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**Vol. 17, No.1 Spring/Summer 2002**

**Edited by Sherry Bourlon**

### **Letter from the President**

Larry Voorhees, Voorhees TKD

I want to take this opportunity to thank each of you for your support and involvement in the State of Iowa Black Belt Association. My purpose with my column in each newsletter will be to give you a "thumbnail sketch" of what your Association is doing, and directions we are headed.

Your new Cabinet met for the first time in March for its Organizational Meeting. Assignments were made as to committees and projects, and work has begun in many of those areas. Please see the various reports in this newsletter from each of the other Cabinet members for reports on their progress in their areas.

Also, appointed to serve the Association as chairs of standing sub-committees were Dr. Doug Frazer (Newton Polytech TKD) as Membership Coordinator, and Mr. Lane Swalve (Voorhees TKD-ABCC) as Webmaster.

Work has begun on setting up workshops/seminars for each of our respective arts. Master Mike Wickham has organized workouts and uniforms for the Team Iowa for TKD Junior Olympics. Progress is being made toward making the Red Book available to the membership on-line through the SIBBA website, as well as in a printed format.

As we move forward, one of our goals is to make information primarily available to our membership through the use of our website and through emails. I cannot urge you strongly enough to stop by and check out our website ([www.sibba.org](http://www.sibba.org)) at least once every couple of weeks. One of the directions we are looking toward is to send out the Newsletter through an HTML email format, as well as posting it to the website, and only mailing hard copies out to those members who don't have access to the web, or who prefer to receive a hard copy. With postal rates going up again in July, and the ready availability of many to the web, we're looking at a considerable savings in postage and printing expenses. We also are working toward giving our membership the option of not having their contact information posted to the Red Book, either on-line or in the book itself. To that end, we are also exploring various methods of creating "member only" segments to our website.

One thing I'd like to mention in regard to the TKD scoreboards...we are currently not leasing

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those to out-of-state or out-of-family tournaments, due to the changes in rules, and due to the fact that our service and maintenance "crew" has dwindled significantly. We are working on making decisions as to what directions we will go with the scoreboards, and at this point, all options are open, from re-tooling and re-working, to completely rebuilding, to completely scrapping the project. As more information on each of those options comes to us, we will share that with you. Along those lines...if anyone is interested in being in charge of technical maintenance and upkeep of this (or any subsequent) scoring system, please let me or Kelley Foreman (TKD Delegate) know ASAP. ☺

I look forward to seeing many of you at the Iowa Games in July. I encourage as many TKD practitioners as possible to participate in the Parade of Athletes in the Opening Ceremonies, as Female Athlete of the Year from last year that will be honored at the Opening Ceremonies is TKD black belt Stephanie Schinnow, head instructor from Grinnell. Master Pak would like to have a whole herd of people in white jammies on the field for that. ☺

I would like to urge each of you to be in contact with the members of the Cabinet. We are here for one purpose only...to serve the membership. If you feel that you are not being served, I want to know about it. If you think there is something else or something more that the Association can be doing for you, I want to know about it. If you have an idea or thought that you believe will benefit the Association and its members, I want to know about it.

This is a wonderful time to be a part of the Martial Arts in Iowa. We have a strong tradition of growth and active development. Our goal as a Cabinet is to continue and expand on those traditions, as well as working to develop our Association "outside the box".

See you soon!  
--Larry Voorhees, President

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## Report from the Hapkido Delegate

Jill Hegland

My Name is Jill Hegland and I own the Family Martial Arts Center in Ames. The center has over 300 students and offers an After School Program, Fitness Kick Boxing and resistant training, Hap Ki Do, Judo, Little Dragons and Shin Ken Do. I started working out with Master Pak in 1982 and received my black belt in Hap Ki Do in 1984 and have been teaching Tae Kwon Do since 1984 and Hap Ki Do since 1986. I hold a fourth degree black belt in Hap Ki Do and Tae Kwon Do.

My goal is to keep our Hap Ki Do clubs informed of what each club's current events are and recognize club and/or individual achievements. Providing seminars and joint workouts with other clubs have been discussed. We have two seminars in the works: a second seminar from their Korea trip last summer will be taught by Lance Rewerts and Steven Pohl and a ground fighting/grappling seminar by Master Ken Pilch. No dates have been set as of yet.

