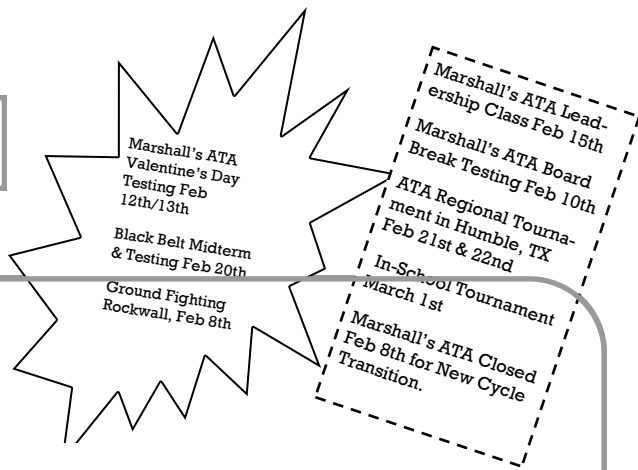


MARSHALL'S ATA BLACK BELT TIMES

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



Marshall's ATA Valentine's Day Testing

Marshall's ATA Valentine's Day Testing will be on Wed/Thur Feb 12th & 13th, 2014 during regular classes. We will be conducting the Tiny Tiger & W, O, Y Belt Junior/Adults Testing on Wed Feb 12th during their regular class period. The Camo thru Black Rec will Test the following day on Thu Feb 13th during their regular class period. Three knowledge stripes are required to be eligible for Testing. Brown Belt & above must perform a successful board break at the board break testing on Mon Feb 10th.

Marshall's ATA Valentine's Day Board Break Testing will be held on Mon Feb 10th, 2014. Students Brown Belt through Black recommended will be expected to break their boards only during this part of the Testing. This will be official board break testing protocol, so please wear your traditional white uniform and white or mostly white footwear with the uniform. Students will select their board break and

have a total of three attempts to break the appropriate level board at their station. Students will be expected to know their board break options. The results will be final! Students who are 8 yrs old soon to be 9 yrs old will be challenged to break a green board (7-8 yrs Org, 9-11 yrs Grn, 12-15 yrs 15+women Blue, Men 16 & up Black/Brown).

Marshall's ATA Black Belt Midterm & Testing

Marshall's ATA will conduct our Black Belt Midterm during the Black Belt class on Thur Feb 20th from 6:45 - 7:45pm.

Marshall's ATA In-School Tournament

Marshall's ATA will conduct an In-School tournament on Mar 1st, from 9:30 - 12:30pm. This will be an excellent training opportunity to enhance our performance skills. Public performance is a very under-utilized aspect of our training and it is very useful to know if we are indeed able to focus our mind and body to successfully work together under the scrutiny of judges. The

cost will be \$35.00 for all events. Forms, Sparring & Weapons (creative, XMA & traditional). No planes, trains or automobiles are involved in this tournament because this valuable experience will take place right in the convenience of our very own neighborhood ATA school. A signup sheet will be on the front desk.

Ground Fighting Seminar

will be conducted at Chief Master Robert Allemier's ATA school in Rockwall, TX. The seminar will be run by Master Kevin Henderson, 6th Degree Black Belt and owner of Henderson's ATA in Humble, TX. These will be Brazilian Jiu-jitsu based ground fighting self defense tactics. This is a continuation of a previous seminar that was conducted at the Rockwall ATA school but Master Henderson will be teaching both Level I & Level II at this seminar. The cost is \$99.00 per person and a signup sheet is at the front desk if you are interested.

Special points of interest:

- Leadership Class Sat Feb 15th 8:30a - 9:30am
- Ground Fighting Seminar in Rockwall, TX. Feb 8th Lvl I & II
- Marshall's ATA Valentines Day Testing Feb 12th/13th
- February Birthdays
- Black Belt Midterm & Testing Feb 20th 6:45 - 7:45
- ATA Regional Class - A-Tournament in Humble TX Feb 21st & 22nd, 2014
- Marshall's ATA In-School Tournament March 1st
- Songahm Spring Nat'ls

Tournaments:

Humble, TX Master Kevin Henderson Class 'A'	Feb 21st & 22nd
Spring Nat'ls Anaheim, Ca Class 'AA'	Mar 19th - 22nd

Desire

"Do not listen to those who weep and complain, for their disease is contagious.

