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Vol. 16, No. 3 Summer 2001

Edited by Irene P. Faass

Calendar Of Events

August	27	Iowa State University—School Starts
September	8	SIBBA Seminar, Ames
	16	Battle of Van Meter Taekwondo Tournament, Van Meter
	22	Iowa State University Taekwondo Championships
October	12, 13	Iowa State University Promotional Testing, Taekwondo and Hapkido, Ames (TKD 45+ "Senior Testing")
	26-27	National Collegiate Taekwondo Association Championships, Austin, TX

Webmaster Wanted

Job Description: To maintain the SIBBA's website on a weekly or as needed basis. Convert documents to electronic (PDF) format and made available for downloads. Working with the hosting company to add features such as e-commerce functions, feedback forms. To keep the site looking fresh and new, easy to navigate. Work with the SIBBA cabinet on all of the above items; report in writing or in person at cabinet meetings (physical presence at meetings is not required but may be necessary from time to time).

Skills and Experience:

- * Competent in HTML programming and the use of "wysiwyg" software used in the design and maintenance of websites.
- * Experience with Microsoft FRONTPAGE 2000, and Adobe Acrobat software.
- * CGI scripting
- * Microsoft Web Extensions
- * Preference given to those with previous e-commerce experience.
- * Examples of current or previous work in the web design and maintenance fields.

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Current SIBBA members will receive preference over other applicants. This position is a largely voluntary role, however, a yearly bonus can be negotiated with the SIBBA cabinet on a case-by-case basis.

All applicants must have access to a computer, Microsoft Software (i.e. Word, Excel), Internet access, and a color scanner. Specific programs, such as Adobe Acrobat Writer, will be provided.

Please send resume and links to work examples to webmaster@sibba.org . All resumes should be in plain Rich Text Format (RTF).

Update on The SIBBA Electronic Scoring System

J.D. Palasek
Electronic Scoring Coordinator

The electronic scoreboards are still going through some growing pains. We have hit a delay with the construction of our eighth unit. Our initial designers have declined to complete any more work so we will have to look at other alternatives to help finish the last unit.

There are still some major renovations to be done on the other seven units as the travel this past spring has worn them out. Some improvements will be accomplished that will include new control boxes housings and better construction to handle the rigors of travel. Also, all of the judges cables have been replaced with new, fully shielded cable that will allow the cables to be put underneath ring mats. Additionally, the cables have been assembled with a higher quality plug to

eliminate any signal error and also to handle the rigors of repetitive use. We will also be looking for new enclosures for the scoreboards themselves, but that is on a longer schedule.

Currently, we have a need to develop our technical base. The more technicians we have, the better we can coordinate schedules. Currently, we have only 2-4 technicians to handle all instate and out of state tournaments. We need your help. All expenses are paid and a per diem is also awarded. One on one and group training is available depending on schedules. If you have any interest, please call Laura Palasek at (641) 342-1654 or email her at falcon@pionet.net. Thank you for your time and support.

Letter from the President

J.D. Palasek, Falcon Taekwondo

Greetings friends and family of the martial arts community. Great things are always happening here in Iowa. Congratulations to all those people who participated in the Iowa Games Taekwondo and Judo tournaments. Keep up the hard work and be proud of your accomplishments.

Speaking of accomplishments, congratulations to all those juniors who competed at the Junior Olympics in Taekwondo. The warm-ups that you received really helped Iowa look like a

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solid team. Whether you won or lost, the experience and the pride in knowing that you did your best is something that you should all be proud of. I would also like to thank the At-large delegate, Master Dan Rogers, for taking care of the warm-ups and Junior Olympic practice. Initially we wanted four practices, but ended up with just one. So hopefully, next year we will meet our goal of more Junior Olympic Team practices.

Martial Arts Seminar! That's right folks, the 2nd SIBBA Martial Arts Seminar of 2001 is on September 8th, 2001 at 9:00AM at Iowa State University's Beyer Hall Gym and the ISU dojang. For the first time, Grandmaster Yong Chin Pak wukk be instructing those people who qualify in the Korean staff art of "Bong-Sul." This is an ancient weapons art of the staff and is a rare opportunity to be instructed by Grandmaster Pak himself. For more information, contact your local instructor or any SIBBA cabinet member. You can also download the information on the SIBBA website (www.sibba.org). This is one of many steps that the SIBBA cabinet is taking to include all members, regardless of rank. Please take advantage of the opportunity.

