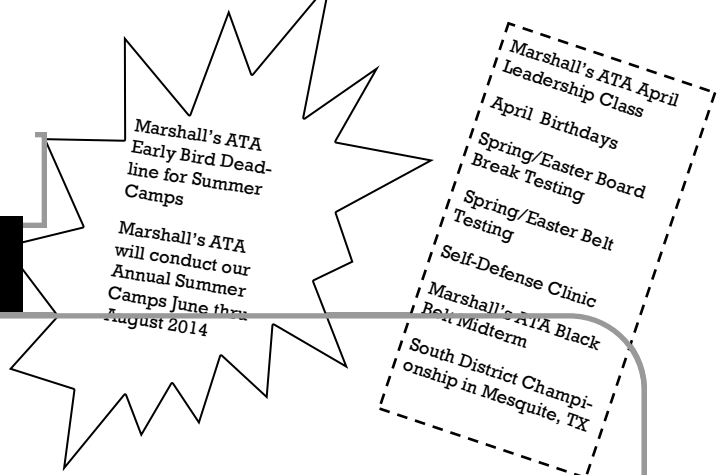


MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
2900 WIND RIVER, LANE SUITE #138
DENTON, TX. 76210
WWW.MARSHALLSATA.COM



Marshall's ATA In-School Tournament

Marshall's ATA Board Break Testing

Marshall's ATA will conduct our official Board Break Testing on Monday April 7th, 2014 during regularly scheduled classes. Our Brown thru Black Recommended students will perform their board breaks during this phase of the Spring/Easter Belt Testing. The emphasis during this Board Break Testing will be on **Balance** and students will be expected to perform their break using a right and a left sided technique.

Marshall's ATA Spring/Easter Belt Testing

Marshall's ATA will conduct our Spring/Easter Belt Testing on Wednesday & Thursday April 9th & 10th, 2014. Our Tiny Tigers & White, Orange & Yellow Belt Juniors/Adults will be Testing on Wed April 9th. The Camo & Above Juniors/Adults will be on Thurs April 10th during regularly scheduled classes. All students Testing must be on a program and an officially registered ATA member & student of Marshall's ATA.

Master Eric Pechacek of the Carrollton, TX School

Master Eric Pechacek of the Carrollton, TX school will host the Dallas Duel 2014 Class 'A' Regional tournament on Friday & Saturday April 11th & 12th at the Mesquite Convention Center 1700 Rodeo Dr. Mesquite, TX 75149. Opening ceremonies begin at 8:30am and Tiny Tigers will report to Staging area by 8:45am.

April Leadership Classes

April's Theme will be Goals and Teaching Skills. We will discuss the best practices of rapport building and communicating our expectations to our students. What to look for during uniform inspections When students recite the correct oath, what benefits are they getting? We will discuss how we set SMART goals?

Songahm Spring Nationals Anaheim, Ca

The Songahm Spring Nat's was held at the Anaheim Convention Center in Anaheim, Ca. Mrs. Sandra Arcuri traveled to Anaheim, Ca and did a fantastic job representing herself & Marshall's ATA.

Songahm ATA South District Championships

The Songahm ATA South District Championships will take place on Saturday May 31st, 2014 and will be hosted at the Hampton Inn & Suites Dallas/Mesquite 1700 Rodeo Dr. Mesquite, TX.

Marshall's ATA Self-Defense Clinic

Marshall's ATA will host a two hour Self-Defense Clinic on Fri April 25th from 5:00 - 7:00pm. This will be a class for Junior & Adult aged participants & will feature practical & realistic self defense strategies. Only \$35.00 per.

Marshall's ATA Black Belt Midterm

The Marshall's ATA Spring/Easter Black Belt Midterm will take place on Thur, April 17th from 6:45 - 7:45pm. We will not conduct the ALL/ Rank Juniors & Adults class on this date in order to have enough time to facilitate the midterm. All Black Belt Recommended students will be expected to perform their midterm with the Black Belt Decided students on this date.

