing various attacks, blocks and forms. Do (the Way) helps control one's mind and inner desire. All Kum Do activities help growth of muscle, bone and enhance vital energy. It also helps the immune system and has a healing influence on the body. It is done through body and mind harmonization by managing one's Ki (vitality). Kum Do is a way to defend oneself with physical improvement and regulation of one's health and longevity. The session was well-received and informative to all participants. Master Kang was very pleased to help the SIBBA at their annual symposium, and expressed a strong interest in coming back next year!

One-Step Sparring, Ms. Michelle Johnson, Rice Taekwondo (assisted by Mr. Gori Devrajani, ISU Karate Club)

There was a wide range of participants from white to black belts and kids to adults. We reviewed the basic one-steps and then built on those techniques by adding our own improvisational movements. This was a very helpful approach, since it went beyond learning rote movements and allowed the players to really think about the techniques and how they worked together (or perhaps didn't work so well – which is a great way to learn!).

We were paired with people of similar size and dissimilar size, and practiced non-traditional attacks such as no-step-back, opposite hand, from the side and from the back. We demonstrated some of our techniques for the class and discussed what worked well and what could be improved on. At the end, Ms. Johnson distributed a handout that had instructions for 30 different one-steps for white through brown belt. This was an excellent take-away item, so people could refer to it and practice on their own.

Board Breaking, Master Doug Marks, Webster City Taekwondo

This was an excellent board breaking class. There were 11 participants ranging in age from approximately 10 years old to adult and orange belt to black belt. We covered three breaks: jump spin side kick, flying side kick and wheel kick and finished up with hand breaks for the adults.

We discussed each kind of break, practiced on air or with paddles and then broke boards with follow-up praise and suggestions for improvement. Master Marks covered many aspects involved in successful board breaking (see next page). I think everyone in the class came away with new confidence in their breaking ability and knowledge to carry into other breaks that we didn't have time to practice.

BOARD BREAKING TIPS FROM MASTER DOUG MARKS

- Selecting boards: Buy #2, untreated pine. Make sure the lumberyard understands that you want good quality boards, not just their leftover “junk.” You want boards that are not sappy, have minimal cracks and few knots. If you’re buying from a store that’s not experienced with cutting boards for martial arts, he recommends drawing a diagram so you get the dimensions you need with the grain in the correct direction.
- Selecting board holders: A good holder makes a huge difference in your odds of executing a successful break. Strong, sturdy holders are ideal. For special kicks, such as a wheel kicks that have a head-high target area, you also need to consider height. A short person is not a good choice to hold for a wheel kick.
- Holding boards correctly: Safety for both the holder and the breaker is important. Holders need to turn their head to the side (never down). If there are two holders, turn your faces outward, not inward. Legs should be in a strong front stance. With two holders, inner legs should be back and crossed, outer legs front. Hands should hold the top and bottom edges of the board, not the sides. If two people are holding, the inner, bottom arms should be crossed and outer, top ones straight. The exception is flying kicks such as a flying side kick. In that case the inner, top arms should be crossed and the outer bottom ones straight.
- Proper set up and execution: Practice! Know your distance and positioning so you can set up quickly and break without several practice kicks. This demonstrates command of the situation and self-confidence. Know how to land correctly for the kick you’re doing. For instance, with a flying side kick, the toes of your landing foot should be facing away from the holder with your knee bent to absorb shock.

REPORT FROM THE TAEKWONDO DELEGATE

Dear Sirs and Ma’ams,

Thank you to everyone who helped make this year’s SIBBA symposium a success. We could not have done this without the help of the instructors who donated their time and talent to teach and the participants, who took time out of busy schedules to attend this event. We were also privileged to borrow Forker Building from Iowa State University and have a hardworking cabinet with a very organized president who helped make the event run smoothly.

Descriptions of the sessions by members of the SIBBA cabinet who attended are on page 3 and above.

As a participant and organizer, I had a great time and was inspired to keep learning and improving in Martial Arts. Many thanks again to all who made the SIBBA Symposium possible.

We are all looking forward to our next big Taekwondo events, the ISU Taekwondo Championships on October 27 in the Forker Building and promotional testing on November 30 and December 1.

Respectfully submitted,

Terry Fernando
Taekwondo Delegate

NOTE FROM THE SECRETARY

Greetings Sirs and Ma’ams,

Grand Master Pak always reminds us that “the best self-defense is a good education.” As we all know, education is an expensive endeavor. Please consider supplementing your own education with an SIBBA Scholarship. The SIBBA offers collegiate leadership and academic scholarships, a Junior Olympic scholarship, and the Jared Ringstad scholarship. You can read more about the scholarships on the application pages, which can be found on the SIBBA website (www.sibba.org). They are due on **February 1, 2008**. Please mail them to me at the address shown on the application form. I look forward to reading your applications and learning about how SIBBA members are practicing the self-defense technique of getting a good education.

Respectfully,

Irene P. Faass
Secretary



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 FOR BLACK BELTS

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

___ 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*

**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 symposium registration and membership application to:

**Teresa Bruns, Membership Director
 State of Iowa Black Belt Association
 309 1st Ave NE
 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 Reyes de Oropeza
3718 Eisenhower Avenue
Ames, IA 50010