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Calendar Of Events

August	21	ISU school starts
September	15, 16	Instructor Seminar, Des Moines & Ames
	27-30	2000 Olympic Games TaeKwonDo Events, Sydney, Australia
	30	21 st ISU TaeKwonDo Championships
October	13, 14	ISU Martial Arts Promotion
November	3, 4	25 th National Collegiate TaeKwonDo Championships, Ames
December	1, 2	ISU Martial Arts Promotion

Letter from Master Pak

Greetings from Iowa State University and Beyer Hall!

I hope that everyone is having a wonderful summer and preparing for a busy fall. I am looking forward to a tournament season, promotions, and hosting NCTA's this November. While we prepare for NCTA's, we need to think about a variety of ways to make the SIBBA the best that it can be.

I would like to encourage all SIBBA TaeKwonDo Black Belts to update their referee status. There will be a referee seminar before the NCTA tournament and they are held before Master Gautreaux and Master Farrell's tournaments in the spring. On a similar note, instructors should be sure that they are attending (or sending a representative) as many national competitions as possible in order to keep up-to-date on sparring techniques, coaching, refereeing, policies, etc. Before our last promotional testing, I encouraged you all to have a 21st century view of TaeKwonDo competition (double, triple, and quadruple kicks are popular now – why not teach your students how to do them so that they will be competitive).

State of Iowa Black Belt Association Newsletter

Most of you have heard about Esther Kim's sacrifice to Kay Poe at the Olympic Team Trials. This story is a wonderful example of the way that martial arts can have a positive influence on decision making. A few weeks later, the news of violence between parents at a kid's hockey game hit the press. Let's do all we can to make sure that TaeKwonDo and Judo parents do not behave in such a way by remembering the principles and beliefs that make the martial arts different from other sports.

I am proud of the way that martial arts have grown in Iowa. We can still be a large organization with the principles and beliefs of a smaller group if we work together. See you at NCTA's!

Sincerely,

Yong Chin Pak
ycpak@iastate.edu

Letter from the President

It's hard to believe that the summer is half over. Yet here we are, Iowa Games and Junior Nationals are over, and we are into August. With August we start thinking about the new school year and all the upcoming events that that brings.

The most exciting thing happening is the 2000 Olympics! We have two sports represented this year, Judo and TaeKwonDo. Be sure to watch the sports channels to find out how team USA does. Especially notable will be Kay Poe competing after Esther Kim gave up her spot on the team to Kay. I am so proud to be a part of a sport that teaches values like this!

Locally, Family Martial Arts and Farrell's will be hosting seminars the weekend of 9/16 on how to teach martial arts to children. They have a guest instructor coming in from California. They are giving Pak family members a break on the price of this seminar. For more information, contact Jill Hegland or John Shilkaitis at Family Martial Arts (515) 232-7002. This promises to be a very exciting and educational experience.

That Sunday 9/17, is the Battle of Van Meter hosted by Master Mark Currie. Again this year he is donating part of the proceeds of the tournament to various causes, including the Iowa Junior Nationals team and the SIBBA scholarship fund.

Two weeks later (September 30) is the Iowa State Tournament. Plan to turn out for this one and support Master Pak. He has given so much to all of us, it's time to show him our appreciation by helping with and/or competing at his tournament.

I haven't heard anything yet about the Eastern Iowa Tournament, but it is usually in October or November. This is a really nice tournament, too. Keep your ears open for the date to be announced.

And a real biggie for Iowa this year, Iowa State University is hosting the National Collegiate TKD Championships. Master Pak is counting on us to help him make it just as successful as Senior Nationals was two years ago. Please let him know ASAP if you are planning on refereeing, working on set-up or tear down, security, ring management, etc. Iowa has an excellent reputation as THE place for lots of volunteers and hard workers, as well as organizational skills. These all contribute to the smoothest and best run tournaments in the nation. We want to keep that reputation so plan on being there!