Special points of interest:

- April Birthdays
- Summer Camps 2014 April Early Discount Apr 1st
- April Leadership Class on Saturday April 19th & 26th
- Marshall's ATA Spring/Easter Board Break Testing April 7th
- Marshall's ATA Spring/Easter Board Break Testing April 9th & 10th
- Marshall's ATA Black Belt Midterm April 17th 6:45 - 7:45pm
- Marshall's ATA Self-Defense Clinic Open to Public only \$35.00 two hrs

Tournaments:

| | |
|---|--------------------|
| Dallas Dual Regional Tournament | April 11th & 12th, |
| Songahm 2014 World Expo Littlerock, AR | July 7th thru 13th |

Attitude

"Attitude is a little thing that makes a big difference." - *Winston Churchill*

"You cannot tailor-make the situations in life, but you can tailor-make the attitudes to fit those situations - *Zig Ziglar*

Marshall's ATA 2014 Summer Camp in June thru Aug

Marshall's ATA will be conducting our 5th Annual Summer Camps here at the Dojang. We will have our Fitness/Sparring/Jujitsu Camp from June 16th thru 20th. Weapons Camp from July 21st thru 25th. Our Rank Advancement Camp

from Aug 18th thru 22nd. The Camps will be in session daily from 8:00am to 3:00pm. NOTE: The Rank Advancement Camp dates may be preempted by the 2014 Protech International Conference & Leadership

Camp located at the Gaylord National Harbor Resort - National Harbor, Maryland from Thurs, Aug 21st - Sun, Aug 24th, 2014. If Mrs. Marshall & I decide to attend this Protech training, we will announce a date change prior to Rank Camp.

A Letter from Mr. Steve Sutton About his son Jacob

Page 2

Jacob has been in Army Basic Training since January 21st. He is currently at the rank of Specialist (E-4). Jacob will graduate from BCT on April 4th then will leave for Ft. Sam Houston for training as a Medic. From his letters, he is doing very well. He qualified as a sharpshooter on rifle after hitting 31 of 40 targets. He qualified first class on grenade after hitting 6 of 7 targets. He missed one by just a few inches! On his physical fitness test he passed with flying colors! The army fitness test is 2 minutes of sit-ups, 2 minutes of pushups and a 2 mile run. We are super proud of him and we know that his training at Marshalls ATA helped him

be prepared!

Hello Mr. Sutton, It was great seeing you and Andrew yesterday. Mrs. Marshall and I are so pleased with the report of how Jacob is doing in his military training. He seems to be a focused and dedicated young man. We are also honored to have been a brief part of his life and any small part we may have played in his success just makes us that much more proud of him and his efforts. We would love to share your words with our students with your permission and we thank you so much for sharing them with us. Please keep us in the know about Jacob. Thank you, sir
Mr. Robert Marshall, Sr.

Marshall's ATA Demo Team

The Marshall's ATA Demo Team is training on Saturdays after the Weapons Class starting at 1:00pm. They are working on enhancing their strength, agility and building the skill sets necessary to further enhance their capabilities as a talented and up and coming martial arts Demo Team. I am very excited for what the future portends for the Demo Team as they build team spirit & choose a name and potential team members and uniforms.

Health and Safety Policy

Spring has finally arrived and I feel it is especially necessary to reiterate the school's Health & Safety policy concerning footwear or the lack thereof. Please do not enter or leave Marshall's ATA without wearing shoes. Shoes must cover the entire foot, so flip flops are not adequate.



Protocol for Testing

Students must be on a program in order to be eligible to test. Students must wear their traditional white uniform. Any student who is at the testing but not participating is still expected to be wearing their complete uniform. Leadership students are expected to assist in whatever capacity necessary.

Congratulations to Mr. Robert Marshall, Jr. Mrs. Marshall and I are extremely proud to announce the upcoming graduation of our son with high honors from Montana State University in Bozeman, Montana (the College of Health & Human Development) on May 9th, 2014. Young Mr. Marshall is not only a gifted scholar but an amazing athlete as well. He is a starting defensive back on the 3 time Big Sky Conference Champion Montana State Bobcats Football Team. Div 1A.

