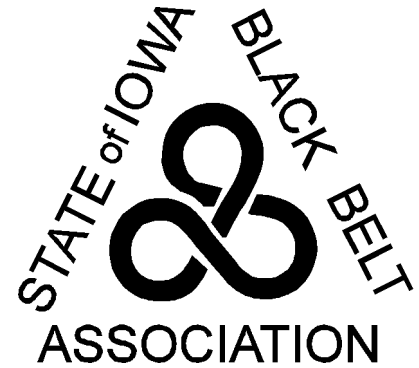


STATE of IOWA BLACK BELT ASSOCIATION



Newsletter

March 1999

Vol 14, No. 1

Edited by: Irene P. Faass

SCHEDULE of EVENTS

6 April	Henry's TKD testing; Creston, IA
9 April	Luverne MN testing; Luverne, MN
8-10 April	Senior National Championships
15-17 April	VEISHA Celebration; Ames, IA
23-24 April	ISU TKD & HKD testing; Ames, IA
30 April	Family Martial Arts TKD & HKD testing; Ames, IA
30 April 2 May	Voorhees TKD Leadership Seminar; Brooks Center, Des Moines, IA
1 May	Farrell TKD testing, Van Meter, IA
27 May	Family Martial Arts TKD & HKD testing, Ames, IA
1 June	Voorhees TKD testing, Grinnell, IA
20-25 June	Farrell's Iowa Junior TKD Camp, Des Moines, IA
25 June	Luverne, MN TKD testing, Luverne, MN
25 June	Family Martial Arts TKD & HKD testing, Ames, IA
4-11 July	Junior Olympics (TKD), Las Vegas, Nevada
16, 17, 18 July	Iowa Games
23, 24 July	ISU TKD & HKD testing, Ames, IA
25 July	Family Martial Arts TKD & HKD testing, Ames, IA

Happy Spring!

1999 has already been an exciting year for the SIBBA and the Pak family. The SIBBA Black Belt Reunion took place on February 19th and the 24th Annual Martial Arts Awards Banquet was held on February 20th. Quite a few alumni drove or flew long distances to attend and see friends and fellow martial artists honored. This year, the awards presentation was short (we liked that—more time for dancing and socializing!), the speakers inspiring, and the video entertaining. Next year will be the 25th Martial Arts Banquet—coinciding with the millennium—so it should be a special one.

At the reunion and banquet, SIBBA elections were held and brought some new and old faces to the cabinet. In this newsletter, you will see reports from the new Judo, Hapkido, and Taekwondo delegates. I've replaced Dr.

George Brant as Secretary and hope to continue the wonderful work he's done in the 6 years he's held the position. I wonder if he'll know what to do with the extra free time—more time in the dojang, no doubt.

I would like to invite all SIBBA members to **contribute to this newsletter**. Sometimes the delegate of your martial art is not able to attend an event, seminar, or tournament. If you attended a martial arts event and would like to share your impressions with the rest of us, please send me your story or article. We would like to hear more voices in this newsletter and hope we will soon!

I would also like to use this space to invite all Taekwondo, Judo and Hapkido practitioners to my (Irene's) place for the after-testing party

on April 24th. We'll be having an old-fashioned hog-roast to celebrate spring, my & Craig's new place (well, the land, the house is still just an idea), and, of course, testing! Send me e-mail if you are interested in directions and won't be attending the testing.

Golf Pass Presented to Master Pak

A special thank you to everyone in Master Pak's Martial Arts Family who contributed to the banquet gift for Master Pak. You have all been very generous and we were able to present

Master Pak (and his wife Susie) with a season golf pass for ISU Memorial Golf Course (Veenker). The golf pass was presented after Hapkido practice on Thursday, March 11. The course is open now and if you don't locate Master Pak at his office, church or home - check the golf course!!!

Thanks again for all of your support and if there is anyone who did not have the opportunity to contribute and still wishes to, please check with Irene Faass or Kathy Gundlach.