Add testings and other get-togethers to the mix and it looks like we're all going to be VERY busy until the first of the year! I look forward to seeing all of you at these events.

Jennifer McLaughlin (yes, you read it right, I have a new last name)

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Report from the Judo Delegate

Cheilyn Walley, ISU

Salutations Folks! Judo has had a fairly quiet time since the last newsletter. Many of our judo-ka have been vacationing, myself included. But a good number did get together for the Iowa Games Judo Tournament on July 15th, and the Ames contingent acquitted themselves quite well. In Juniors, Family Martial Arts team members Kassi Scoggin



won silver in her division, and Kyle Scoggin won gold in his. From the same team, Evan Seite and Brian Scheid both won gold medals in their weight divisions. In Seniors, ISU team member Dena Sidmore won silver in her division, and teammate Cherilyn Walley won gold in hers. Also from ISU, Jason Weirather won silver in his weight division. Family Martial Arts again made an impressive showing, with Carol Scheid receiving gold in her division (and kindly defeating Cherilyn Walley in two exhibition matches), Danny Scheid winning gold in his weight division and silver in Men's Open, and Steve Scheid winning gold in the Men's Open and his Master's division. Family Martial Arts won bronze in the Junior and Senior team competitions.

Have a good rest of the summer and the subsequent return to school, everyone!

Report from the TaeKwonDo Delegate

J.D. Palasek, ISU and Falcon TaeKwonDo

Greetings TaeKwonDoists!!

We have been having a great year and there's better yet to come! I have so much to write that the cost of this mailing will likely go up a stamp or two. Nevertheless, I shall try to keep this as short as I can. Here we go:

- ❖ Master Doug Marks will be holding a board breaking seminar for all who are interested, and everyone should be, before the next ISU testing. It will be held at the ISU dojang and the time and date will be announced later by email. Anyone who is unsure about proper holding techniques, stike points, and combos should plan on attending as this is always a sore spot at testings. Thank you Master Marks.
- ❖ Donna Ploessl received the Referee of the Year Award at this years Junior Olympics! Congratulations!
- ❖ Instructors Certification committee is ready to be formed. The only thing that is missing is you. Hapkido and Judo have already supplied representatives and I need three from TaeKwonDo. Volunteers should be 3rd Dan and above, instructors, and preferably school owners. Once these members have been selected all other SIBBA members will be able to contribute through these representatives. I have a few in mind already so please volunteer before I start calling and pulling out the pictures I keep locked in a drawer (smile). This is something that we would like to have in place by the beginning of the next year. So please contact me at (641)-342-1654 or Email at (falcon@pionet.net).
- ❖ The electronic scoreboards are nearing completion and should hopefully be completed by ISU Championships. One major hold up is finding a company to fabricate the boxes for us.

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So if anyone has contact with a sheet metal shop or a molding shop that would be willing to give us a good deal please contact me ASAP! We can really use people's help in this matter. If you don't know anyone please feel free to donate money. Send to treasurer Ron Smith, Sr. with a note to be used for the electronic scoreboards. As always ideas and comments are always appreciated.

- ❖ Finally congratulations to all those who have competed at the following national events. Please be sure to congratulate these individuals on there supurb effort!

USTU Senior National Championships 2000

Forms

Male 2nd Dan Light Heavy	Daniel Rogers	Gold
Male 1st Dan Light Heavy	Jeremy Evans	Bronze
Male Athlete of the Year:	Trent Tompkins	

Sparring

Female Welter	Bonnie Wiegand	Gold
Male Heavy	Trent Tompkins	Gold
Female Heavy	Miranda Hinrichs	Gold

US Golden Senior TaeKwonDo Championships

Forms

Male Executive 4th Dan Heavy	Larry Voorhees	Silver
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Sparring

Male Senior Red Belt Light	Steven Coleman	Silver
Male Senior Black Belt Middle	David Hala	Silver
Male Executive Red Belt Middle	Rodney Chyma	Gold
Male Executive Black Belt Feather	Jeffery Murken	Bronze
Male Executive Black Belt Heavy	Ken Lunsford	Silver
Male Executive Black Belt Heavy	Larry Voorhees	Bronze