The Des Moines Hap Ki Do club wishes me to pass on their class schedule: Mon./Wed. at 6pm, Tue. /Thurs. at 11:30am and Fri. at 6am. The classes are held at the River Front YMCA in Des Moines. If any ISU or IOWA students are home in Des Moines for the summer, the Des Moines HKD club would like to

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invite you to join them. You can contact Master Pilch at [ken@foolproof.net](mailto:ken@foolproof.net).

The Family Martial Arts Center had a joint workout with Des Moines HKD May 13th in Ames. We are planning another joint workout on July 29th (6pm) and would like to invite the other clubs to join us. We will meet in Des Moines at the River Front YMCA. Any ISU students who would like to ride down with the FMAC should contact me ([Mastersx2@aol.com](mailto:Mastersx2@aol.com)) by July 25th. We will meet at the FMAC located at 231 Main St. and leave Ames at 5:00pm.

Iowa HKD had a successful demonstration in May and will be a part of the Fourth of July celebration in Coralville. In April Brian Pierson tested and received his recommend black belt.

Iowa State HKD's VEISHEA demo was great as usual and so the tradition continues. ISU's new black belts are: Recommend - Andrew Whittrick and Decide - Jeff Hanson, Adam Wood and Yeow Seng.

See you at our July promotion on July 27th.

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### Report from the Judo Delegate

Jim Malloy

Iowa State Judo Places Sixth in Collegiate Nationals

The Iowa State Judo club sent four competitors to the Collegiate National Tournament hosted by San Jose State in San Jose California on March 16, 2002. Family Martial Arts also sent two competitors along to High School Nationals. The competitors from Iowa State included Pat Trizila, sophomore in Aerospace Engineering from Omaha, NE; Dan Scheid, freshman in MIS, from Colo, IA; Chris Gebhards, Junior in Math from Rockport, MO; and John Gilbert, Senior in Ag Engineering from Iowa Falls, IA. Kyle Scoggin and Evan Seite competed from Family Martial Arts.

Carol Scheid accompanied the group to act as coach, chauffer, and tour guide. The tournament presented challenging competition for all competitors and ended in varying results for the Iowa State and Family Martial Arts group. The most success was garnered by John Gilbert who placed 2<sup>nd</sup> in the 220 lb division, losing in the finals to the defending champion, Guido Lang from Penn State. Gilbert threw his first two opponents for "ippons," in the first round defeating Joseph Sapp of Sacramento Junior College with a hip throw and in the second round, throwing Matthew Lewis of Texas University with a leg sweep in first ten seconds of the match.

Pat Trizila also enjoyed some success. Trizila won his first two matches in the 161 lb division of 28 contestants. He threw Eric Theall of University of Louisiana-Lafayette with a shoulder throw and in the second round, choked out David Rogoff of Northern Arizona University. In the third Round, Trizila lost to Yulian Yulianov and in his next match lost to Jose Bencosme of San Jose State University. Dan Scheid competed Heavyweight division and Chris Gebhards competed in 178lb division. Both were eliminated in their first two matches.

Evan Seite and Kyle Scoggin from Family Martial Arts were both eliminated in early rounds of the High School competition; however, the experience gained should serve them well in future competitions.

San Jose State University Judo Team won the team competition for the third year in a row. They have a large advantage in the team competition as they are one of a handful of schools to offer scholarships for the competition team.

Extra time was taken by the group to see the sites around the San Francisco Bay Area and provided many memorable experiences for the group. For more information and pictures

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from the trip, visit the Iowa State Judo website at [www.stuorg.iastate.edu/judo](http://www.stuorg.iastate.edu/judo).

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### Report from the Taekwondo Delegate

Kelly Foreman

There was no report from the Taekwondo Delegate at press time



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### Report from the At- Large Delegate

Mike Wickham

Gee seems like yesterday I was doing one of these things, but like riding a bike, it will come back to me. For those that don't know me I am Mike Wickham, a 3<sup>rd</sup> Dan in Taekwondo from Collins Taekwondo in Marshalltown. I have been the At Large Delegate before so I certainly feel ready to tackle the position again, and am very much excited to do so. As the At Large Delegate I hope to be a voice for the juniors in all martial art disciplines. Face the facts, the youth are our future and we need to have them included. To that end one of the goals is to work on getting the Junior Olympic participants together for a Team Iowa workout, and to that end I can indeed say that we have workouts set. In fact Master Farrell hosts two and Master Russ O'Connell hosts two, so it should give our Iowa Team a bit of unity and a chance to get to know others. Among other goals is to help make sure that the Iowa Team is looking unified with a push for rather warm ups, doboks or both. To that end Master Pak, Master Currie and Master Farrell are working to make this a reality and a big thanks goes to them.