2014 - Think, Pray, Work, Sweat & Play... Everyday

Marshalls ATA April Leadership Class on April 19th & 26th, 2014

Marshall's ATA Official Board Break Testing Monday April 7th, 2014

Marshall's ATA Spring/Easter Belt Testing Wed & Thu April 9th & 10th During Class

Marshall's ATA Black Belt Midterm Thur April 17th, 2014 from 6:45 - 7:45PM

Marshall's ATA will Conduct a Two Hour Self-Defense Clinic on Fri April 25th from 5:00 - 7:00pm

Career Day at Olive Stephens Elementary

Hi Mrs. Marshall,

My name is Stephani Short and I am a school counselor at Stephens Elementary (Denton ISD). I have a huge career fair every year. So far I have 45 local businesses including a guy from Brave Combo, Denton Record Chronicle, and more. Ann Wilsher said you may be interested in attending. It's a great way to talk about what you guys do and recruit at the same time. I can give you guys more details if you are interested. May 9 from 8:00ish-10:30ish.

Marshall's ATA will conduct a Practical Self-Defense Clinic on Friday April 25th from 5:00 - 7:00pm. This will be a two hour Self-Defense class for junior and adult aged participants and will be opened to the public. No martial arts background is needed so bring a friend, co-worker, neighbor or family member and we will talk about, demonstrate, practice and use realistic self-defense techniques, tactics & strategies for self protection. You will leave this seminar with a better appreciation & confidence level concerning your personal safety. This seminar is only \$35.00 per person

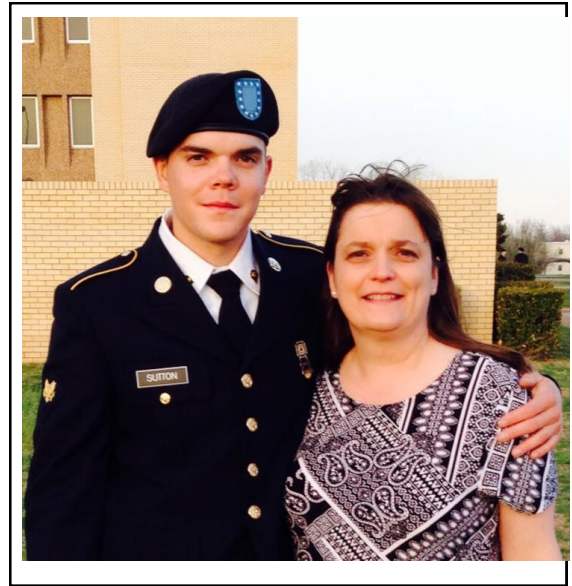


Mrs. Sandra Arcuri 1st Degree Black Belt Decided

Specialist 4 Jacob Sutton



Congratulations to Mrs. Sandra Arcuri!! She participated in the ATA Songahm Spring Nationals tournament in Anaheim, Ca over Spring Break. She won 1st Place in Creative Forms & Creative Weapons, 2nd Place Traditional Forms, 1st Place Traditional Weapons, 3rd Place Sparring, 2nd Place in Combat Weapons Well done, Ma'am!!!



Congratulations to Mr. Jacob Sutton. We are so very proud of your accomplishment in your army basic combat training (BCT). Jacob Sutton is the oldest son of Mr. & Mrs. Steven and Donna Sutton. The Sutton Family all earned their Black Belts with us here at Marshall's ATA in 2013. Specialist 4 Sutton has graduated from Basic Combat Training (BCT) as of April 4th, and will now be headed to Ft. Sam Houston for training as a Medic. Well Done!!

Happy Birthday Mrs. Sandy!!!!



