

SIBBA SYMPOSIUM

September 19, 2009

Time	Do-jang	Room 202 (gym next to Do-jang)	Room 213 (Dance room)	Room 184 (gym downstairs)
8:00-9:00 AM	<i>Check-in</i>			
9:00-9:30 AM	<i>Opening Ceremony in Dojang</i>			
9:30-10:50 AM	Systema <i>kick defenses</i>	Bong Sool*	New Referee Rules	Nunchukas*
11:00-12:20 PM	Systema <i>dynamic joint locks</i>	Advanced (aerial) Kicking	Korean Culture	Board Breaking
12:30-1:00 PM	<i>Lunch</i>			
1:00-2:20 PM	Hapkido	Bag Drills	Yoga Stretching for Martial Arts	Tai Chi and Qi Gong
2:30-3:50 PM	Judo	Basic Tumbling and Falling	Instructing Basics	Chinese Martial Arts
4:00-4:15 PM	<i>Closing and evaluations</i>			



**Denotes classes which require equipment: pre-registration and/or purchase may be necessary. See registration form.*

Judo: Goshin Jutsu Form

Instructor: *Masters Cunningham, Scoggin and Meier*

This section will be taught by Junior Master Cunningham, 2nd Degree Kenwood Scoggin, 2nd Degree Nathan Meier, 1st Degree Audra Mills. Several of this 21 techniques kata will be taught. They consist of techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (toshu no bu) and three sets with weapons (buki no bu). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons.

Advanced Kicking Techniques

Instructor: *Master Matt Hamann*

Master Hamann, 4th Dan, has been a member of Luverne (MN) Taekwondo since 1994. As an assistant instructor, he has taught students of all ranks and ages. This class will explore the concepts of combination kicks, including aerial kicks and how to effectively practice and execute those kicks. Participants in this class should be prepared to practice advanced kicking techniques.

Board Breaking*

Instructors: *Dr. Carmicheal*

You will learn about the basics of breaking for belt promotion or competition. Learn advanced techniques and impressive breaks for exhibition or competitive events. **Bring your own boards.***

Bong Sool (Korean Bo Staff)*

Instructor: *Grand Master Yong Chin Pak*

Grand Master Pak is a member of the faculty of Health and Human Performance at Iowa State University and has been teaching the Martial Arts Program at Iowa State since 1975. He has received much recognition for his contributions including a 1983 Outstanding Teachers award and a 1993 Faculty Citation from the Iowa State Alumni Association. This class provides an introduction to the Korean Bo Staff. **Bo staff is required.***

Chinese Martial Arts

Instructor: *Sifu Jose Mendoza*

Sifu Jose Mendoza has taught martial arts for more than thirty years and is head of the Chinese Martial Arts Academy in Windsor, Heights, IA. He is a practicing student of Grandmaster Wai Lun Choi of Chicago. Sifu Mendoza will demonstrate and teach principles and applications from two Chinese systems, Tai Chi Chuan and Liu Ho Pa Fa.

Basic Tumbling and Falling

Instructor: *Laurence Woodruff*

TBA

Hapkido

Instructor: *Master Son*

TBA

Nunchukas*

Instructor: *Master Lane Swalve*

Master Lane Swalve is a 4th Dan in TaeKwonDo and also has the distinction of being known as Sensei Lane Swalve (1st Degree Black Belt) in Kempo Karate. This is an introductory class to Nunchucks. Students will be shown a series of exercises designed to familiarize themselves with the use of the Nunchucks. After the initial learning we will continue onto a more advanced set of exercises designed to increase familiarity. We will discuss the use of the Nunchucks in close combat, and use them in one steps. The final part of the class will be dedicated to a Nunchuck form. The Nunchucks used will be of the foamy variety to cut done on self injury. You may purchase Nunchucks for \$5 at the class if preregistered.

Teach to Learn, Learn to Teach

Instructor: *Master Kathy Gundlach*

Suggestions from a P.E. teacher who has taught over 30 years in the Ames Community School District for teaching TaeKwonDo. Learn and practice skills for teaching and collaborate with other TaeKwonDo teachers on what works.

Bag Drills

Instructor: *Master Mark Tschampf*

TBA

Korean Culture

Instructor: *Mrs. Kim Hyejin*

TBA

Systema

Instructor: *Dr. Master Lance Rewerts*

The System is a comprehensive martial art based on centuries-old Russian martial arts traditions and developed and used in modern times by the elite units of the Russian Special Forces known as Spetsnaz. The style is based on natural, free movements and has no set stances or forms. All tactics are based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. Training emphasizes proper breathing and movement, and encompasses many combat situations including single and multiple attacker hand-to-hand, groundwork, striking and the use of knives and other weapons.

Defense from Kicks: This session will work on the use of soft movement, breathing, and redirection in defending yourself from kicks. Multiple strategies will be explored against a number of different types of kicks. Emphasis will be placed on movement and working against the attacker's structure rather than blocking.

Dynamic Joint Locks: This session will explore the topic of dynamic joint locking and breaking. The class will focus on the use of free movement and relaxation to find and initiate joint locks in different parts of the attacker's body from almost any position or type of attack.

Tai Chi and Qi Gong

Instructors: *Dr. Master Gina McAndrews and Dr. Matt Liebman*

Dr. McAndrews has been practicing Taekwondo, Hapkido and Tai Chi for over ten years. Dr. Liebman holds a 1st dan in Shotokan Karate (through Shotokan Karate-do International Federation) and has studied Chinese martial arts, including Tai Chi, for 14 years. Learn basic Qi Gong breathing exercises and the first movements to the short form of Tai Chi.

Yoga Stretching for Martial Artists

Instructor: *Dr. Master Irene Faass*

Yoga poses combine a focus on flexibility with a focus on core body strength, two qualities that can benefit martial arts' practitioners. While Dr. Master Faass is not a certified yoga instructor, she has been practicing yoga off-and-on since childhood. Four years ago, she began in earnest to supplement her martial arts practice with regular yoga workouts. In this hands-on session, she will discuss the benefits of particular yoga poses for some of the specific flexibility issues many martial artists encounter.

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