Other goals I have is to help increase membership, and increase fund raising, both goals are going to be a tough road to travel, but I believe that with the help of many this is very workable. We have what I feel is a very good board to work with and together we can make things happen, and will.

I am certainly not hard to reach, for anyone, please email or call me (641-752-2795) if you have questions or have ways to help improve your organization...the SIBBA

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Sincerely.....Mike Wickham

### Treasurer's Report

Chuck Henry

Greeting's everyone, my name is Chuck Henry and I am the current Treasurer for SIBBA. I am a 4<sup>th</sup> Dan Black Belt in TaeKwonDo. I live in Creston, Iowa, which is located in Southwest Iowa. I have been training in TaeKwonDo since 1985 and have operated Henry's TaeKwonDo in Creston since 1989. I also have a small program in Lenox, Iowa and recently took over as Head Instructor for Falcon TaeKwonDo in Osceola from the previous instructor Mr. James Palasek who is moving to Texas.

I look forward to serving the membership as the SIBBA Treasurer. I am still working on getting all of the files organized so for those that have asked questions regarding their standing I should have all the answers shortly.

I would like to encourage all students regardless of rank, but especially those of Black Belt ranks to become members. This past year the SIBBA put on some really good seminars especially the Bong Sul seminar instructed by Master Pak.

#### Amounts as of 19-Apr-02

Checking Account	\$5,505.33
Savings Account	\$402.48
Jared Ringstad Account	\$4,112.53
CD *	\$5,000.00
CD **	\$5,000.00

#### 31-Mar-02 Mutual Funds

ICA	\$10,174.65
Washington Mutual	\$10,104.62

\$40,299.61

\*CD matures May 15th, 2002  
4.75 % Interest  
\*\*CD matures Oct 15th  
2.75% Interest

Ties	144
Video Tapes	42
Audio Tapes	88

I would encourage all TaeKwonDo students to consider the purchase of either Master Pak's textbook or one of the Poomse Videos. These are two excellent resources to learn the forms, as well as verifying that we continue to do them correctly. Please talk with your instructor for either of these resources.

Thank you and if you have any questions please feel free to contact me.  
Phone – cell 641-340-5848 or Home 641-782-9713

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Email – [treasurer@SIBBA.org](mailto:treasurer@SIBBA.org)

**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 1<sup>st</sup> Dan or higher. The SIBBA strongly suggests that *all* instructors make sure their own memberships are current. If you plan to test for 2<sup>nd</sup> 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 2002

President	Larry Voorhees	<a href="mailto:president@sibba.org">president@sibba.org</a>	515-263-9299
Treasurer	Chuck Henry	<a href="mailto:treasurer@sibba.org">treasurer@sibba.org</a>	641-340-5848
Secretary	Sherry Bourlon	<a href="mailto:secretary@sibba.org">secretary@sibba.org</a>	641-322-3019
Judo Delegate	Jim Malloy	<a href="mailto:judo@sibba.org">judo@sibba.org</a>	515-432-8892
Hapkido Delegate	Jill Hegland	<a href="mailto:hapkido@sibba.org">hapkido@sibba.org</a>	
Taekwondo Delegate	Kelly Foreman	<a href="mailto:taekwondo@sibba.org">taekwondo@sibba.org</a>	319-358-0709
At-Large Delegate	Mike Wickham	<a href="mailto:atlarge@sibba.org">atlarge@sibba.org</a>	641-752-2795
Fundraising Coordinator	Mike Wickham	<a href="mailto:fundraising@sibba.org">fundraising@sibba.org</a>	641-752-2795
Membership Coordinator	Dr. Doug Frazer	<a href="mailto:memberships@sibba.org">memberships@sibba.org</a>	
Web Master	Lane Swalve	<a href="mailto:webmaster@sibba.org">webmaster@sibba.org</a>	515-265-1647