Letter from the President

It is hard to believe that a whole year has gone by already! I feel like I am just getting started in my presidency, and yet so many things have happened. For starters, Nationals last May was hectic but a lot of fun and thanks to all of you who helped out (either by refereeing or volunteering), it was a great success. Our scholarship program is doing well. The SIBBA was able to hand out 5 college scholarships and 2 high school ones this year. The SIBBA was able to financially help all three arts represented by the association: the Collegiate Taekwondo Team from ISU went to Princeton for Collegiate Nationals (and took first place!), the Hapkido demo team went to Ohio, and Judo is sending several members to their Nationals this year. The SIBBA symposiums were a success and future symposiums are planned. If any of you have any ideas for subjects or masters to teach them, please let me know! We are always looking for input from our members.

I would like to thank my cabinet from last year; we worked well together and accomplished many things. In addition, I would like to welcome the new members of this year's cabinet. I am looking forward to working with all of you!

Jennifer Emery

USTU Referee Seminar Held

Master Barbara Wakefield, WTF International Referee, conducted a USTU Referee Seminar in conjunction with the Kansas City Classic, hosted by Masters Oren and Terry Gautreaux, March 5-6, 1999, in Blue Springs, MO. This seminar was especially timely as the hand signals have recently be revised. Electronic

scoring was used in all the rings and is becoming widely used at regional and national tournaments. Twenty-two Black Belts were in attendance. All of those who attended had an opportunity to center referee at the tournament the next day. All participants gained valuable experience.

Report from the At-Large Delegate

Hello from the At-Large delegate. I've been re-elected to the position once again and I wanted to say that I appreciate you voting for me. This past year we got a lot accomplished, and we have more to do I'm excited to be a part of it. I also want to welcome aboard all the newly elected board members; I look forward to working with you.

There are a couple of things that we need to get the word out on. First of all Junior Olympics will be happening in July. I had it brought up to me that for this years J.O's it would be neat to approach this as having a Team Iowa concept. I am open for ideas for this, which is why I have asked Jennifer Emery to help me. What we are looking to do is have the Iowa Team have matching hats for opening ceremonies, which Jennifer is exploring. We don't have final

figures, as to the costs, but I can tell you they will be very affordable (you probably have the change in the ashtray of your car if you're like me). Other things we are exploring, maybe a get together in Vegas, coordinate coaches for those qualifiers who are going that don't have a coach, anything else? I am open to suggestions and Jennifer and I could use some help, if I could have a volunteer or someone with some good ideas e-mail me at vwickham@mercydesmoines.org I really want to see us approach this as one big Iowa team.

Notes: Mr. Larry Voorhees has his leadership seminar coming up (one day I have to do this). I have heard only good things, it's April 30th-May

Report from the Judo Delegate

ISU and family Martial Arts Judo Club send this sincere thanks for the support given by the SIBBA. A trip to Denver to attend Collegiate & High School Nationals was made possible because of you. Competition proved tough for four of the five competitors, but congratulations to Dominique Swain who received a silver. The March 25-28 trip to Denver was preceded by a trip to Lawrence KS, where Dominique placed 1st, Brian Scheid 2nd, Cherilyn Walley 2nd, David Cooper 3rd, and Olivier Fedrigo 3rd.

2nd, it's a definite can't miss from those who have attended, call him and get more information...also, its not to early to be thinking about Master Farrells Junior Olympic camp June 20th-25th. This camp is extremely well run and a memorable experience for all the youth that take it...

If you have anything for me, contact me at the above e-mail address, or feel free to call me at 515-752-2795 I would be happy to visit.

Respectfully Submitted

Mike Wickham

The next event for judo will be testing at ISU on April 1, followed by VIESHA Tournament on April 18. My expectations for success are high for both events.

The invitation is given to all who would like to join our classes and learn the Gentle Way.

Your Judo Representative,

Steve Scheid

Report from the Hapkido Delegate

Greetings fellow SIBBA members! My name is Amanda Clark and I am your new Hapkido delegate. For this first newsletter I am just introducing myself and providing my contact information, in case you have any concerns or questions you would like me to bring to SIBBA. I can most easily be reached by email at my ISU address: amandahk@iastate.edu Also, feel free to call me weekdays at 515-294-7707 if it's particularly urgent, or otherwise at 515-292-7453. Both of these numbers have voice mail,

and don't be shy about leaving a detailed message. As many of my friends will tell you, you reach my voice mail almost as often as you reach me real-time.