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



An Attitude of Empathy

We all know how to spell RESPECT. Now let's talk for a moment about EMPATHY. Attitude is defined as the way a person views something or tends to behave toward it, often in an evaluative way. It can be seen in a position of the body or an expression on the face indicating mood or emotion. *informal* a hostile manner: *don't give me attitude, my girl*

"Our Attitude towards others generally determines their attitude towards us." - Earl Nightingale

Empathy is defined as the power of understanding and imaginatively entering into another person's feelings. Identifying oneself completely with an object or person, sometimes even to the point of responding physically, as when, watching a baseball player swing at a pitch, one feels one's own muscles flex. How do you feel when your favorite sports team wins or

is Empathy.

"I believe empathy is the most essential quality of civilization."

— [Roger Ebert](#)

Discipline is defined as training or conditioning imposed for the improvement of physical powers, self-control, etc. systematic training in obedience to regulations and authority, a system of rules for behavior, methods of practice, etc. A branch of learning or instruction. Martial Arts is a Discipline; and as a discipline has many benefits, some of which include: fitness, balance/ fall prevention, self defense and self confidence, better sleep, brain exercises from Forms practice, inner peace from learning more about yourself - enlightenment. I would also like to say that I've lost count of how many people who for some reason had difficult times in life have blossomed into a completely different person through being part of a way of life that puts RESPECT at the forefront of its teachings. I personally think that any pastime that teaches us RESPECT both for ourselves and OTHERS and for a way of life can't ever be a bad thing. Some people have a misconception about the martial arts and somehow think that it is a vehicle for teaching Religion. It is not! While we do believe that human beings are composed of Mind, Body & Spirit, we do not concern ourselves with what religion someone practices or doesn't practice. We teach according to 'The Golden Rule', treat

others the way you want to be treated" and that transcends ALL religions. "Before we were Christians. Jews. Muslims. Hindus. Buddhists. or Sikhs, we were human. Funny thing is that. We still are: We have just forgotten it." - Philomina Minj

We know that no one can teach anything to or learn anything from someone they don't respect. If I was asked the main gift given to me by martial arts, it wouldn't be the knowledge of how to fight, it would be that RESPECT will win far more battles in life than the fist or blade. In ancient societies, when people had disputes, many of those disputes could easily turn deadly especially in the absence of a civilizing law enforcement authority. If you knew for certain that if you had a dispute with your neighbor, that it would most certainly result in YOU killing your neighbor; your neighbor killing YOU or both YOU and your neighbor would end up being terribly disfigured or maimed for life, you might adopt a certain mode of conduct or 'Attitude' to make your society a more viable place to raise a family in. So in the absence of a law enforcement or a peacekeeping force in such a society, everyone was armed for self-defense or to thwart invasions from neighboring societies who might covet their land, their women, and use their enslaved labor to work the land. An armed society is a polite society in order to prevent life threatening altercations. Respect is crucial because "When your own life is threatened, your sense of empathy is blunted by a terrible,

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



An Attitude of Empathy

selfish hunger for survival."
— [Yann Martel, *Life of Pi*](#)

Of our natural Five senses: Touch, Smell, Taste, Sight, Hearing, not to be overlooked are The senses of our Souls: Intuition, Peace, Foresight, Trust, **Empathy**. Only by cultivating an 'empathetic attitude' can we truly grow as people. Empathy is the power of understanding and imaginatively entering into another person's feelings. Again, Treat others the way you want to be treated. That is the golden rule and it transcends ALL religions. As I've said before, Empathy is the power of understanding and imaginatively entering into another person's feelings. It's truly trying to understand what another person is feeling as when they are suffering or when they feel as if

"How would YOU feel if this happened to you?" for ex. "That girl you called a **** in class today. She's a virgin. The "gay boy" you punched in the hall today committed suicide a few minutes ago. The boy you called poor; He has to work every night to support his family. That girl you pushed down the other day; She's already being abused at home. That girl you called fat. ...She's starving herself. The old man you made fun of because of the ugly scars; He fought for our country. The boy you made fun of for crying; His mother is dying. You think you know them. Guess what? You don't! "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."
— [Elisabeth Kübler-Ross](#)

"In the end, we will remember not the words of our enemies, but the silence of our friends."- MLK

From time to time though it renders me with some really thought provoking questions like, "Does a lack of religion make people more cruel to their fellow human being, or is it a lack of **Empathy** for their fellow human being? "Is Respect just another word for Empathy?" When you see something awful happen to

someone, how do you REALLY feel? Remember 'Empathy' is the ability to understand someone else's feelings, to LIVE through their emotions and SEE through their eyes.