Og Mandino (1923—1996)

"Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

Epicurus (341 BC - 270 BC)

Marshall's ATA Spring Break Camp(s)

Marshall's ATA will be conducting a series of Camps during Spring Break 2014 (March 10th thru 15th). These Camps will be 'Minicamps' modeled on our Marshall's ATA Summer Camps. The first of the Camps will be the Fitness/Sparring Camp on Wed March 12th. The second Camp will be the

Weapons Camp on Thurs March 13th and the third Camp will be on Friday March 14th. This will be modeled on our Summer Rank Advancement Camp. We learn everything and will have stripe presentations instead of a belt promotion afterwards. Each Camp

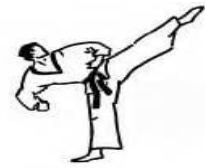
will run from 8:00a to 3:00pm & the uniform will be the casual weekend uniform T-shirt & uniform bottoms. We will have lots of time for training but also have lots of fun as well. This is an annual Camp and the cost is \$85.00 per Camp and there is a discount for multiple family members and multiple Camp attendees.

Starr Test Dates

I have observed in the past how stressful the Starr Test is for our students. Previously I was left bewildered at how students of Marshall's ATA were so bereft of energy & enthusiasm for their training during these dates. I have since learned to make Taekwondo during this Starr testing to be a relief and a respite from the rigor

of the Starr Test in school. We will of course have our regularly scheduled taekwondo classes but we will not have a Black Belt testing until after the Starr Testing is done. I don't want our Black Recommended students/candidates to lose their edge, so I am adding a minimal requirements midterm for them during the April/Spring

Testing. We will resume our Black Belt promotional Testings at the June & Aug Marshall's ATA Summer Testings. Please bring any questions or concerns you may have to my attention. This will of course not affect our Color Belt & Black Belt Decided students Testing and/or midterming at the April Testing.



Elementary Testing Dates

April 1

- STAAR Testing Grade 4 Writing Day 1
- STAAR Testing Grade 5 Mathematics

April 2

- STAAR Testing Grade 4 Writing Day 2
- STAAR Testing Grade 5 Reading

April 22

- STAAR Testing Grades 3-4 Mathematics

April 23

- STAAR Testing Grades 3-4 Reading
- STAAR Testing Grade 5 Science

May 13

- STAAR Testing Grade 5 Mathematics (retest)

May 14

- STAAR Testing Grade 5 Reading (retest)

June 24

- STAAR Testing Grade 5 Mathematics (retest)

June 25

- STAAR Testing Grade 5 Reading (retest)

Middle School Testing Dates*

April 1

- STAAR Testing Grade 7 Writing Day 1
- STAAR Testing Grade 8 Mathematics

April 2

- STAAR Testing Grade 7 Writing Day 2
- STAAR Testing Grade 8 Reading

April 22

- STAAR Testing Grades 6-7 Mathematics
- STAAR Testing Grade 8 Social Studies

April 23

- STAAR Testing Grades 6-7 Reading
- STAAR Testing Grade 8 Science

May 13

- STAAR Testing Grade 8 Mathematics (retest)

May 14

- STAAR Testing Grade 8 Reading (retest)

June 24

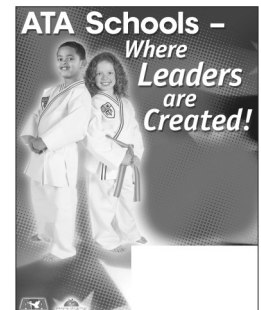
- STAAR Testing Grade 8 Mathematics (retest)

June 25

- STAAR Testing Grade 8 Reading (retest)

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.



2014 - The Year of Physical, Mental, & Spiritual Transformation

Marshall's ATA Valentine's Day Belt Testing Wed/Thu Feb 12th & 13th

Marshall's ATA Board Break Testing Mon Feb 10th, 2014

Marshall's ATA Black Belt Midterm Thur Feb 20th, 2014 6:45 - 7:45pm

Marshall's ATA In-School Tournament Sat Mar 1st, 9:30a - 12:30pm

Marshall's ATA Spring Break Camps March 12th, 13th & 14th 8:00am to 3:00pm

Songahm Spring Nationals in Anaheim, Ca

Marshall's ATA to Add All Ranks Juniors & Adults Class on Tuesday/Thursday Evenings

The switching of the Tues & Thur 6:00 - 6:45 Camo thru Black/Rec class with the 6:45 - 7:30 Black Belt class is working out nicely. The Black Belts class deserved a more favorable timeslot on the schedule. The current Tue/Thu 6:45 - 7:30 Camo & Above class is very sparsely attended now and I see that as an opportunity to further fine tune the schedule. I am opening up this Tue & Thu 6:45 - 7:30pm to

ALL Ranks Jrs/Adults. Now the last class of every day every can be used as an opportunity to train for any Jrs/Adults. From the discussions I've had, by opening this timeslot up to Jrs/Adults of **All Ranks**, this will make the schedule even more user friendly for our students with busy schedules. I will publish a copy of this minor schedule modification to the Marshall's ATA website