Finally, the SIBBA is still looking for electronic scoreboard volunteer technicians and a webmaster. If you have any interest in either of these positions, please contact me.

News from our members

Irene P. Faass, ISU Karate Club

With the help of with SIBBA members Mike Szymczuk, Joan Stone, and Irene Faass, Master Pak has finally realized his dream of putting together a collection of Black Belt Essays. Titled *Indomitable Spirits: A Collection of Martial Arts Essays*, the book will be available at the September 22nd ISU Taekwondo tournament. Essays submitted for Black Belt testing have been collected over a ten-year period and represent both Hapkido and Taekwondo (no Judo essays were submitted). Some of the authors included are: Nicole Drake, Jessica Westendorf, Ken Sills, Kristopher Kuilema, Beth Cody, Amanda Clark, Ted Reeves, Lance Rewerts, Craig Whitmore, and Stephanie Schinnow. These high quality books will sell for \$14.95. Posters were available at the Iowa Games for instructors to advertise the book in their dojang. If you didn't get your poster, contact Irene Faass (contact information on the back of the newsletter). Instructors will get a discount. All proceeds from the book will benefit Pak Family martial arts endeavors. Please come to the ISU tournament and celebrate the debut of this book with us.

If any SIBBA members have ideas for the newsletter or would like to contribute an article to the newsletter or an item to the calendar of events, please contact Irene Faass at secretary@sibba.org.

Report from the Hapkido Delegate

Scott Williams, Iowa Martial Arts

No report was submitted as of press time.



Report from the Judo Delegate

Steve Scheid, Family Martial Arts Center and ISU Judo

Iowa Judo has been busy with the following activities this spring and summer:

High School and Collegiate Nationals in Indianapolis, Indiana, March 16-19, 2001. Danny and Brian Scheid competed for Family Martial Arts in the High School Nationals. Danny placed 3rd in the 90 kg div. and Brian placed 7th in the 100 kg div. Angie Chipman and John Gilbert represented Iowa State University at the Collegiate Nationals, but did not place. The team was coached by Carol Scheid.

The **Iowa State Veishea Tournament** was held at Beyer Hall on April 22, 2001. Both Jr. and Sr. competition was held at the annual event. Both Iowa State and Family Martial Arts were well represented and kept many medals in town.

The **Russian Judo and Sambo Clinic** was held June 20 and 21 at Beyer Hall on the ISU campus. 30 to 40 Judo and Hapkido students took advantage of this 2 day clinic put on by Alexander Yakovlev, Sergeij Aladyshev and Igor Kurinnoy. Igor came to the US directly from winning the World Cup Sambo Championship in Yugoslavia. Sambo is a very popular Russian sport that is a blend of Judo, wrestling, and Hapkido. Lena Moratcheva, their interpreter put it this way: "The US has baseball, Russia has Sambo." Russian President Putin is an avid Judo and Sambo player.

We all learned a lot and had a great time. The Russian National Coaches, Alexander Yakovlev and Sergeij Aladyshev, are the same two that were here 9 years ago and put on a similar clinic. Greg Humphreys of Davenport Judo is responsible for making this unique opportunity possible; our thanks go out to him. The Scheid family was honored to host the Russians for the 2nd time in their home.

Carol Scheid, with the help of Lance Rewerts, produced a tape of the clinic that is for sale for \$20. All of the proceeds will be used to send Family Martial Arts students to High School Nationals next year in San Jose, CA. Donations to help send our 3 high school competitors to this national competition are also appreciated and can be mailed to Carol Scheid 68065 180th st. Nevada, IA 50201

Iowa Games Judo. The 15th annual Iowa Games Judo Tournament was held on Saturday July 21st on the gym floor at Beyer Hall, ISU. Approximately 60 total entries competed in Jr. and Sr divisions. Family Martial Arts captured the Jr. division team title by earning 3 golds and 1 silver medal. The Family Martial Arts Sr. team took 2nd with 2 golds and 4 silvers. The ISU team took 3rd in Sr. team points. Master Pak handed out awards to the 6 volunteer Referees from the state of Iowa. Thanks go out to Johnathan Smith for his 9th year as the Judo Commissioner, and also to Iowa Judo President Karen McKee and Scott Cunningham for running the brackets at the officials table.

