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SCOREBOARD COORDINATOR

PRESIDENT'S LETTER

Greetings Sirs and Ma'ams!

Happy Fall to all of you! We had a beautiful September, and while October hasn't been nearly as nice weather-wise, I hope that you are nevertheless enjoying the season and all it has to bring with back-to-school events as well as martial arts tournaments and testings (and the inevitable yard work!)

Symposium

Many thanks to those of you who participated in the SIBBA Symposium in September. We had a good turn out and I hope all who attended, enjoyed it. Many thanks also to our cabinet, who did a great job preparing and running the event!

President's post open for 2010 SIBBA elections

My term as SIBBA president will end as of this next election. In preparation, I am announcing it now, so those who may be interested can give it consideration and step forward. If you have any questions about what the post entails, please feel free to contact me at president@sibba.org. It has been a very rewarding experience as well as my pleasure to serve on the SIBBA cabinet and to give back to our martial arts community. Thank you to everyone for your support and encouragement along the way!

Scholarships and Referee Awards

It's never too early to start thinking about the upcoming scholarships and referee awards that we present at Banquet.

SIBBA offers 1 Leadership scholarship, 3 Academic scholarships, 1 Jared Ringstad Memorial Scholarship for a high school senior looking to go on to college and continue his or her martial arts training, and 1 Junior Olympics scholarship. Scholarship applications can be downloaded from the SIBBA website and are due February 1.

We also present an Outstanding Service referee award and a New Referee award. If you know of someone who is a deserving referee in either of these categories, please download the nomination form on the SIBBA website and send it in by February 1.

Don't miss out on important information - get on the mailing list!

The mailing list we primarily use to communicate to people in the Pak martial arts family is blackbelts@iastate.edu. Through this list you will receive communications from members about tournaments, refereeing rule changes, testing papers, the SIBBA symposium, etc. If you are not on this list and would like to be, please contact Master Gori Devrajani and webmaster@sibba.org.

Respectfully submitted,
Linda Griffen
president@sibba.org

HAPKIDO DELEGATE REPORT

Dear Sirs and Ma'ams,

This most recent semester of ISU Hapkido has been great. Our recruiting efforts have paid off and we have a large class of white belts this year. They are an impressive group with a lot of spirit. The ISU Judo, Taekwondo, and Hapkido clubs participated in a corn-picking fundraiser at the Mycogen test lots. We had quite a large turnout, and several of those who showed up were from our new white belt class. We picked a bumper crop, and the funding will go toward new mats for the ISU dojang.

Not only are the new white belts hard workers, but they are snappy dressers. This year at ISU marks the first for a new line of uniforms for our Hapkido students. The new uniforms are lighter weight and breathe easier. They are the natural middle between the thin Taekwondo and thick Judo doboks.

The SIBBA symposium was a hit. We had a broad spectrum of attendees and instructors, and a few new exotic classes. Nunchuks, Korean Culture, and Basics of Falling were some new classes offered, and the old standbys of Judo, Hapkido, and Systema were there as well. If you missed these classes, you missed out on a rare opportunity to work out with martial artists across the spectrum.

The rumors have been churning for months, but finally, the time has come. Master Son's restaurant, Canton Express, will be opening on Mon. Oct. 26th. It is located at 501 Locust St. in downtown Des Moines. Do not miss this opportunity to get some great authentic Korean food. If you are intimidated by kimchi, don't worry, they will have your typical "Chinese" food as well.

Keep warm and safe this fall and winter,

Laurence Woodruff,
SIBBA Hapkido Delegate

TAEKWONDO DELEGATE REPORT

Hello SIBBA Members!

With the ISU Taekwondo Championships just around the corner on Oct 31st, I thought it would be a good time to highlight some changes to the WTF Sparring rules that have gone into effect.

- Kicks to the head are worth 3 points
- Spin kicks to the body are worth 2 points
- Regular kicks to the body are still worth 1 point
- There is no 7 point gap anymore
- There is no 12 point ceiling any more
- Blocking a kick with your knee will result in a half point deduction

All the other rules and point deductions have stayed the same. As always I look forward to seeing many of you at the tournament and hope you all have a wonderful holiday season!