**ATTENTION MEMBERS:** The following items are available from the treasurer: New SIBBA logo name tags - \$5.00; Membership card holders - free; SIBBA Ties - \$20.00; TKD terminology tape - \$5.00 plus \$0.50 postage and handling; WTF TAEKWONDO POOMSE VIDEO - \$ 20.00 **SALE \$15.00\***;

### 2002 Cabinet Meetings

6/22/02---ABCC Senior Lounge, Des Moines---10 AM  
8/10/02---ABCC Senior Lounge, Des Moines---10 AM  
10/19/02—Memorial Union, Ames---6 PM  
12/7/02---Memorial Union, Ames---6 PM

## Report from the Secretary

Sherry Bourlon

Hi everyone. For those that don't know me, I am a 1<sup>st</sup> Dan with Henry's Taekwondo in Creston. This is my first job as a secretary, and since my kids know about computers than I do, this should be interesting. Our first meeting was held on March 2<sup>nd</sup> during a snowstorm. I was unable to attend so Mr. Henry was acting secretary. Our second meeting was held April 20<sup>th</sup> at Archie Brooks CC in Des Moines. The meeting was attended by Larry Voorhees, Chuck Henry, and myself Sherry Bourlon. It takes four members to have a meeting, so we were unable to have a meeting. We are off to a rocky start, but I believe we have a great board. I am interested in suggestions that would help improve the newsletter. My email at [secretary@sibba.org](mailto:secretary@sibba.org) is now up and running thanks to Lane.

Thank You, Sherry

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## Report from the Web Master

Lane Swalve, Voorhees Taekwondo

I am in the process of upgrading the look of the Website. I hope to have the new look in place by the end of the month. If anyone has ideas or suggestions about what should be placed on the site please contact me at [webmaster@sibba.org](mailto:webmaster@sibba.org). Any suggestions for enhancements will be appreciated.

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## **STATE of IOWA BLACK BELT ASSOCIATION JUNIOR OLYMPIC SCHOLARSHIP**

One \$250 scholarship, based on participation in Taekwondo or Judo Junior Olympics and involvement in one's home club, is available from the State of Iowa Black Belt Association and is supported by Farrell's US Martial Arts. The deadline for receipt of application is February 1<sup>st</sup> each year. Scholarships will be awarded in February or March of each year, during the Annual Martial Arts Awards Banquet. The State of Iowa Black Belt Association reserves the right to award more than one scholarship.

### **Eligibility Requirements**

The applicant must:

- 1) write an essay about how they demonstrated a tenet of TKD or good Judo philosophy in competition at JOs and in and out of the dojang at home
- 2) be an active, paid member of an affiliated SIBBA club\*
- 3) be a member of SIBBA (only if the applicant is a black belt)
- 4) not participate in or be found guilty of any violent or illegal acts. The SIBBA reserves the right to forfeit any scholarship under these circumstances

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\*the instructor must be a member of the SIBBA

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## Application Form

**DUES:** Family - \$60  
Non-Student (no longer enrolled in school) - \$30  
Student (age 17 through college) - \$15  
Junior (through age 16) - \$15  
Alumni (not active with Pak Organization Club- \$15  
Affiliate Membership (non-Black belt) - \$15  
Lifetime Membership - \$300/individual \$600/family

**New Member** \_\_\_\_\_ **Renewal** \_\_\_\_\_ (circle one)

The dues are for one year (January through December). Dues are tax-deductible.

**Name** \_\_\_\_\_ **Birthdate** \_\_\_\_\_ **Age** \_\_\_\_\_

**Address** \_\_\_\_\_ **New Address**  
\_\_\_\_\_ yes\_\_ no\_\_

\_\_\_\_\_ e-mail \_\_\_\_\_  
city state zip

**Telephone: (H)** ( \_\_\_\_\_ ) \_\_\_\_\_ **(W)** ( \_\_\_\_\_ ) \_\_\_\_\_

**Are you a** / **Martial Artist** / **Friend** / **Family** (circle one)

**TaeKwonDo / Judo / Hapkido / Other** \_\_\_\_\_ **Rank** \_\_\_\_\_ **Received** \_\_\_\_\_ / \_\_\_\_\_  
(circle one) mo. / yr.