The **USJA Junior Nationals** were held in Toledo Ohio on July 26-28. Danny Scheid and Kyle Scoggin from Family Martial Arts competed at the USJA's on Saturday, July 28th. Kyle played in the 13-14yr 50 kg division and Danny played in the 17-19yr 100 kg division. Both played well. Kyle won his 1st match but lost the next two to place 5th in his division of 10. Dan moved up a weight division from High Schools and placed 3rd. Coach Carol Scheid was well pleased with their performance.

Report from the TaeKwonDo Delegate

Kyle Lacina, Shaw Taekwondo

Greetings Fellow SIBBA Members,

Let me start by congratulating everyone who attended this year's national events. I know that Iowa was well represented at both the Sr. Nationals and the Junior Olympics. I would also like to extend my thanks to those of you who gave of your time to be officials at these events.

Our first seminar is set for Saturday September 8 at Beyer Hall. The seminar is to include information from an Athletic Trainer on injury prevention and taping. This should be of great benefit to all disciplines, as everyone will encounter some type of injury in their training. It will also be helpful to know proper taping techniques for wrists and ankles to help prevent possible injury and to provide better stability of these areas. The seminar will also include a segment presented by Master Pak. Master Pak's segment will be a topic of his choosing and I know it will be both entertaining and informative. I hope we will have a great turnout for this seminar.

Our next seminar will be scheduled for November. The topics for that seminar have not been decided as of yet. Possible topics include, "Self-Defense for Non-Martial Artists", "Teaching Non-Martial Artists", and "Weapons Defense". We are still looking for input from SIBBA members as to seminars that may be of interest. Please submit any ideas that you may have to your representative through the SIBBA website.

Report from the At-Large Delegate

Daniel Rogers, Koryo Taekwondo

Greetings to all my fellow martial artists:

The last month or so has been a very busy one. Senior Nationals, the Color belt Extravaganza and Golden Seniors were held in Cleveland, OH. While I don't have a list of Iowa's place finishers handy, the results should be posted on the USTU site. For Iowa referees we had J.D. Palasek and myself in attendance. I thought the tournament was run quite well. Next year it will be held in Detroit, MI.

The Junior Nationals were held in Tampa, FL this past July over the Fourth of July week. We had around 30 plus participants representing the state of Iowa. For all those who got their information to me, warm-ups were given for the event. The Iowa people looked good in them and it is definitely a step in the right direction for making Iowa more predominate in the sport of Taekwondo. Next year it is my hope to be able to again supply warm-ups, and hopefully do more for the competitors and for the State of Iowa.

To accomplish this, the SIBBA will need everyone's continued support this following year. Any suggestions for what you the competitors and parents and coaches would like to do for next year are desired. Those of you who were there saw what some of the other states did and looked liked. I would like to suggest that for next year there be more organization in terms of some scheduled workouts after arrival at the site. I know I had some parents ask me if I was going to do something of the sort in Tampa. Unfortunately, refereeing commands all of my time when I am in attendance. However, I think it would be an excellent idea. Some of the participants may be there only with their parents, and may not have anyone to prepare for competition with while there. Having some group activities to stay sharp would be beneficial. As for referees from Iowa, we had Lance Farrell. For Iowa Alumni we had Anne Chase, Donna Plossel, and myself.

Next year, Juniors will be held in Minneapolis, MN, right in our back yard. I expect high
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attendance for Iowa next year. With that in mind, cooperation and increased support will be needed for next years planning. To make the organizing job easier for next year, I hope that every school that has students going can be sure to get themselves a representative on the instructor mailing list to be sure that organizational e-mails will be received and responded to in an expedient manner. Every school should have someone who can be sure to make sure things are taken care of. If there is no one now, APPOINT someone.

These are my requests for the membership, for assisting me (or whomever) in facilitating a better job of organization for this coming year. My thanks is extended to those who assisted me in getting people contacted and in the distribution of the warm-ups. You know who you are, and if it is not you, I'll count on your assistance next year!!

Report from an SIBBA member

By Sheila O'Riley, 2nd Dan, Henry's Taekwondo



Master Voorhees' Leadership Seminar 2001

The second weekend in June, I, and nearly 40 other TaeKwonDoists, were honored to attend Master Larry Voorhees' 6th Annual Leadership Seminar. It started Friday evening at Fort Des Moines with check-in, camp set-up, a workout, and a session on Structure of a Class. After all of this fun, we gathered around a campfire to get to know each other. The black belts took turns telling about what brought us to TaeKwonDo. Some stories were similar to mine and some were very different. All were intriguing. At 10:00 pm, it was taps and lights out. We were to wear our belts at all times; even while sleeping. However, we were allowed to take the belts off while showering; for the protection of the belts--not us. We didn't sleep very well this first night. I slept so fitfully that the knot in my belt was worked clear to the ends.