US Junior Black Belt Festival

Sparring

Female Age 14-17 Black Belt Feather	Natalie Ducett	Silver
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US Junior Olympic TaeKwonDo Championships

Forms

8-9 Female Blue Heavy	Brandi Sokol	Silver
10-11 Female 1st Dan Heavy	Jennifer Phillips	Bronze
12-13 Male 1st Dan Middle	James Phillips	Silver
14-17 Male 1st Dan Middle	Thuyen Nguyen	Silver
14-17 Male 1st Dan Light Heavy	Edward Knaeble	Silver

Sparring

8-9 Female Blue 92.1-102lbs	Brandi Sokol	Silver
10-11 Female Red 72.1-82lbs	Amanda Enochs	Gold
10-11 Female Black 102.1-112lbs	Jennifer Phillips	Bronze
12-13 Female Blue 82.1-92lbs	Leslee Van Dyke	Bronze
12-13 Female Blue 92.1-102lbs	Samantha Hotchkiss	Bronze
12-13 Female Black 82.1-92lbs	Kimberly Taylor	Bronze
12-13 Female Black 112.1-122lbs	Jadi Brown	Bronze
12-13 Male Green 105.1-115lbs	Jordan Bielefeld	Bronze
14-15 Female Blue 122.1-132lbs	Laura Swenson	Bronze
16-17 Male Red 145.1-155lbs	Chris Brendeland	Gold

Report from the At-Large Delegate

Mike Wickham, Collins TaeKwonDo

I just returned from Junior Olympics in San Antonio. Many Iowans competed. I don't have all results but from what I saw, most of them did pretty well. I was thrilled with the amount of participation during Opening Ceremonies. Approximately 35 people in the Opening Ceremonies were marching for the state of Iowa. Hats off to Mark Currie for his donation to help defray costs for matching hats and t-shirts. SIBBA was, of course, a contributor. But, thanks to Mark, we were able to let the kids have these at no charge. Thanks to Janice Knaeble for helping to hand out the gear before Opening Ceremonies and for taking pictures. Thanks again to Mr. and Mrs. Knaeble for their help.

Good numbers participated at recent Iowa Games in TKD. That's good to see. One thing that was not so good to see was the number of referees that had no certification. If you are starting to get your certification, congratulations! But, if you haven't been at it a while and haven't gotten that certification, please try to make a seminar and begin (there will be one before NCTA Championships in November). It was good to see that Judo again had a good showing in Iowa Games. This really says a lot for the Martial Arts Programs in the state.

A look ahead shows many tournaments – the next big one for TKD will be the Battle of Van Meter hosted by Mark Currie. I asked Mark and he mentioned that he has had around a 20% growth each year in participation and this year's numbers look to be big. He said that this is a great



tournament for new referees, and for those who are looking to jump into being an active tournament participant. Look forward to Sunday, September 17th for the Battle of Van Meter – opening ceremonies will be at 11am. Also, Master Pak's ISU Championships are slated for Saturday, September 30th at Beyer Hall. Don't look now but NCTA's are on the horizon. They will be held November 3rd and 4th in Ames, Iowa. Volunteers are needed as well as referees. It's wonderful to have such a large tournament close to home, Let's show them we have a big volunteer spirit and can turn out the help that will most certainly be needed

Referees, let's not wait to turn in the registrations at the last minute. For those of you who have businesses, Master Pak is looking for advertisers for the program, so get an ad together and support this event. If there is anything anyone wishes for me to pass on, please let me know via email. Have a wonderful summer and let's get ready for school to resume.

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Letter from an SIBBA member

If you are interested in writing a letter or column for the newsletter, please contact the secretary (contact information on the back of the newsletter). We can even get a dialogue going if enough people are interested!