"I call him religious who understands the suffering of others."
— [Mahatma Gandhi](#)

Whatever you do will be insignificant, but it is very important that you do it. -

[Mahatma Gandhi](#)

"Feeling too much is a heck of a lot better than feeling nothing."
— [Nora Roberts, *Midnight Bayou*](#)

"No one cares how much you know, until they know how much you care"
— [Theodore Roosevelt](#)

"you never really understand a person until you consider things from his point of view- until you climb into his skin and walk around in it."
— [Harper Lee \(Author\), *To Kill a Mockingbird*](#)

"We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer."
— [Dietrich Bonhoeffer, *Letters and Papers from Prison*](#)

Now of course we know as martial artists there is an equal and opposite force to all things. Through empathy you will feel what another is feeling, including all those plans for manipulation and persuasion. You will feel everything, not just the

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



An Attitude of Empathy

You see, empathy is a sense that works with the other senses such as foresight and intuition. So, we can feel compassion but we have to move with empathy."

— [C. JoyBell C.](#)

"...treat people with understanding when you can, and fake it when you can't until you do understand."

— [Kim Harrison](#)

Best of Denton Voting

It's that time of year again! Time for us all to vote for our favorite local businesses here in little d! Marshall's ATA has been nominated as one of the best martial arts studios in Denton two years in a row, but now we're 'In it to Win it! but we need your help

to win it! We've never campaigned for any type of recognition in the Denton business community and we were totally surprised and honored that we would be nominated and voted for in such huge numbers by the readers of the Denton Record Chronicle. I've often wondered what would've happened if we would've actually asked for your votes. This has been an honor that we have never taken lightly and we are overjoyed for the small part that we play in the lives of our students and families. Voting has already begun for the Best of Denton and the entire voting period is (Feb. 1- March 2). The publication will be out in March. This is a great way to promote Marshall's ATA. As always, let me know what you think.

Midterm Coming in April

With the STARR test dates coinciding with our Spring Belt Testing, I want to avoid a conflict that would add undue stress to our students who are preparing to Test for their Black Belt decided while at the same time undergoing the STARR testing in their elementary and middle school. I have noticed in past years how these standardized tests can potentially zap the energy of students and I want their focus during this time to be on their first priority which is the STARR test. Therefore, I have chosen not to have students Testing for Black Belt at the April/Spring Belt Testing. I do want our Black Recommended students to midterm in April so that too much time does not pass between Midterm/Testings for them and they can keep their edge by demonstrating improvement in their performance since the Belt Testing in

February. We have an unusual phenomenon at Marshall's ATA in that we have so many youngsters who are approaching their Black Belt testing. Each of these students will be required to demonstrate the fundamental Songahm Forms 1, 2, & 3 as well as the accompanying sparring combinations. They will also be required to demonstrate their complete Red Belt form, sparring combinations & Self Defenses with a grade of Excellent. They will break their boards according to ATA Protocol and they will demonstrate proficiency in Combat weapons (Bahng Mahng Ee). They will also demonstrate Excellent performance in their empty handed sparring using appropriate strategies for their offensive & defensive capabilities. They will complete the Black Belt written test & accompanying essay and turn in the Notice of Intent to Promote sheet signed by their Teacher & Parent. They will be asked oral questions from the Black Belt written test to demonstrate that they have a command of the required knowledge and can recite it when asked. They will also demonstrate half of the Single Bahng Ee form. I want Black Belt Recommended students who are in Master Club program to turn in a 1st midterm & a Final midterm before they are issued a Testing date. I would like students who are in Black Belt club to turn in a 1st midterm, an intermediate midterm and a Final midterm before being issued a Black Belt Testing date since these students come to class less frequently than Master Club students. Most Black Belt Rec students have already done a midterm and some have done two. Saturday June 14th should be the next date for a Black Belt Testing at Marshall's ATA.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