Master Mark Tschampl
Taekwondo Delegate

FUNDRAISING REPORT

Sirs and Ma'ams,

I hope everyone had a great summer and is getting ready for fall. It's crazy to think that four months have passed since the last time I updated everyone on how SIBBA is doing in the fundraising and public relations departments. Well the good news is that we are on track to match, if not beat the past few years in fundraising for SIBBA. The great news is that we are about to blow it up. I made the trek up to Ames and attended a cabinet meeting for all three martial arts clubs. Grand Master Pak and the rest of the cabinet graciously gave me some time to speak and pitch some of my fundraising ideas for SIBBA. One of the plans on the table is a joint effort between all three clubs to sell the raffle tickets directly to people (friends, family etc.). The raffle fundraiser has been doing so well that there was no point in not sharing this opportunity with other branches of our martial arts family. So not only do we have the SIBBA table set up at tournaments selling tickets and merchandise, but we now have a direct selling force with incentives to raise as much money as they can. Tae Kwon Do, Hopkido, and Judo also have the rights to tag ticket sales onto their merchandise. So if someone wanted that awesome "School of Pak" shirt or one of the sweet ISU Martial Arts drinking glasses that are currently being sold, they are able to grab a ticket along with those items at a discounted price. This fundraiser has given the ability to very rapidly raise much needed money to any clubs who want to participate. So if you haven't had an opportunity to enter the drawing for the packaged vacation please do so. Last note on the raffle, there has been talks of adding more prizes to the raffle so its just not one big drawing. There is talk of merchandise and various prizes available that will be drawn for before the "grand prize". So pick up those tickets.

SIBBA is doing well this year becoming known throughout the martial arts community. Not only is membership being promoted through the various clubs, but we are reaching out to many different martial arts organizations as well. I've been attending the Des Moines Jiu-Jitsu Academy for several months now (lowabjj.com), and along with BJJ, the academy has Muay Tai instruction as well. It's been a learning experience. One thing I got to do was speak to the owner Chris David about SIBBA and some of the things it does for martial artists in Iowa. I think it'd be great one day to have SIBBA delegates for Jiu-Jitsu and Muay Tai, along with several other martial arts; after all this organization is for the entire state of Iowa. Granted it may take 50 years, but it all starts with just telling someone about SIBBA and planting a seed.

In the spirit of supporting our martial arts community as a whole, there are a few events coming up that should be shared. One being Grand Master Yong Chin Pak's tournament in Ames held October 31st. This is going to be the 30th ISU Championships and will be the first tournament in the Pak family featuring the new rules. So if you want experience competing with the new format this is an excellent tournament to attend. Another event that would love to see a lot of members show is Master Lance Rewerts two day Systema Seminar, November 7th and 8th, at the Family Martial Arts Center in Ames (IowaSystema.com). He is bringing in one of Systema's best instructors, Martin Wheeler. I hope to see you at both events.

Joey Abdallah
2nd Dan
Fundraising
Public Relations

JUDO DELEGATE REPORT

Dear Sirs and Ma'ams,

Another group of white belts join the ISU Judo Club, but what is out of the ordinary?

Another group of 30 new members brings our total up to about 60 practitioners, with a normal attendance of 40 people at each Tuesday and Thursday training. In 2003, when I joined the club our regular practice consisted of 10-15 judoka. What a great trend!

Not only have our class sizes increased, we're also seeing many members getting heavily involved, and not just our colored belts, but many beginners as well. We've participated in several demonstrations already since our last newsletter went out, including the Des Moines CelebrAsian Festival, recruiting and demonstrating at the Destination Iowa State Events and most recently the chilly Memory Walk, where the first snowflakes of the year joined us as we bundled up to stay warm and bolster the spirits of the Alzheimer's fundraiser participants.

The corn-picking fundraiser for Mycogen has been becoming an annual social event for the three ISU Martial Arts Clubs. Two straight weekends we storm the vents of corn and bag ears of corn for testing. It's definitely an event where you can see what hard worker's Grand Master Pak produces! And if picking corn doesn't seem like it hones your martial art's skills, then volunteering at the Sleepy Hollow Haunted House may be more down your alley.

Who of us isn't improving at sneaking up behind people and developing our Kiaps to scare the snot out of the visitors?

I'm excited to see many members preparing for the upcoming promotions, not only in Judo but also the Hapkido and Taekwondo students as well. I hope to see everyone volunteering or participating in the upcoming ISU Championship Taekwondo Tournament on Oct 31st at the Forker Building!

Nathan Meier,
SIBBA Judo Delegate



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 application to:

Wesley Gee
 State of Iowa Black Belt Association
 1526 Thompson Ave.
 Des Moines, IA 50316

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