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Vol. 23, No.8 September, 2003

Edited by Sherry Bourlon

Letter from the President

Larry Voorhees, Voorhees TKD 5th Dan

Greetings, fellow martial artists, and welcome to the fall season!

I don't know about the rest of you, but at the Voorhees household, summer was WAY too short, and entirely too busy to enjoy. Personally, I'd like to lobby for an extension of summer....say, another 6 months?

Your Cabinet has been very busy over the summer, and now with fall here, your delegates are hammering out the final details and putting together what promises to be the most all-encompassing and enriching Symposium ever. The date has been set for October 25th on the ISU campus, and your Delegates are putting together a total of 24 class-hours of sessions for you to choose from. The Symposium will be free to all SIBBA members attending, and also for the membership, there will be a hog-roast that evening at the Rueter-Faass ranch, sponsored by the SIBBA. For those that are not members of the SIBBA, the Symposium will have a cost associated with it, so you figure it out....you can join the SIBBA at the door of the Symposium, and then the Symposium and the hog-roast are free. Or, you can simply pay the Symposium fee (which is more expensive than SIBBA Membership) and then attend the classes, but not the hog-roast. Hm.....let me think about that a bit.... ;)

The fall tournament season is underway for Taekwondo, as well, and congratulations to Master Currie and his staff for hosting an excellent Battle of Van Meter early in September. Of course, the ISU Championships are scheduled for the end of September, and then there's the NCTA national tournament in Seattle in early November.

In looking ahead to next year, it's not too early to be thinking about the General Meeting on February, and the election of officers. Our Secretary, Mrs. Sherry Bourlon of Creston, has announced that she will be resigning as Secretary at the February meeting, leaving one year remaining on her term of office. So, in addition to the regular election that we will be holding for the four Delegate positions, and the Presidency, we will be having a special election for a one-year term as Secretary on the ballot this next February. The Cabinet will be meeting in December to put forth a list of nominees for these positions, so if you or anyone you know is interested in Taekwondo Delegate, Judo Delegate, Hapkido Delegate, At-Large Delegate, President (3 year term), or the special 1-year term for Secretary, please be contacting either myself or one of the other Cabinet members soon.

Also, effective September 1, 2003, Dr. Doug Frazer resigned as Membership Coordinator, citing his increased class load at DMACC as a primary reason for his being unable to continue as Membership Coordinator. In his place, the Cabinet has appointed Miss Sally Prince of Des Moines as the new Membership Coordinator. When you go to renew your memberships at the end of this year, you will be sending those applications and checks to Miss Prince. Her mailing address is listed on the copy of the membership application that you will find elsewhere in this newsletter. She may also be reached at: membership@sibba.org.

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Thank you for your input and suggestions for classes to be offered at the upcoming Symposium. Your Delegates really appreciate hearing from you, and greatly appreciate your input.

I look forward to seeing you all at the ISU Championships on Sept. 27th, and especially, at the Symposium and Members' Appreciation Hog-roast on Saturday, October 25th!

Sincerely,
Larry Voorhees, President
SIBBA

Report from the At- Large Delegate

Mike Wickham 3rd Dan

Notes from At Large-

As we wind down the year there is a symposium scheduled for late October, please make an effort to be a part of this. My understanding is that there are several persons giving good ideas to you, it just takes an investment of your time.....tournament season is pretty much wound down, except of course for collegiate teams getting ready for NCTA's in Seattle in early November, best of luck to them. I know that the ISU and University of Iowa teams are getting prepared.....Kudos' to Master Mark Currie and the Battle of Van Meter, the board breaking was fun and pretty exciting. Glad to hear this may be incorporated into more tournaments here in Iowa. For referee's get a grip on judging these events, if you're not sure how ask an experienced official their thoughts.....Not much else from the At Large position, if I can help in area's please let me know, I want to work with you but can't help if we don't hear from you....

Mike Wickham
3rd Dan- Collins Taekwondo

Report from the Hapkido Delegate

Mani Mina

Greetings from your Hapkido delegate. I hope this report finds you all well, happy and active in martial art activities.