The next morning at 5:30 am, it was reveille, roll up your sleeping bags, police the camp, get dressed in uniform and running shoes, and get lined up for the morning run by 5:50 am. Wait, a minute, did I inadvertently sign up for boot camp? Was I in the army, now? I actually enjoyed the run. It cleared the cobwebs out of my head.

After breakfast, we had sessions on Poom'se, Pressure Points, One-Steps, Self-Defense discussion, and Practicum on Class Structure. The afternoon included sessions on Advanced One-steps, Knife Defenses, Ki Energy, Blind One-steps, Multiple Sparring, and Street Sparring. We did a very visual exercise after the knife defense lecture. We wore white T-shirts and used washable red markers for fake knives. Each partner took a turn attacking with the marker knife and defending in 30-second rounds. We scored points by how many marks were on your T-shirt, arms, and hands. The winner, with only one mark, was Henri Tandradinata. Unfortunately, if it had been a real knife, he would have been dead because that one mark was a long slash across his abdomen. Looking around at everyone's T-shirts, we would have all been dead. The moral of this

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story is don't mess with knife handlers.

In the evening, Master Anne Chase, gave an excellent session on Refereeing. Later we learned some relaxation exercises and had roundtable discussions around the campfire. Everyone was so tired; we slept better this night.

Sunday morning, just before reveille, it began to rain. We all scurried to make sure our gear would stay dry in our tents. Some of us ran the laps and some wimped out. Then we went inside for lecturing on the science and techniques of board breaking. We broke a small forest of trees then moved outside for heavy breaking. It was really fun watching people breaking their first bricks. I would have loved to capture all of their faces on film.

After brunch, we took a CPR certification and first-aid class. One of the participants, Steve Sokol, who is an EMT helped with these classes. All of the participants voted on the person we each felt demonstrated the best leadership skills at the seminar. Lori Dethloff was the winner and Master Voorhees awarded her the Leadership Seminar 2001 flag signed by each of the participants. We all bid farewell to our new and old friends at 4:00 and headed home as better people.

I was definitely pushed out of my *comfort zone* most of the weekend. But I left the seminar with a feeling of accomplishment and satisfaction. I learned a lot and left with an increased hunger to learn more.

I want to mention that I was very impressed with the maturity of the youth participants of the seminar. I have faith in our future leaders. What am I talking about? These kids are leaders now.

Master Voorhees did most of the work of putting together the seminar and leading the sessions. Along with Master Anne Chase, as I mentioned before, Mr. Craig Rueter and Ms. Irene Faass led some of the sessions. They are all very personable and great teachers.

I know this seminar was a tremendous amount of work for Master Voorhees. He is blessed to have a family, wife, parents, and daughter who pitched in and helped. Why does Master Voorhees give so much of his time and finances for this seminar? It's obvious to me. He has so much energy and knowledge, that it's impossible for him to bear it all. It bubbles out of him to be shared with others. I'm glad I was there to catch some bubbles.

Treasurer's Report

Ron Smith, Sr. Tiger's Eye TaeKwonDo

SIBBA DUES POWER

POOMSE TAPE SALE. Many of you have been patiently waiting for the SIBBA's Poomes Video Tape to be reproduced. During the reorganization of our vendor, Allied Vaughn, our master tape was misplaced. After over six months of working we have finally got thing straight. In appreciation, Allied Vaughn has given the SIBBA a significant discount on our order. The SIBBA Cabinet has asked me to pass that savings on to our members. I am happy to announce that while our supply of discounted tapes (100) last, we are offering them for \$15.00 to active members. Please email me at treasurer@sibba.org to receive your copies. Only the first 100 orders may be filled at this great discount price.

Just a reminder for the upcoming seminar, all MEMBERS ATTEND SEMINARS FREE. Why not invite a colored belt to attend the seminar as an affiliate member (\$15.00) and save...save...save.

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ASSETS

Checking	\$ 6,794.77
Savings	401.04
Jared Ringstad Scholarship Fund	4,099.08
Savings Certificate	5,000.00
Mutual Funds	20,199.41
Accounts Receivable	<u>150.00</u>

The DUES POWER Line **\$36,444.89**

As always, you may submit your annual membership dues; and purchase SIBBA neckties, Poomse Videos, and Terminology tapes by contacting me. Contact information is available on the back page of the newsletter.