**Name of Instructor** \_\_\_\_\_ **Club** \_\_\_\_\_

**Are you teaching?** \_\_\_\_yes \_\_\_\_no **Where?** \_\_\_\_\_

**How many students?** \_\_\_\_\_ **What ranks?** \_\_\_\_\_

\*\*\*\*\*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 to: Doug Frazer  
4007 Ovid Avenue  
Des Moines, IA 50310**

## Everything I Need to Know About Life, I learned in Tae Kwon Do

Yield to those of higher rank. If you fail, hold your head up high and continue on. Respect others. Practice, practice, practice. Never give up. If you fall, get right back up. Listen carefully to instructions and watch demonstrations closely. Just when you think you know everything, there is more to learn. Stand in a straight line. There is always someone that is better than you are. It is not fair to strike below the belt. For everything there is harmony and balance; find harmony and balance in everything you do or encounter. Focus. Don't take your eyes off of your opponent. Concentrate. Use all of your energy when it is important and conserve your energy whenever possible. You can conquer your fear. Be flexible. You learn a lot by helping someone else. Be sharp. Work on now; the past is gone, the future isn't here yet. Think for yourself. The things you work the hardest for are the things most worth having. It takes a better person to walk away from a fight. Keep physically fit. Be prompt. To teach is to learn. There are many kinds of families. Possess courtesy, integrity, perseverance, self-control and indomitable spirit.

**Sheila O'Riley 2<sup>nd</sup> Dan**  
**Henry's TaeKwonDo**

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### Calendar of Events

<b>May</b>	22-25 USTU Senior Nationals, Detroit, MI 31-June 2 Voorhees Annual Leadership Seminar
<b>June</b>	2-9 US/Japan Summer Training Camp 4 Archie Brooks Community Center color belt testing 11-17 7th FISU World University Games, Berkeley, CA
<b>July</b>	1-5 USTU Junior Olympics, Minneapolis, MN 13-14 Iowa Games Judo and Taekwondo 26-27 ISU Promotional Testing
<b>August</b>	6 Grinnell color belt testing 10 ISU Summer Graduation 26 ISU School start
<b>September</b>	15 Mark Currie TKD Battle of Van Meter
<b>October</b>	1 Archie Brooks Community Center color belt testing 11-12 ISU Promotional Testing 19 ISU Invitational TKD Championships 31-4 NCTA Championships Puerto Rico
<b>November</b>	
<b>December</b>	6-7 ISU Promotional Testing

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**I would like to say good by to J.D. and Laura. They will be missed. This is their last couple of emails.**

Friends and Family,

Our move to Texas is finally upon us. This email address will be disconnected right after I send this. For the interim we will be using the email address:

[falcon\\_zr7@hotmail.com](mailto:falcon_zr7@hotmail.com)

Please use this until we get settled and home internet service.  
Our new house address is:

J.D. and Laura Palasek  
2716 W. Pelican Ave.  
McAllen, TX 78504

I (J.D.) will be in Texas 4/29/02 through 5/9/02. Back to pack on the 10th, we will be at Beth's (Laura's sister) graduation on the 11th and will leave for Texas permanent on the 13th of May. We will not be in our new home until the 18th of May so please don't send any snail mail before then. Thanks to all, and we look forward to seeing you all again soon.

J.D. and Laura Palasek  
2716 W. Pelican Ave.  
McAllen, TX 78504  
[falcon\\_zr7@hotmail.com](mailto:falcon_zr7@hotmail.com)

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### **Laura and J.D. had Their Baby**

Laura and baby Aria are doing very well, considering she's nearly two Months early. Laura has been released from the hospital, but spends most of her time with Aria in the preme unit. She was born last monday, 13th at about 6:23am, 3 lbs 7 oz, 16 inches--which is pretty big for a 29 week old baby. She's doing very well, already said that didn't l. You'll have to forgive me, I'm in the middle of packing for Florida, Mark and I leave early tomorrow morning. J.D. is already off to Texas again, but Laura will be staying with my folks until Aria is released from the hospital sometime near her original due date in the end of July. Laura says thanks for the flowers.

Beth

**This last email is from Laura's sister on 5-18-02**