Probably the most exciting news that we have this time is the upcoming SIBBA symposium (in October 25th) in which we are planning to have a variety of sessions about all aspects of our activities including Taekwondo, Hapkido and Judo session. The symposium will be followed with other fun activities. Please note that the symposium is free for members of SIBBA and all ranks are invited, you do not have to be a black belt to participate. For non SIBBA members we have very reasonable fees. Please keep up with the information about SIBBA in this newsletter and SIBBA website.

This summer I had the wonderful opportunity to visit Iowa Hapkido in Iowa City. Myself, Mr. Tom Beckel and Mr. Craig Rueter (Master Rueter in TKD), could visit Iowa City and practice with Iowa Hapkido program. We found the club to be energetic, enthusiastic with great leadership. We had a great time and look forward to other inter-club meetings and fund activities. We thank Master Hayes and all of his great team of instructors and participant a great year and look forward to practice with them again.

I would like to take this opportunity to announce an upcoming seminar organized by Iowa Hapkido at Iowa City. The seminar is to take place on Saturday and Sunday Oct 18 and 19th by the invited instructor Master Richard Hackworth. Topics covered will

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include Ki Development and Knife Defenses. Iowa Hapkido under Master Hayes organizes this seminar. You can find more about Iowa Hapkido by visiting the following site <http://www.iowahapkido.org>. For more information please contact Master Hayes.

As we know we are in the middle of a series of Hapkido demonstrations. This is to promote our art and to get a chance to have different clubs work together and show their developments. Our last demonstration at Iowa Governor's Cup was fun and successful. We have Master Hegland and Family Martial Arts Center as well as ISU Hapkido club participating. I would like to thank everyone for their great co-operations and wonderful cooperation. I must say that it is a true pleasure to be associated with the Hapkido program at SIBBA.

We are going to plan for another Demo during the ISU invitational that takes place on September 27th. If you would like to participate please let me know. All clubs are welcome to participate; it would be a true honor to have you.

It is a great opportunity to represent the HKD program for SIBBA and I would like to thank all of the participants, practitioners, and supporting friends. There is nothing that makes me happier than hearing from you. The best way to contact me would be via email. hapkido@sibba.org or mani@manimina.com, you can also leave me messages at 515 294-3918. I look forward to hearing from you.

Looking forward to a see you at the symposium.

Mani Mina

Report from the TaeKwonDo Delegate

Holly Bignall

Hello Sirs and Ma'ams!

I hope this newsletter finds you all enjoying the new school year. If not, I have news that should cheer everyone up!

Your cabinet has been working hard putting together the annual SIBBA Symposium. A full day of sessions from 10:00 AM– 4:00 PM has been planned for you. The schedule and session descriptions are included in this newsletter. Check them out and decide which ones you would like to attend. Registration will start at 9:00AM on **Saturday October 25th**. Many of the classes have space limitations, so show up for registration early! Please note that Bong Sool: taught by Grand Master Yong Chin Pak requires pre-registration. Please email the information requested in the session description to me at taekwondo@sibba.org.

As if that wasn't exciting enough, there's more! We are having a **Membership Appreciation Hog Roast** following the symposium. It is courtesy of Masters Steve & Carol Schied and hosted by Masters Rueter and Faass at their home for all SIBBA members and your families. It should be one hopping party so be sure you mark it on your calendar! Full details will be coming out in a flier to be distributed at the ISU tournament, November testing, and via email. This is one you definitely don't want to miss!

See you there,

Holly Bignall
TKD delegate
SIBBA

SIBBA Symposium

October 25th 2003

Time	Do-jang	Beyer Gym	Racquet Ball Court	Classroom	
9:00-10:00AM	Registration At Beyer Hall				
10:00-11:00AM	Advanced HKD	Bong Sool (Korean bo staff)	Self-Defense for Juniors	Introduction to Opening a Part Time Do-jang	
11:00-12:00noon	Advanced Judo	Bong Sool (Korean bo staff)	Advanced One-Steps	CPR Certification (2 hours long)	
12:00-1:00PM	Competitive Sparring: Training Techniques	Competition Scoreboards	Sports First Aid	CPR (continued)	
1:00-2:00PM	Beginning Judo	Teaching / Learning Styles	Competitive Board-Breaking: Criteria for Judging	Advanced One-Steps	
2:00-3:00PM	Beginning HKD	Competition Scoreboards	Sports First Aid	CPR Certification (2 hours long)	
3:00-4:00PM	Competitive Sparring: Training Techniques	Testing Conductor Training	Smooth Competition Operations	Putting the Martial back into the Arts	CPR (continued)