SIBBA meeting minutes

Meeting held July 22, 2001

Present: Ron Smith, Sr.(Treasurer), J.D. Palasek (President), Irene P. Faass (Secretary), Dan Rogers (At-Large Delegate), Steve Scheid (Judo Delegate), SIBBA Members (Mike Szymczuk, Craig Rueter)

The meeting was called to order by J.D. at 3:56pm.

President's report

- The last meeting was cancelled because there was no quorum. Cabinet members were encouraged to ATTEND meetings or at least give timely notice of future absences.
- There will be an SIBBA Seminar on September 8th. J.D. passed out information at the Iowa Games and made an announcement about it. It is also available on the web. Irene will re-confirm the reservation at Beyer Hall and the athletic trainer.
- The Secretary of State's Biennial Report was filed in March on-line. Irene will double check with the confirmation number.

At-Large Delegate's Report

- J.O's went well. Everyone loved the warm-ups. We'd like to expand a little more next year---see if we can get someone (a parent, a coach) to lead a workout at the location next year (Dan was busy with refereeing).
- Dan got a lot of great ideas for next year from watching the opening

ceremonies and from parents and coaches.

Judo Delegate's Report

- Iowa Judo sent 2 people to High School Nationals— Danny Scheid placed 3rd out of 15 people in his division---and 3 people to Collegiate Nationals; there were about 70 competitors at the Iowa Games. 3 people went to Junior Nationals.
- ISU Judo and FMAC Judo hosted a Russian delegation of 2 Judo coaches and a Sambo coach. The Russian delegation put on two clinics. Videotapes are available through Carol Scheid for \$15. The money will go to send more people to High School Nationals.

Treasurer's Report

- We've been spending money to improve the electronic scoring system and to help with J.Os.
- We had two major contributors to the J.Os warm-ups.
- We sponsored three people to visit Korea. At the Seminar in September, they will share with us what they learned.
- Our investor would like to talk to us at the next

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meeting. Steve and Ron will invite him.

- Because we finally got a large quantity of forms videotapes, Ron would like to have a one-time only sale of \$18 a piece (regularly \$25). This order will be good for the first 100 tapes ordered.
- Ron will send Irene the exact numbers for the newsletter (see Treasurer's report above)

Secretary's Report

- Newsletter articles due today! Since Steve will go to Junior Judo Nationals, he can turn his in a week late to include the results of that tournament.

Members

- Irene and Mike Szymczuk passed out a proposal asking for funding from the SIBBA for the book *Indomitable Spirits*. The SIBBA would like more information; Mike will provide this at the next meeting.

Old Business

- Scholarships
The cabinet discussed the scholarship criteria and made some changes. Irene will make changes to the documents and distribute them electronically so that they can be discussed at the next meeting. They will be finalized at the next meeting so that they can be advertised in a timely manner. In discussions about the

Jared Ringstad Scholarship Fund, Ron raised the concern that the fund never be depleted. We decided that we should assess the stability of the fund before determining how many scholarships to award from that fund on a yearly basis. We also discussed the possibility of the SIBBA contributing a certain amount every year to make sure that the fund is stable.

- Webmaster and Membership Coordinator:

The positions are still open. The Webmaster position will again be advertised in the newsletter---this time in the front.

- Electronic Scoring
Mr. Striegel is no longer involved in the project. Unit 8 is still not complete. We have no documentation on how the boxes were put together. Ron suggested reverse production to figure out how they were put together (and at least create some schematics). The SIBBA needs to continue to look at resources and maintenance of the systems. We all agreed that they are valuable and have been very successful this past year.

Meeting adjourned at 5:45pm

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Just a reminder for the upcoming seminar, all MEMBERS ATTEND SEMINARS FREE. Why not invite a colored belt to attend the seminar as an affiliate member (\$15.00) and save...save...save.

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) – \$15
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 2001

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HKD Delegate	Scott Williams 319/683-3102	P.O. Box 452, Washington, IA 52353 hapkido@sibba.org
At-Large Del.	Daniel J. H. Rogers (507) 772-4532	RR 1 Box 7905, Harmony, MN 55939 atlarge@sibba.org

ATTENTION 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~~ **SALE \$15.00***; TKD REFEREE VIDEO – \$15.00 + \$2.00 postage. (Instructors inquire about quantity discounts)

***see Treasurer's report for news about Poomse video SALE!!**

Any part of this newsletter may be reproduced as needed.