I look forward to working with you and the SIBBA cabinet to present some interesting seminars and help the martial arts community in Iowa grow in the coming months. Contact me if you have ideas or questions. I look forward to hearing from you.

Amanda Clark

Report from the Taekwondo Delegate

Greetings,

Let me begin by introducing myself, my name is J.D. Palasek and I am the new Taekwondo delegate for the SIBBA. Currently I am a senior in Industrial Technology at Iowa State University, a first degree black belt, president of the ISU Karate Club, and ISU NCTA team member and captain. Also, I am the SIBBA Newsletter; 14-1; March 1999

instructor of Falcon Taekwondo in Boone, Iowa. That's me in a nutshell.

Now that the formalities are through, I would like to thank everyone for electing me as Taekwondo delegate. The most valuable thing that I have gained from Taekwondo is the friendships that I have made. Now as Taekwondo delegate I have the opportunity to represent not only those within Iowa, but those of you who are further away.

As your delegate, I will be writing about the state of Taekwondo, not only within Iowa, but within the extended Pak family as well. With that being said, I open an invitation to all of you to contact me with special news about you, your school, or your students. Anything that is an honour to our growing family, that we can all feel proud of. My contact information will be in the closing of this article.

The sport of Taekwondo has definitely been growing at an incredible rate, and the Pak family schools and associations have been enjoying this growth with their own successes. Tournament participation has been increasing steadily, such as Master Farrell's Midwest Open Championships with a record attendance of over 600 local, national, and international competitors. They are a success only because of the commitment by the tournament directors and the support that they receive from all of us. This year's Iowa Games will be held in the Iowa State University Lied Recreation Center. One of the largest sports complexes in central Iowa should definitely help make the 1999 Iowa Games be one of the best ever. The ISU Karate Club Cabinet is also working to secure the facility for the ISU Taekwondo Championships in October, but nothing has been set yet.

About two weeks ago our own Mrs. Bonnie Wiegand competed at the US Olympic team trials. Unfortunately, Mrs. Wiegand was nudged aside by Arlene Limas who took third place overall. Bonnie is definitely one of many shining stars in our family. Some others of the past year are: Sam Hill and Trent Tompkins who competed in Istanbul, Turkey as part of the US Junior National team, Miranda Hinrichs who

along with Bonnie Wiegand competed at the World University Games in Manzanillo, Mexico, and of course the entire ISU Collegiate team for placing first at the 1998 NCTA Championships. These successes only show how popular the sport of Taekwondo is becoming.

As we proceed through the last year of the century, take pride in the accomplishments of our family and continue to show your support through your actions. We all know how we can support our Taekwondo habit, regardless of whether you are an active member or not. Your donation of time, money, or whatever always helps. As our tournaments grow in size, finding enough qualified referees becomes a high priority. So far this year we have had the benefit of two USTU Referee seminars. March 5th at the Kansas City Classic, and just last week at the Midwest Open Championships in Des Moines. Participation at both of these seminars has been inspiring especially with new black belts who are going through for the first time. Congratulations to all of you on your dedication.

Well, I did wander a little in subject matter for this article, but there is just so much to cover it's hard to stay with just one thing. As I mentioned before please feel free to contact me with your Taekwondo news or if you need information, either through "snail mail" to :J.D. Palasek 4130 Lincoln Swing Lot #21, Ames, IA 50014 or more preferably through "E-mail" at ninjapolak@ames.net Yes you read that right, go ahead, get it out of your system and laugh. When you're done, then you can write.

J.D. Palasek

Thank You Letters from Scholarship Recipients

Dear Sirs and Ma'ams,

Thank you for the scholarship that you gave me at the 24th Annual Martial Arts Banquet. This scholarship will definitely be useful over this coming academic year. I look forward to working with the SIBBA over the next year through seminars and activities.

Thank you,
Aaron Striegel

(editor's note: Aaron is a first year graduate student in computer engineering and a 1st Degree Black Belt in Taekwondo)

Dear Cabinet Members,

First of all, I would like to congratulate all of the new officers. I know that you will all do a very good job. I applaud all of you on your dedication and work ethic to the organization.