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Bong Sool (Korean Bo Staff)

Instructor: Grand Master Yong Chin Pak

Introduction to the Korean Bo Staff. Participants must be over 13 years of age. Bo staff is required. You may purchase one in advance through your local instructor or order one from the SIBBA. Pre-registration required. Class sizes limited. To register; send your name, age, rank, and whether you will be bringing your own bo staff or wish to order one (5' or 6'/\$15 each); to Ms Holly Bignall at taekwondo@sibba.org. All bo staff orders must be in by October 10th. Payment will be required at registration.

Beginning Hapkido

Instructor: Dr. Mani Mina

Basic techniques such as falling, throwing, joint locks, etc. Designed for the taekwondo practitioner; this segment will address common mistakes made by taekwondo students who pick up Hapkido as a second art. Participants must be 16 years of age.

Self-Defense for Juniors

Instructor: Ms Stephanie Schinnow

This class is designed for the younger student (pre-teen). Learn the basics of how to defend yourself from a larger/adult attacker. How practical is your martial arts training in true self-defense situations? Some of the "Do's" and "Don'ts" of self defense.

Introduction to Opening/Running a Part Time Do-jang

Instructor: TBA

Basics on what one should plan on, research, and execute in order to start and/or maintain a part-time martial arts club. Come prepared to take notes and ask questions.

Advanced Judo

Instructor: Masters Steve & Carol Schied

Advanced throws and techniques, competition basics: scoring and application of techniques. (Includes a certain amount of pain, but a good type of pain)

Advanced One-Steps

Instructor: Master Craig Rueter

This segment will help students apply their martial arts skills in situations that extend beyond what we traditionally see in one-step sparring. Students will explore ways of defending against multiple attacks and attackers as well as an expanded library for attack methods applied against them

CPR Certification

Instructor: Ms Candace Hoffmann

This two-hour segment offers the official American Heart Association (AHA) CPR Certification Program. When completed, student will be CPR certified. You will be expected to pay a certification fee at the time of registration

Competitive Sparring: Training Techniques

Instructor: Master Russ O'Connell 1993 National Gold Medallist

Designed for the advanced competitive athlete. This segment will address advanced sparring and paddle drills using cutting edge training techniques. Bring complete sparring equipment and kicking paddle if you have one.

Beginning Judo

Instructor: Masters Steve & Carol Schied

Learn the basics of Judo: falling, throwing, holding, choking, and arm-lock techniques (all with a minimum amount of bruising)

Competition Scoreboards & Scoring

Instructor: Master Patrick Weaver & Ms Oesa Walker

This session will cover the different methods we currently have available to score points in taekwondo free sparring. The class will focus on learning how to operate and use the two electronic systems the SIBBA currently owns and operates as well as review the basics for scoring points with pencil and paper.

Sports First Aid

Instructor: Mr. Steve Sokol

This session should answer many of your questions such as; What kind of medical kit should you have in your do-jang? What are the common injuries you may come across and how do you treat them. What kind of medical equipment should you take to a tournament? How to treat the training injury.

Advanced Hapkido

Instructor: TBA

Advanced Hapkido: the art of weight shifting and balance control. Designed for experienced Hapkido practitioners.

Teaching / Learning Styles

Instructor: Master Larry Voorhees

Everyone has different ways of learning and our style of learning affects our style of instruction. Also, there are differences between the adult-learner and the child-learner. Discussion topics will include different learning styles, suggestions of different teaching methodologies, and practices.

Competitive Board Breaking: Criteria for Judging

Instructor: Master Mike Merritt

Discussion will be based off the experience at "Battle of Van Meter Tournament." How we arrived at the competition design, how we established the judging criteria, the unsuccessful designs we have seen at prior tournaments, and timing to ensure a fast division. This is an ongoing experiment, that is not perfect yet...help with the fine-tuning by participating in this session.