A Decade of Marshall's ATA Martial Arts

Marshall's ATA Martial Arts aka Marshall's ATA Black Belt Academy is celebrating our 10th anniversary this year in 2014. I've often told my students that their instructor is himself a student of Taekwondo just like they are. From time to time I am asked by various students and some parents, "Mr. Marshall where do you learn and when do you train?" Mrs. Marshall and I train regularly at Chief Master Robert Allemier's ATA school in Rockwall, TX. He was our first instructor and is the highest ranking American born member of the ATA and a Lifetime Achievement award winning member of the Master's Council. Chief Master Allemier is our Certifying Instructor. We train monthly directly with Chief Master Mal Kun (MK) Lee who is the Chief of Instruction for the ATA, a member of the Master's Council and brother of our former, current & Founding Grand Masters In Ho Lee, Soon Ho Lee & Songahm ATA-Founder Eternal Grand Master Haeung Ung Lee. We also attend annual training seminars and workshops at the ATA Worlds Expo in Littlerock, Ar. We've attended Rank Advancement training camps and many Protech Clinics under several 8th Degree Black Belts. We recently attended a seminar under Master Kevin Henderson to become certified in ATA Combat Systems (Jiu-Jitsu). I am also currently a Certified Fitness Trainer trained at the world renowned Cooper Institute in Dallas, TX. The facility was founded by Dr. Kenneth Cooper, MD who is a former Air Force Physiologist and is also reputed to have invented the word Aerobics. My wife Mrs. Cynthia Marshall and I are training for our 5th degree Black Belt. We have two children who have trained in the ATA up to 3rd degree Black Belt. They were both tremendous competitors on the ATA Top 10 World tournament circuit and were multiple State and National title holders. Our grand daughter, 'Leila' is currently a 5 year old green belt student.

We have had wonderful student competitors over the decade that we have been in existence both children and adults. And just to name a few:

Mrs. Cynthia Marshall - 2004 Texas State Champ in Traditional Sparring & 2006 **World Champion** in Traditional Sparring.

Mr. Zachary King - 2006/2007 Texas State Champ in Forms & Sparring

Mr. Harold King - 2006/2007 Texas State in Champ Traditional Forms

Mr. Alan Au - 2006/2007 Texas State Champ in Forms & Sparring

Mrs. Cindy Engel - 2009/2010 Texas State Champ in Traditional Forms & Sparring

Erin Engel - 2010/11 Texas State Champ in Traditional Forms, Sparring & Weapons

Carleigh Engel - 2009/2010 Texas State Champ in Traditional Forms & Sparring

Mr. Kevin Engel - 2009/2010 Texas State Traditional Sparring/Weapons 2010/2011 **World Champ** Xtreme Forms

Brandon Engel - 2009/10/2011 Texas State Traditional Forms & Weapons 2012 **World Champion** Traditional Forms

Mr. Gilbert Gonzales - 2011/2012 Texas State Champ Creative Forms, Sparring & Weapons

Christian Williams - Spec Abilities **Triple Crown Texas State & World Champ** Creative Forms & Creative Weapons

Dr. Charles Kurtz - 2010/2011 Texas State Champ in Traditional Forms 2013 **District Champion** Combat Weapons

Mrs. Sandra Arcuri - Texas State Champ in Traditional Forms & Sparring 2013 **District Champion** in Traditional Forms, Traditional Weapons, Sparring & Combat Weapons

When most people think of the martial arts, they picture what martial arts movies have shown them. If one purely wants to focus on the practice of practical fighting skills, a boxing club or MMA club will suit their needs. Instead taekwondo students choose to train at a dojang, a place where they can build their confidence, be sociable, work hard, and develop their character. Ironically, the ultimate goal of Taekwondo is to never have to use it even though the instructor teaches a variety of potentially lethal techniques. A student once asked an Instructor to tell him why he thought people studied martial arts. The instructor said "to develop our character, commitment, discipline." The student then said "Can't we do that by running, swimming or riding a bike?" The instructor then said "then why don't you run?" He then said, "I can teach you to swim; with that skill you can swim far...or save a life, but I don't expect you to go around pushing people into swimming pools."

