



STATE OF IOWA BLACK BELT ASSOCIATION

JUNE 2005

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CALL FOR PROPOSALS: 2005 SIBBA SYMPOSIUM

September 24, 2005—Ames, Iowa

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____

Title of presentation or session: _____

Length of time desired? 75 minutes 90 minutes 120 minutes

Maximum number of participants: _____

Equipment needed:

Other information needed for your presentation / session:

Please send your proposal to: Ms. Holly Bignall, 823 8th Street, Ames, IA 50010

SIBBA CABINET

- Master Kathy Gundlach
President
- Wendi Prince
Treasurer
- Linda Griffen
Secretary
- Kenwood Scoggin
Judo Delegate
- Dr. Mani Mina
Hapkido Delegate
- Holly Bignall
Taekwondo Delegate
- Teresa Bruns
At-Large Delegate
- Sally Prince
Membership Coordinator
- Gori S. Devrajani
Webmaster
- Patrick Weaver
Scoreboard Coordinator

IN THE NEWS

- **Milana Richardson (ISU) named Best Female Referee at L.A. TKD Tourney, May 2005**
- **Iowa Governor's Cup Saturday, June 25**
Lied Recreation Center, ISU
Registration: 8-9:30am
Competition: 10am
- **2005 YC Pak Golf Classic Sunday, June 26**
Veenker Memorial Golf Course, ISU
Noon tee-off, 4-person best shot for, 9-hole event.
- **Iowa Games, July 14-17, 2005**
<http://www.iowagames.org/summer/summerGames.asp>

REPORT FROM THE TAEKWONDO DELEGATE

Greetings Sirs and Ma'ams, I hope you are enjoying your summer!

There are a lot of tournaments this summer to keep us all busy competing and refereeing. The Iowa Governor Cup is coming right up on the 25th of June, followed by the Iowa Games July 15-17, and the Battle of Van Meter on September 11th. I hope to see many of you there.

I want to thank everyone who participated in or helped with last year's SIBBA Symposium. We are in the planning process for the 2005 Symposium and welcome any sugges-

tions you have or offers to instruct a session (hint, hint ;)). Any ideas we don't use this year will be kept in the "idea bank" for future reference, so don't be shy with them. The symposium will be held on September 24th, mark your calendars! You can expect to receive an email soon with more details. If you haven't received more information by the end of June, please email me and I will get it to you ASAP.

One last thing: Master Daniel Rogers has requested support for his nomination as the USAT Referee

Director. If you are interested in supporting Master Rogers in this endeavor, would like to know more about his background and qualifications, or would like information on the nomination process please contact him at MasterR@mac.com.

Thanks everyone, enjoy your summer!

Respectfully yours,
Holly Bignall

TEACHING PEE WEE CLASSES

Pee Wee classes consist of children ages 4-6 years. Classes are 45 minutes long and require a lot of attention. Children at that age want to do something fun, not work. To teach them, I have to think of creative activities for them to do. These activities have to grab their attention, be fun and work the specific muscles that children need to develop. One example is "Animal Walks." Each child takes turns choosing an animal, such as a duck or frog, and we walk up and down the floor like the animal. This works their leg muscles and creates a fun game

we can play. Children also don't want an environment of dictatorship. In order to teach them, I have to balance control of the classroom, respect and have a sense of fun and happiness.

The Pee Wee program is an excellent way to prepare young children for adult classes. The curriculum has to be taught at a slower pace, yet still keep the child's attention. I do this by repetition/reviewing at the beginning of class and learning one new concept at the end. This makes the children review past

techniques and keeps the new technique in their mind so they can go home and practice. Altogether, the class has to demonstrate respect and to know the basics of the Taekwondo classroom in a fun and enjoyable atmosphere.

Sarah Goodwin
Point of Grace Pee Wee Taekwondo

Editor's Note: Ms. Goodwin recently presented a workshop on teaching Pee Wee classes at the Voohees Leadership Seminar (May 20-22).

REPORT FROM THE HAPKIDO DELEGATE

Greetings from your Hapkido delegate, We had a great time during the Spring testing at ISU. It was a great day — we had members from three different clubs present. Our participants worked hard, and like always they had great attitudes and wonderful techniques. During the testing, we had wonderful cooperation. Members from different clubs tested and volunteered for other participants to test. Like always, our clubs and our members made us very proud.

Mr. Patrick Trizila successfully tested for his first degree decided, with an outstanding performance. This was one of the toughest, longest, and one of the most challenging black belt testings that we have had. Judges pushed him all the way without much time to rest, and he deliv-

ered more than 100%. In May 2005 he also graduated with great distinction from ISU's Aerospace Engineering program. Mr. Trizila is an outstanding student as well. He is going to leave ISU to pursue his graduate work. I personally believe he will be an outstanding professor and hope he will come back to ISU after his Ph.D. as a faculty. I would like to congratulate him for his great academic work and wonderful Hapkido leadership. During the last two years Mr. Trizila has lead the Hapkido demonstration during the ISU Women basketball games in December (2003 and 2004, during one of the tournaments). On behalf of ISU Hapkido Club, and all of the programs, we would like to thank him for his great service and leadership, and wish him the best. We're looking

forward to hearing from him and hopefully to see him visit us periodically.

Hopefully we will be able to see Mr. Trizila in couple of demonstrations before he leave us in July. We are planning to have demonstrations during the Governor's cup and Iowa Games.

Finally, I would like to remind everyone about our goal for this year. Our goal is to help improve our communication, connect the programs (we are pretty connected) and help each program be known via our visits and pictures.

In addition, we would like to see if any of the Taekwondo programs would like to have visits, demos, or just a day of Hapkido training (tailored for non HKD practitioners). If you know someone who is interested please let them know to feel free to contact me. I would like to work with local programs and see if we can make that possible.

The best way to contact me would be via email: hapkido@sibba.org or mani@iastate.edu.

You can also leave me messages at 515-294-3918. I look forward to hearing from you.

It is always a great pleasure to hear from you and I look for an even better year that before.

Mani Mina



Mr. Trizila z-locks Mr. Tommy Young (from the Des Moines club) in Korea, Summer 2004.



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BLACK BELT ASSOCIATION**

WWW.SIBBA.ORG

The S.I.B.B.A. is dedicated to the improvement of martial arts and their member practitioners. The S.I.B.B.A. is an educational organization that offers products, seminars, donations, sponsorships, and scholarships to its members throughout the year.

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CONTINUING SUPPORT

Yes, I would like to help the SIBBA with my tax-deductible donation.
My donation of \$25 \$40 \$50 \$_____ is enclosed.

Please put my donation toward:

- SIBBA Scholarships (please specify, if you wish: academic, leadership, Jared Ringstad)
- SIBBA Scoreboard Maintenance
- SIBBA Symposium
- SIBBA Educational Materials (videos, DVDs, newsletters, etc.)
- SIBBA Website
- Other (please list) _____

Thank you for your time, consideration and support!

Please send your donation to:

Ms. Wendi Prince
1614 E. 22nd Street
Des Moines, IA 50317