Testing Conductor Training

Instructor: Mr. Gori Devrajani

This session will cover conducting a testing so that you will help bring out the best in those who are testing. Learn how to motivate, what to expect from each belt level, and how to tailor your combinations to the abilities/ages/levels of the testing candidates.

Smooth Competition Operations

Instructor: Master Anne G. Chase

This session will address how to run a competition. It is NOT specific to any martial art but may be applied to any. It will cover running day-of-the-competition operations including divisions, bracketing, bracketing re-perage, consolations, multiple brackets, comparing/contrasting ring management, etc. Designed for those interested in being a Technical Advisor, referee, or tournament committee member. Participants must be 13 years of age and brown belt or above.

Putting the Martial Back Into the Arts

Instructor: Master Ken Pilch

Explore this often glossed over aspect of the martial arts. From verbal Judo to weapon defenses

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Electronic Scoreboard Coordinator

Patrick Weaver

Patrick Weaver

Hello Sirs and Ma'ams -

Everything is going very well with the Taekwondo scoring systems. We most recently had the chance to offer our services at the Battle of Van Meter on September 7th. All of our scoring systems worked very well; the worst problem the scoreboard technicians saw during the day was the occasional judge's controller detaching from the main wire to the scoreboards. Originally the "buttons" were designed in this breakaway fashion as a safety measure so Judges could get away quickly and easily if the competitors came in their direction. We've been experimenting with several different ways of making sure the cables don't fall apart, including tape and Velcro. We hope to have this problem solved before the scoreboards' next appearance at the ISU Taekwondo Championships on September 27th. I look forward to seeing everything there.

If you have any questions about the SIBBA Taekwondo Scoring systems, please send me an e-mail at scoreboards@sibba.org and I would be happy to respond.

Patrick Weaver
Electronic Scoreboard Coordinator

Attention E-Mail Users

Those of you that are currently subscribed to the black belts or instructors e-mail lists recently received a message detailing changes we've made to these lists, the most important being new names for both of them. The new names are blackbelts@iastate.edu and pakfamilyinstructors@iastate.edu. Please make sure you update your address books with these new addresses.

Additionally, these new lists allow users to add or remove themselves without sending "please remove" e-mails to the rest of the list. For example, if you wanted to add or remove yourself from the black belts e-mail list, here's what you would do:

To Subscribe (Add yourself):

Send an e-mail to blackbelts-request@iastate.edu.

Subject: subscribe

Body: subscribe

To Unsubscribe (Remove yourself):

Send an e-mail to blackbelts-request@iastate.edu.

Subject: unsubscribe

Body: unsubscribe

One last important note: If you wish to post a message to the list, you MUST send it from the e-mail address that is subscribed to that e-mail list. You can only send messages to one of these two lists if you are a member of that list. This change came in response to the many virus warnings we've received in the past few months. With this security measure in place, we will be able to limit the messages that are sent to this list.

If you have any questions or concerns, please e-mail owner-blackbelts@iastate.edu or owner-pakfamilyinstructors@iastate.edu.

Judo Delegate

Jim Malloy

MAKE A DIFFERENCE

I attended a funeral a few weeks ago. My 20-year old nephew was a great young man. Fun loving, athletic, handsome, polite...I could go on and on with the adjectives. He was at the beginning of a great life. Some roughhousing at an upscale apartment in a gated community in Atlanta by college kids after a concert ended up with Mike being shot with a 12-gauge shotgun. Rage unleashed – all as a result of being “pinned”. What a waste.

The story was to get your attention. Unfortunately, it is a true story. Most of us that are (or have been) instructors, take a few minutes at the end of each practice to provide some “words of wisdom” to our students. The topics that are covered could fill a book. The important thing for you to remember is that what you say can make a difference. You are an instructor. You are a black belt. You are someone that others look to for wisdom, for guidance. Live up to that challenge. Who knows, what you say, what you do, could make that difference in someone’s life

Jim Malloy

Report from the Web Master

Lane Swalve

I have been working on updating the site to make it user-friendlier for the various members. In order to make the site useful I have added a Dojang Input so that Members will be able to input and update their Dojang listings. In the future I am going to add a mapping feature so that a prospective client can find a Dojang easily. I have added the ability for the site to email you a lost or forgotten password; hopefully this will enhance the usability of the site for our membership. In addition to the Dojang directory, the membership has the ability to add upcoming events to the calendar. Any paying member has the ability to add these things through the Members only section. Looking to the future I hope to add a forum function for the various members to discuss topics of interest among themselves. If any Members have an idea that they would like to see on the website please contact me at the webmaster@sibba.org account.