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



A Decade of Marshall's ATA Martial Arts

We know that the best way to avoid conflicts is to have confidence. It's one thing to know how to punch. It's quite another to know when and why. Confidence can be defined as belief in and control over ones self. Confidence is the inner strength that allows one to do what one feels is right, regardless of what others may think. At the dojang, students learn to master their minds as well as their body. Movements become fluid, powerful and balanced. Many adults who join will have already formed their confidence earlier in life, but to the kids who train, the dojang is a place where they can begin to trust and believe in themselves. While the dojo is a place for those who like to work hard, it is true that the lazy may stumble through the doors, or a parent may force an uninterested child to attend, but they don't last long. And just like any other group the dedicated members encourage each other through emulation and competition. Taekwondo may be about self improvement, but partners who work together can catch mistakes even instructors don't see. The dojo gives its members the chance to work with other people who will push themselves, and therefore becomes more than just a gym to the student. It's a place where they can be inspired to be the best they can be. There are points to the human condition to which we should all, as members of the human race, aspire, but to which we as martial artists, should especially covet. A quietly humble, iron-will, whatever else we may be exemplifies this quality. It is in the warrior spirit that lives in us all; it is in the heart that beats inside of our chest, and the will that flows through us. For there is no greater legacy than to know that you have touched another person in a positive way; that you have inspired. I hope that I am able to take that inspiration, let it soak into myself; and let it make me a better martial artist and better man for the experience. My deepest respect and my, unabashed, and most humble thanks for 10 years of teaching and learning at Marshall's ATA Martial Arts.

Here is a listing of some of the Masters and other professionals that we've had the privilege of receiving training from over these 10 amazing years. Some of the names may mean nothing to you the reader, but we will never forget them:

- Chief Master Robert Allemier - Monthly Workout
- Master Eric Pechacek - Former Training Instructor
- Chief Master Michael Niblock - Single BME / Protech
- Chief Master Marilyn Niblock - Single BME / Protech
- Chief Master Al Dilegee - ATA HQ Licensing & Workout,
- Basic Business Seminar ATA HQ in Littlerock, Ar.
- Chief Master Stephen Westbrook - Ground Fighting
- Chief Master Phil Minton - Joint Lock/Manipulation & Winning the Battle from the Ground
- Chief Master Kathy Lee - Ssahng Nat (Kamas)
- Senior Master Scott Skiles - Rank Adv Training Camp
- Chief Master Mal Kun (M.K.) Lee - Regular Monthly Workout & Rank Advancement Training
- Chief Master William Clark - Black Belt Summit @ Karate America Headquarters in Jacksonville, Fl. Business Marketing Strategies & Philosophies.
- Chief Master Sergio Vonn Schmelling - Speaker and Instructor at Black Belt Summit in Jacksonville, Fl.
- Chief Master G.K. Lee - Oh Sung Do (Broad Sword)
- Gumdo Level I - Senior Master Raimondi
- Chief Master Michael Caruso - Knife Defense & Pressure Point Control Tactics (PPCT)
- Chief Master Todd Droege - Color Belt Training @ Expo & Competition Sparring Strategies.
- Master Kevin Henderson - Free Sparring Strategies / Jiu-Jitsu
- Cooper Institute Certified Fitness Trainer - Initially Certified in 2007, recertified in 2010 & 2013
- Chief Master Daniel Longoria - Jahng Bahng (Bo Staff)
- Chief Master Laura Kowkabany - Single/double Ssahng Jeol Bahng (Nun Chuk)
- School Owner Conference - Senior Master Mark Sustaire
- Mr. Tim Holland - Invited me to my first Songahm ATA class and was instrumental in helping us to even conceive of the idea of becoming School owners.
- Mr. Dale Lockwood - My First Kung Fu San Soo Martial Arts Instructor.
- Lee's White Leopard Kung Fu - My Jhong Law Horn Traditional Chinese Martial Arts. Thanks for accepting me.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



A Decade of Marshall's ATA Martial Arts

Dr. Wendy Middlemiss , PhD- Anti Bullying Techniques.

