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Calendar Of Events

November	8	Promotional TKD Testing, Osceola
	10	Eastern Iowa TKD Championships, Lisbon
	30	ISU Promotional Testing, Ames
December	1	ISU Promotional Testing, Ames

Letter from the President

J.D. Palasek, Falcon Taekwondo

Greetings to all. As we near the end of another year, I reflect back on this year and am amazed at all that has transpired. There is so much to be thankful for. Namely, friends, family, religion, trust, life, trees, cats, dogs, kids, challenges, hardships, growth, adventure and indomitable spirit. It is these things and more that make this town, this city, this country and this family so very special. No matter how bad things get, I know there is someone that is happy to see me. When I'm tired, and hurting and need help, I know there is someone there who is willing. This is what martial arts has given to me. Kicks and punches are just the icing. The confidence and knowledge I have that no matter how bad my day gets, there are people happy to see me at practice, at testings, at tournaments. So as I am thankful to all of you for this wonderful gift, I would like to remind each of you that you have the same gift. Know that this family is here for you.

Well that was deep. Part of the privileges of being president is getting to give a soliloquy now and then. In spite of any national tragedies it has been a great year for the SIBBA family! Most recently the SIBBA seminar in September was a great success. Although it started a little rough. A big thanks to Jeff Gnade and Laura Palasek for stepping in to help at the start, also special thanks to Master Pak, Master Shaw, Lance Rewerts, Master Whitmore, and Stephen Pohl for all their help and instruction. Also thanks to all those in attendance, you are the ones that create successes.

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State of Iowa Black Belt Association Newsletter

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As an organization grows it needs to change or it dies. This seminar was one of the steps of change. For years the State of Iowa Black Belt Association has been restrictive to its name. However, we all know the growing roles of lower ranked students, juniors and their families. This organization needs to change to cater to them as well. We want to offer more seminars, like this past one, that allow people of all arts and ranks to attend. Your cabinet is working hard to do this. Another step to change is a new Junior Olympic Scholarship/Grant that, although not ready for this newsletter, will hopefully be ready for supplement mailing before the end of the year. This award will be available to all those who participated in Junior Olympics in either Taekwondo or Judo. Master Lance Farrell who wanted to help the SIBBA achieve one of its steps to change was an integral part for bringing this award. The SIBBA cabinet still has some work to do, but I am confident we will have it ready for application and final presentation to be at Master Pak's award banquet in February.

How can you help, you ask? There are many ways. Namely, volunteering at local tournaments, or even running for a cabinet office. Nomination ballots are included in this newsletter and several positions will be available. Those are the four delegates (1 year terms), secretary (3 year term) and the special election for treasurer (1 year left in term). Our thanks to Master Ron Smith who will be leaving for sunny Florida next spring and will be unable to complete his term as treasurer. There is no better way to be involved and help shape the future than to be a cabinet member.

For a final note, I would like to say good luck or congratulations (depending on when you receive this letter) to the Iowa State University and University of Iowa collegiate Taekwondo teams. You represent the best of the State of Iowa, and you never disappoint.

Report from the Hapkido Delegate

Scott Williams, Iowa Martial Arts

I hope everyone is starting the fall semester off to a good start. The Iowa City Hapkido Club just had our demonstration for fall classes. We had a great turnout and saw some old faces that were not able to play with us during the summer break. It's good to have everyone back.

One returning student was able to give us an update on one of our Black Belts who had moved to Seattle to work for the F.B.I., Bruce Bennett. For those who do not remember my past article on Bruce, Bruce was attending law school at the University of Iowa with his wife Michelle. Bruce had obtained his Black Belt in Hapkido before leaving for the F.B.I academy.

Bruce was a past Marine Sniper, L.A.P.D Officer, and one hell of a wrestler. It is no surprise that he is now the Firearms instructor at his Department in Seattle. And as word has it, he will soon start teaching Self-defense training. The Iowa City Hapkido club would like to wish Bruce the best of luck in everything and we miss him very much.

As for myself unfortunately I have not been able to attend any of the events recently that fall on weekends like the July testing or the symposium. I am currently working Local Tech support for MCI Sat,Sun,Mon. 10:00am-11:00pm. It's nice having the days off during the week but you miss a lot of what is going on. I am hoping my schedule changes here soon in the fall so that I can attend some more events and see everyone soon.



State of Iowa Black Belt Association Newsletter

Report from the Judo Delegate

Steve Scheid, Family Martial Arts Center and ISU Judo

No report was submitted as of press time.

Report from the TaeKwonDo Delegate

Kyle Lacina, Shaw Taekwondo

Greetings Fellow SIBBA Members,

Well, fall is here and another season of tournaments has begun. I hope everyone who had the opportunity to participate in the tournaments came away with a sense of accomplishment. Win or lose, anyone who competes will always be a winner.