Membership Director

Sally Prince

1st Dan Decide

Hello Sirs and Ma’ams! I would like to introduce myself. I am a 1st Dan Decide from Voorhees TKD at the Des Moines ABCC club. I have been a martial artist for four years under the tutelage of Master Larry Voorhees. Presently I am an instructor at the ABCC club and a D-2 level referee. My three children and I are all active martial artists, so it’s a family affair for us. For my “real” job, I am the administrative assistant to the Director and CIO of a pension firm. I bring to the membership director position experience as a recording secretary for public boards, organization and detail orientation through a lengthy administrative career. I hope to be creative in ideas to boost our membership and aggressive in accomplishing this task. I am both proud and excited to be given this opportunity to serve SIBBA and its membership!

Respectfully,

Sally Prince

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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).....	\$15
Lifetime –	
Individual	\$300
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.

Treasurer's Report

Wendi Prince 1st Dan Decide

I encourage anyone who has any questions regarding myself, the treasurer's position, duties, or questions regarding our investments to please contact me at treasurer@sibba.org. I am also the contact for Poom'se Videos, Terminology Audio Cassettes, and ISU Referee Ties. Please contact me if you need to purchase these items.

Treasurer's Report September 2003

As of July 14, 2003

Personal SIBBA Accounts

Checking Account	\$808.31
Savings Account	\$435.78
Jared Ringstad Account	\$4,124.12
CD	\$5,187.50
CD	\$5,406.22

Mutual Funds

Investment Company of America	\$9,806.64
Washington Mutual	\$9,511.35

Total Funds \$35,279.92

Inventory	Quantity	Retail Value	Retail Cost
Ties	55	\$1,375	\$25.00 each
Video Tapes	0	\$0.00	\$25.00 each
Audio Tapes	75	\$375	\$5.00 each

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SIBBA CABINET 2003

President	Larry Voorhees	president@sibba.org	515-263-9299
Treasurer	Wendi Prince	treasurer@sibba.org	515-360-7410
Secretary	Sherry Bourlon	secretary@sibba.org	641-322-3019
Judo Delegate	Jim Malloy	judo@sibba.org	515-432-8892
Hapkido Delegate	Mani Mina	hapkido@sibba.org	515-294-3918
Taekwondo Delegate	Holly Bignall	taekwondo@sibba.org	
At-Large Delegate	Mike Wickham	atlarge@sibba.org	641-752-2795
Fundraising Coordinator	Mike Wickham	fundraising@sibba.org	641-752-2795
Membership Coordinator	Sally Prince	memberships@sibba.org	
Web Master	Lane Swalve	webmaster@sibba.org	515-265-1647
Electronic Scoreboard Coordinator	Patrick Weaver	scoreboards@sibba.org	
Instruction Certification	Jill Hegland	certification@sibba.org	

Cabinet Meetings

October 11, 2003	5:00 PM	Ames – Memorial Union
December 6, 2003	5:00 PM	Ames – Memorial Union
January 24, 2004	10:00 AM	DSM – Archie Brooks Community Center
February 14, 2004	4:00 PM	Ames, General Meeting and Election – Memorial Union

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- 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 _____

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

Name _____ Birth date _____ Age _____

Address _____ New Address _____ yes _____ no _____

city

state

zip

e-mail _____

Telephone: (H) (_____) _____ (W) (_____) _____

Are you a... Martial Artist Friend Family Member

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: Sally Prince, Membership Director
State of Iowa Black Belt Association
2113 E 41st Street
Des Moines, IA 50317

Cash	<input type="checkbox"/>	\$ _____
Check	<input type="checkbox"/>	# _____ \$ _____
Money Order	<input type="checkbox"/>	# _____ \$ _____
Date Received	_____	