To: Pak Family Instructors and Sibba Members

From: Erik Strabala, 2nd Dan at Iowa State

I have recently become aware of a lack of experience in conducting at testing. When I started Taekwondo, all individuals testing for higher ranks were required to conduct at an Iowa State testing. I have discussed this problem with several black belts at Iowa State and have decided to ask for input from all instructors. I would like to know if this tradition should be reinstated. I believe that this would benefit the conductors and the judges. Testing would become more efficient and less time would be spent correcting the conductors. I wish to put the following proposal before all SIBBA members and specifically instructors.

I propose that all individuals testing for red and above must have conducting experience. These individuals would be required to conduct at any testing (not just an Iowa State testing). It would be the instructor's responsibility to see that his or her students get conducting experience.

In addition to this I believe that if any individual is testing for a Dan rank at Iowa State they should be required to conduct a testing there. This will familiarize them with the conditions and requirements at Master Pak's Dojang.

I believe this will facilitate conducting and make for better black belts.

Thank you for your input and time.

Sincerely,

Erik Strabala, 2nd Dan

Instructor's Seminar

Family Martial Arts and Farrell's US Martial Arts have teamed up to bring Tom Callos to Iowa to give a seminar on martial arts instruction. Tom Callos, a regular contributor to *NAPMA Magazine* (the magazine of the National Association of Professional Martial Artists) specializes in training staff and teaching children.

The seminar will be offered twice. The first opportunity will be on Friday, September 15th, from 6:00 PM – 8:00 PM at Farrell's U.S. Martial Arts, 8801 Hickman Road in Urbandale. The second will be on Saturday, September 16th, from 10:30 AM – 2:00 PM at Family Martial Arts Center, 231 Main Street in Ames. These seminars regularly cost \$200 or \$300 but FMA and Farrell's USMA have been able to bring them to us for the low cost of \$49 per person.

Please contact Family Martial Arts Center at 515-232-7002 for more information or to make reservations.

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Treasurer's Report

Ron Smith, Sr. Tiger Eye TaeKwonDo

SIBBA DUES POWER

As in past years, through your modest annual membership dues the SIBBA has provided financial support to the growth, strength, and development of Judo, Hapkido and TaeKwonDo.

This past quarter the SIBBA made significant progress on the continued development of a new electronic scoreboard system for USTU sanctioned tournaments. With hard work and some luck we should be able to debut the scoreboard system at the year 2000 ISU tournament. This system promises to be a quality step above existing systems that you may have seen. The new electronic scoring system should meet two goals: 1) it will continue to enhance the superior quality of judging at SIBBA refereed tournaments by bringing us to the state-of -the-art in judging systems; and 2) it will provide your SIBBA with a revenue source.

Also, this quarter we were given the opportunity to support our national junior competitors by providing a modest contribution to T-shirts for Iowa juniors to wear at USTU Junior Nationals. Finally, through the generous contribution of Master Lance Farrell (\$1,000) we were able to subsidize two juniors to help defray their Junior National expenses.

Like a hand, each of us alone is nothing but a weak finger. When we join together we form a fist. Only through our combined strength are we able to achieve the remarkable growth of Iowa martial arts.

ASSETS

Checking 1,636.25
Savings 1,388.83
Jared Ringstad Scholarship Fund 3,047.13
Savings Certificate 5,738.78
Mutual Funds 19,004.22
Accounts Receivable 731.00
The **DUES POWER** Line 31,546.21

As always, you may submit your annual membership dues; and purchase SIBBA neckties, Poomse Videos, and Terminology tapes by writing, calling or emailing me. See back page for contact information.

SIBBA meeting minutes

Meeting held April 29, 2000

Present: Jennifer Emery, Cherilyn Walley, Ron Smith, Sr., Mike Wickham, Scott Williams, J.D. Palasek, Irene P. Faass

Meeting called to order at 6:07pm

Treasurer's Report

- The checking is down to \$300, there is under \$7000 in savings and some will be moved to checking
- Hasn't checked on mutual funds since market crash
- Paid \$1500 to Aaron Streigel for scoreboards

- Working on putting everything into the new computer with programs that will track information; will give labels to Irene next week.
- File integration computer problems are keeping us from getting labels, the newsletter out, etc.
- The price of ties is now \$25

Secretary's Report

- The minutes were approved as written

TKD Delegate's Report

- The cabinet received copies of the progress report on electronic scoring.