We also had our first seminar of the year. I was unable to attend due to a recent neck injury. I was told by others who attended that they enjoyed the day and came away with a lot of knowledge. I would like to thank everyone who took the time to attend. Without your support these events would not be available. I would also like to thank Master Pak and Master Shaw for their willingness to share their expertise.

Also, due to my neck injury and the physical therapy that lies ahead, I have decided that it would be in the best interest of the SIBBA if I stepped down from my position as the Taekwondo delegate. I do not believe that I will be able to perform the duties of this office effectively while I am undergoing my rehabilitation. I do not believe that I will have the time or energy that I feel is needed to carry out the responsibilities of this office. I feel that it is important to have somebody in this position that will have the time and energy to effectively serve you as your delegate. I am still deeply committed to the advancement of Taekwondo in the state of Iowa. However, I must alter the level of my involvement in Taekwondo and focus on getting myself healthy again. I realize that this decision places a lot of burden on the rest of the SIBBA cabinet, but I must do what I believe is best for the SIBBA and myself. I hope to be able to return to higher level of involvement in the future. I want to thank everyone for allowing me to serve you, even for this short period of time.

SIBBA 2002 Cabinet Nominations

Nominations for Cabinet positions are now being collected. The following ballot can be used as a nomination ballot OR as an absentee ballot. See the website (www.sibba.org) for a list of nominees after February 1, 2002. Please send nominations by January 15, 2002 to Irene Faass, Secretary (see contact information on the last page of this newsletter). Absentee ballots *must be received before the election*. The election will be conducted at the ISU Annual Martial Arts Banquet, to be held February 16, 2002. Self-nominations are acceptable.

Secretary
(three-year position)

At-Large Delegate

Judo Delegate
(one-year position)

Treasurer
(one-year "fill-in" position)

Hapkido Delegate
(one-year position)

TaeKwonDo Delegate
(one-year position)

State of Iowa Black Belt Association Newsletter

Report from the At-Large Delegate

Daniel Rogers, Koryo Taekwondo

Greetings everyone!

I only have a couple of things to talk about for this newsletter. The first, something I would imagine others will have more information about, is the fact that Master Pak's dream of publishing a collection of essays from past black belt promotions has been realized. I think this is great, and I hope everyone will support this project and promote the sales.

Second, we had an excellent TaeKwonDo promotion at ISU this October 12-13. We had two excellent performances by 2nd dans Brad Shenk and Susie Walgrave. Everyone else did a fine job as well. My advice for people looking for future promotions though, is that I want to see more intensity, and also, great improvement in the Korean terminology. Those of us behind the table want to be impressed by your enthusiasm and determination.

And finally, The NCTA Championships will be held in Austin, TX on October 26-27. Several of us from Pak's family will be refereeing. At the referee seminar we should get to hear about the new rules changes that are coming about. These are to encourage more exciting sparring that viewers like to watch. I therefore want to impress upon every black belt that they must plan on attending the next refereeing seminar that comes around next spring. The rule changes are going to be comprehensive, and it is important that we stay on top of them.

I hope that everyone's year finishes up well as the year winds down.



Scholarship Information

At the end of this newsletter, you will find information about the SIBBA scholarships. We are very proud to be able to offer scholarships and encourage *all* SIBBA members who are eligible to apply. The SIBBA offers collegiate scholarships for academic and leadership excellence and the Jared Ringstad Memorial Scholarship, which goes to a high school senior who is a green belt or above. This year, as the President stated in his letter, there will also be a Junior Olympic Scholarship. Please stay tuned for more information about that one (we will send it in a special mailing BUT it's always a good idea to check the website for the latest information). The deadline for all scholarships is February 1, 2002.

Treasurer's Report

Ron Smith, Sr. Tiger's Eye TaeKwonDo

No report was submitted as of press time.

SIBBA meeting minutes

No meetings have been held since the last newsletter was published. See minutes of past meetings at www.sibba.org

State of Iowa Black Belt Association Newsletter

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

President	J.D. Palasek 641/342-1654	213 West Cass, Osceola, IA 50213 president@sibba.org
Secretary	Irene P. Faass 515/433-9694	160 W Avenue, Story City, IA 50248 secretary@sibba.org
Treasurer	Ron Smith, Sr. 515/955-5575	1018 5 th Avenue North, Fort Dodge, IA 50501 treasurer@sibba.org
TKD Delegate	Kyle Lacina 641-752-2055	1911 South 5th Avenue, Marshalltown, Iowa 50158 taekwondo@sibba.org
Judo Delegate	Steve Scheid 641/377-2648	68065 180 th Street, Nevada, IA 50201 judo@sibba.org
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)

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