I would like to take this opportunity to thank you all for awarding me with a scholarship! This is the first of many that I have applied for and actually won! I want you all to know that I will be using the award to help finance a trip to Korea for the summer. I will be staying in Taegu, Korea for the summer, and hopefully be learning some martial arts along the way. I also get 12 credits for the trip so that is a bonus! Anyway, I felt the need to thank all of you, and to explain what I will be doing with the gift.

Once again, thank you for your help, and I wish you a very successful and productive year!

Sincerely,
Adam M. Infante

(editors note: Adam is a senior in political science, a second degree black belt in Hapkido and a green belt in Taekwondo)

The Bottom Line by Beth E. Sermet, Treas.

I hope all of our members can say that they have sent in their 1999 membership renewals by now. If not, you'll be missing out on "the latest" as no more Newsletter will be coming your way AND you risk not having your name in the 1999 SIBBA "Red Book" Membership Directory. Only current members as of June 15th will be included.

Instructors who are members WILL have their students' promotions recognized by the SIBBA. This is especially important for an instructor when a student is testing for First Dan or higher. The SIBBA strongly suggests that ALL instructors make sure their own membership is current. If you plan to test for Black Belt for Second Dan or higher testing, you must be a "member in good standing." This means paying annual dues to the SIBBA. You will be asked to pay for annual SIBBA dues missed since your last testing. This policy has the support of Grandmaster Pak and the Cabinet.

Membership dues are as follows:

Adult - \$ 30

Student (age 17 thru College) - \$15

Junior (until age 16) - \$ 15

Alumni (not active with Pak Org. club) - \$15

Family - \$60

Affiliate (non-Black Belt) - \$ 15

Lifetime - Individual \$ 300 or Family \$ 600 (installment pay plan available)

If you have any questions, please call me at (515)232-2599, e-mail me at SERMETSBAOL@aol.com or drop me a note.

NOTE: TO ALL INSTRUCTORS...The dues are for one year (January through December) and not to be pro-rated for 1/2 or 1/4 of the year.

Balances in all accounts are: Checking, \$ 1,495.16, Savings, \$ 3,152.31, American Funds, \$ 16,101.80, Jared Ringstad Scholarship Fund, \$ 2,381.19 and CD, \$ 5,000 as of 3/31/99.

SIBBA CABINET 1999

President	Jennifer Emery 515/733-4242	117 Hazel, Story City, IA 50248 jennifuzz@usa.net
Secretary	Irene P. Faass 515/433-9694	160 W Avenue, Story City, IA 50248 rainy@iastate.edu
Treasurer	Beth Sermet 515/232-2599	1401 Summit Ave; Ames, IA 50010 sermetsb@aol.com
TKD Delegate	J.D. Palasek 515/292-6564	4130 Lincoln Swing, Lot #21, Ames, IA 50014 ninjapolak@ames.net
Judo Delegate	Steve Scheid 515/377-2648	68065 180 th Street, Nevada, IA 50201 pigfarm@netins.net
HKD Delegate	Amanda Clark 515/292-7543	2913 Ontario Street, Ames, IA 50014 amandahk@iastate.edu
At-Large Del.	Mike Wickham 515/752-2795	2605 Reyclif Drive; Marshalltown, IA 50158 vwickham@mercydesmoines.org

ATTENTION OLD MEMBERS: New LOGO name tags - \$5.00 (checks only) available through Beth Sermet; 1401 Summit Ave.; Ames, IA 50010; 515-232-2599.

Membership card holders are also available at no additional charge.

SIBBA Ties \$24.00. TKD terminology tape is available for \$5.00 plus \$0.50 postage and handling.
WTF TAEKWONDO POOMSE VIDEO - \$ 20.00 sug. retail (Instructors inquire about quantity discounts)
TKD REFEREE VIDEO - \$15.00 + \$2.00 postage.

Please send any contributions to this newsletter to Irene P. Faass, 160 W Avenue, Story City, IA 50248.
Phone: (515) 433-9694. E-mail: rainy@iastate.edu.

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