Mrs. Nikki Nordhus - Certified Yoga Instructor

I am also a student and proponent of Health & Wellness and I have been affiliated with the world renowned Cooper Institute in Dallas, TX. since 2006 and most recently recertifying for the 3rd time as a Cooper Institute certified Fitness Trainer in 2013. My most recent classes have been in Functional Fitness Training, Interval Training, Sports Performance Nutrition & Anatomy for Fitness & Wellness. As a Martial Arts Instructor, I want to be more knowledgeable about all aspects of Health & Fitness in addition to being able to teach effective self-defense techniques.

Some of my Cooper Institute Instructors and Mentors:

- Dr. Sue Beckham, PhD - Dr. Sue Beckham earned a doctoral degree in physiology and Master of Science degree in Exercise Physiology from Oklahoma State University. Certified by the American College of Sports Medicine (ACSM) as a Registered Clinical Exercise Physiologist (RCEP) and the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS), she has 25 years of experience in the health/fitness field
- Dr. Stephen W. Farrell, PhD - Dr. Farrell received his doctorate from Texas Woman's University in 1996 with a major emphasis in exercise physiology and a secondary emphasis in nutrition. His Master of Science in Exercise Physiology and Bachelor of Physical Education degrees were earned at the University of South Carolina and Springfield College, respectively.
- Karyn Hughes, Med - Karyn earned her Bachelors in Kinesiology from the University of Texas and Masters in Education, with a Major in Physical Education, from the University of North Texas. With 35 years of experience in the field of fitness, exercise, and health promotion, she has taught and coached in public schools, led corporate wellness programs, and was the first female personal trainer in Dallas. Karyn is also the founder and CEO of Better Body Systems, Inc., and has invented the WOW Stretch and WOW Sequential Stretching System.
- Gina Cortese-Shibley, MS - Gina Cortese-Shibley has a Master of Science in Exercise Physiology from Texas A & M University and a Bachelor of Science in Exercise Science with a minor in Health and Wellness from Washington State

University.

- Mr. Jerel Singh - Master Certified Fitness Trainer. AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer

TRX Suspension Training – Certified TRX Instructor

Concealed Weapons Permit Training (CWP). Self-defense is serious business and your decision to take charge of your life, to protect your family and business from major crimes is a smart choice. CWP permit holders state that they have peace of mind. CWP training provides wisdom to appropriately react during life threatening situations such as to stop loss of life, sexual abuse, breaking and entering and strong arm robberies so you can avoid incidents exposing you to great bodily injury. When all is said and done, everyone has the right to self-defense and to be safe from hurt, harm or danger in their everyday lives. As a Veteran of the United States Navy, I am motivated to protect the safety and security of not just my home and immediate family members and loved ones, but to be a positive force for peace. Everyone should be free and secure enough to pursue the highest expression of themselves and be free from fear or intimidation.

With a good Attitude, it's impossible to have a bad day. With a bad attitude, it's impossible to have a good day.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



ATA SUMMER CAMP

Don't Miss This Camp!

**MAKE NEW FRIENDS!
HAVE FUN! WORK-OUT!**



| DATE | TIME | COST |
|--------------------|------------------|---------------------------|
| June 16 - 20, 2014 | 8:00 am - 3:00pm | \$300.00 / \$250.00 Early |

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



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| DATE | TIME | COST |
|--------------------|-----------------|---------------------------|
| July 21 - 25, 2014 | 8:00am - 3:00pm | \$300.00 / \$250.00 early |

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Certified Personal Trainer, Cooper Institute



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HAVE FUN! WORK-OUT!**



DATE
Aug 18 - 22, 2014

TIME
8:00 am - 3:00pm

COST
\$300.00

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute