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- They are about 6 months behind schedule, there is one prototype so far, and they are waiting on parts
- The team is dispersed and there is only one contact
- J.D. will send a letter indicating that we need them by Iowa Games and offer help
- Our monetary help is probably already finished; we've paid \$1450 so far; nothing else needs to be bought
- There was discussion about renting out the scoreboards, eventually making more units for sale, and the advantage of analog scoring
- Ron wanted to know how much he should spend. The motion was passed that we spend the amount indicated in the progress report: \$6494.50.

Hapkido Delegate's Report

- Dr. Hayes would like to put on a Hapkido seminar – for advanced techniques, etc. free to SIBBA members
- The schedule is open until July, Scott will talk to him about it

Judo Delegate's Report

- Veishea tourney on the 16th of April drew 30 people
- At Judo Collegiate Nationals, Danny Scheid won 3rd place, Angie Chipman (orange belt) won 5th in the Open division

At-Large Delegate's Report

- Mike is getting some designs from Ron Enochs for the t-shirts and hats
- Should be \$15-\$17 per person – maybe 18-20 will go
- The motion was passed that SIBBA provide up to \$500 to support the Iowa Junior Team

Old Business

- None that was not covered in individual reports

New Business

1. Jennifer gave us information about Steve Grody, who does Jeet Kun Do trapping hands seminars. He is willing to do seminars and charges only \$15 per person. Ron noted that Bill Wallace is still travelling and doing stretching/flexibility seminars. There was discussion about future symposia or seminars.
2. Farrell's donated \$500 for a scholarship for a JO competitor. There was discussion about

who would determine the criteria, who would make up the application, etc. It was decided that Master Farrell should be invited to the next meeting so that we can discuss it with him. We will bring our existing scholarship forms as a guideline.

3. J.D. would still like to do something about instructor certification. He found an old packet of information that needs to be updated. He has asked (in the newsletter) for member participation in this.
4. The SIBBA should recognize the previous treasurer for 6 years of hard work. There was discussion about whether to do it at Iowa Games or banquet. Jennifer will write a letter of recognition.
5. The next newsletter articles are due to Irene by July 20th
6. The next meeting will be July 16th, after the Iowa Games TKD tournament in the Lied Recreation Center.

The meeting adjourned at 7:20pm

Meeting held July 16, 2000

Present: Jennifer Emery, Cheryl Wally, Mike Wickham, J.D. Palasek, Irene P. Faass

Meeting called to order at 5:06pm

Treasurer's Report

- Absent
 - Ron gave the following to the secretary for inclusion in these minutes:
 - As of July 21, 2000
- | | |
|----------------------|-------------|
| Total Checking | \$1246.25 |
| Total Savings | \$4435.96 |
| Total American Funds | \$19,004.22 |

Secretary's Report

- The minutes were approved as written

TKD Delegate's Report

- The progress on the Electronic Scoring is proceeding as e though
 - Jon Friedl has been given the role of motivator - keeping the rest of the team on track
 - They are still working on getting quotes from manufacturers for the sheet metal construction of the boxes that will house the units.
 - They plan to have them ready for the September 30 ISU Championships
- J.D. is still working on getting together a subcommittee for instructor certification.

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- He envisions a general certification for assistant instructors and an additional test for each art for school owners/main instructors
- Cherilyn mentioned that Judo already has a coaches certification program through the USJA so we'll need to make sure that we do not duplicate the requirements
- Irene mentioned that it would be a good idea to have several representatives of each art on the committee

Hapkido Delegate's Report

- Absent

Judo Delegate's Report

- Good turnout from ISU and FMA students at Iowa Games
- ISU Judo (and other collegiate competitors) should start thinking about the ISU Judo team for Collegiate Nationals in March.

At-Large Delegate's Report

- Great turnout at Jos; Mike has lots of pictures of the Iowa Team
- There were about 30 at Opening Ceremonies (Iowa was NOT the smallest state!)
- Mike is giving the extra hats and t-shirts (a handful) to Jennifer
- The turnout for the JO workout was small; should be organized earlier next year.
- Mark Curry donated \$300 for the t-shirts and would like the extra money to carry over for next year's Junior Team

Old Business

1. Symposium – nothing so far
2. Master Farrell's Donation
 - Master Farrell called Mike before JOs to ask if the money had been awarded to a student; Mike sent him to Ron

- Jennifer mentioned that although she had invited Master Farrell to the meeting, he was not able to make it. He will try to send a representative to another meeting.
 - Irene gave copies of the scholarship application forms and requirements to the cabinet
3. Irene will write a letter of recognition for the past treasurer; Jennifer will take care of a plaque; she will be recognized at the September 30 tournament or banquet
 4. Newsletter articles to Irene by July 20

New Business

1. J. D. announced that his Osceola Parks & Rec TKD program is in the works; the people he is working with are very excited about the program
2. Mike suggested that we consider a seminar about basic medical support and first-aid. There was discussion about whether SIBBA should require a particular level of medical support at tournaments etc. and it was decided that we should differentiate between tournaments and workouts but both should be of concern. Dr. Charmichael would be happy to come to a meeting and discuss this with the cabinet.
3. Irene shared a letter from Erik Strabala about conducting at TKD testings – making it a requirement that anyone testing for black belt has had experience conducting. She will include the letter in the next newsletter.
4. The next meeting will be September 30th, after the ISU TKD tournament in Beyer Hall 203.

The meeting adjourned at 5:54pm

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Membership Information

In order for us to fulfill the goals of education and scholarship set by Master Pak and the founders of the SIBBA, the continuing support of our members is necessary. Instructors who are members may have their students' promotions recognized by the SIBBA. This is especially important for an instructor when a student is testing for 1st Dan or higher. The SIBBA strongly suggests that *all* instructors make sure their own memberships are current. If you plan to test for 2nd Dan or higher, you are strongly encouraged 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– college) – \$15
Junior (until age 16) – \$15
Alumni (not active with a Pak Organization Club) – \$15
Family – \$60
Affiliate (non Black Belt) – \$10
Lifetime – Individual \$300 or Family \$600 (installment pay plan available)

NOTE TO ALL INSTRUCTORS: The dues are for one year (January through December) and are not to be prorated for part of a year.

SIBBA CABINET 1999

President	Jennifer McLaughlin 515/733-5238	524 Grand Avenue, 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	Ron Smith, Sr. 515/955-5575	1018 5 th Avenue North, Fort Dodge, IA 50501 tkdtiger@frontiernet.net
TKD Delegate	J.D. Palasek 641/342-1654	213 West Cass, Osceola, IA 50213 falcon@pionet.net
Judo Delegate	Cherilyn Walley 515/268-0430	238 Village Drive, Ames, IA 50014 amgid@iastate.edu
HKD Delegate	Scott Williams 319/683-3102	P.O. Box 452, Washington, IA 52353 waynewilliamsusa@netscape.net
At-Large Del.	Mike Wickham 515/752-2795	2704 W. Lincolnway, Marshalltown, IA 50158 mvwickham@marshallnet.com

ATTENTION OLD MEMBERS: The following items are available from the treasurer: New SIBBA logo name tags - \$5.00; Membership card holders – free; SIBBA Ties – \$25.00; TKD terminology tape – \$5.00 plus \$0.50 postage and handling; WTF TAEKWONDO POOMSE VIDEO – \$ 20.00 (Instructors inquire about quantity discounts); TKD REFEREE VIDEO – \$15.00 + \$2.00 postage.

Any part of this newsletter may be reproduced as needed.

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