Marshall's ATA

2900 Wind River Lane, #138, Denton, TX 76210

940/271-4217 * 940/271-4218 fax

Website: marshallsata.com

Email: marshallsata@verizon.net / Cynt_marshall@msn.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 -12:45 Adults		12:00 -12:45 Adults			7:15 - 8:15am *Yoga*
4:00 – (4:45) Camo & Up Master Club Juniors/TT	4:00 – (4:45) Camo & Up Tiny Tigers	4:00 – (4:45) Camo & Up Master Club Juniors/TT	4:00 – (4:45) Camo & Up Tiny Tigers		9:30 – 10:00 W, O, Y Tiny Tigers
Intro's/Private Les- sons by appt 4:30 – 5:00	4:45 – 5:15 W, O, Y Tiny Tigers	Intro's/Private Les- sons by appt 4:30 – 5:00	4:45 – 5:15 W, O, Y Tiny Tigers		10:00 – (10:45) Camo & Up K4K/TT
4:45 – 5:30 Camo thru Black/ Rec	5:15 – 6:00 W,O,Y Jrs/Adults	4:45 – 5:30 Camo thru Black/ Rec	5:15 – 6:00 W,O,Y Jrs/Adults	TBA	10:45 – 11:30 W, O, Y Jrs/Adults
5:30 – 6:15 W, O, Y	6:00 – 6:45 Black Belt Decided	5:30 – 6:15 W, O, Y	6:00 – 6:45 Black Belt Decided		11:30 – 12:15 Camo & Up Jrs/Adults
6:15 – 6:45 Tiny Tigers	6:45 – 7:30 All Rank Jrs/ Adults	6:15 – 6:45 Tiny Tigers	6:45 – 7:30 All Rank Jrs/ Adults		12:15 – 1:00 XMA
6:45 – 7:30 All Rank Jrs/Adults		6:45 – 7:30 All Rank Jrs/ Adults			1:00 – Demo Team

Schedule subject to change as enrollment increases

Parents please help us maintain a positive learning environment by:

Keeping younger children off the workout floor

Let the Instructor do the teaching while class is in progress. Please keep conversations quiet.

Note: *** W, O, Y *** = White, Orange, Yellow Belts

Revised 01/29/14

* Leadership/Character Education (must be on Leadership Program)

**Intermediate refers to 5, 6, 7 yr olds

K4K = Karate for Kids 7, 8, 9 yr olds

Yoga Class Start time Change

The Yoga class has agreed to move our Yoga class start time up a bit to accommodate the Leadership Class which meets from 8:30 - 9:30am twice per month on Saturdays. We all agreed the Yoga class will go from 7:15am to 8:15am on Saturdays. The Yoga class is growing and for now there is still room for a few more students to join us. It's only \$15.00

per class and you need not be a member or student of Taekwondo, so bring a friend or two. You will be so glad you gave it a try.

Marshall's ATA Will Be Closed Next Saturday Feb 8th

Marshall's ATA will be closed next Saturday Feb 8th as we prepare to transition to our new Belt Testing cycle. When we reopen on Monday Feb 10th, we will be in final preparation for the 'Confidence' Belt Testing and the Brown thru Black Recommended students will be undergoing their official Board Break Testing.

Marshall's ATA Summer Camps 2014

The Marshall's ATA Summer Camps will be even more awesome this year. **The Sparring/Fitness Summer Camp will run from June 16th thru 20th.** We will add Jiu-Jitsu techniques to our sparring this year. The emphasis this year will be more of a reality based scenario sparring and self-defense tactics and techniques. Our Fitness aspect of the class will emphasize partner drills as well as a group component. This will be a fun and exciting Camp and is always a hit with kids and adults.

The **Weapons Summer Camp will run from July 21st thru 25th.** This is always one of our most popular Camps because stu-

dents love learning the Bo Staff, wielding swords and Combat weapons. We will have ample time to review and investigate weapons to see which one is the best fit for us. We will do our weapons demo on the last day of the Camp with musical accompaniment if you like. If the weapons handling aspect of the martial arts is your passion then this is the Camp for you.

The final Camp of the Summer will be the **Rank Advancement Summer Camp which will run from Aug 18th thru 22nd.** This Camp could allow a student to catch up on a missed Testing earlier in the year or get ahead while they adjust to the upcoming

school year. The Rank Advancement Camp delves into Forms, Sparring, Weapons, Self-Defense, Leadership Class Management, Competition techniques. There is a rank promotion ceremony at the end of this Camp and no discount and since there is a belt testing fee included in the cost of the Camp. **All Camps are \$300.00** and you can sign up now. There is an **early bird discount of \$50.00 if you sign up between Jan 3rd thru Feb 3rd.** Student signing up between **Feb 3rd & March 3rd will receive a \$25.00 discount.** There will be **no discount for the Rank Advancement Camp** as a Testing Fee is included in the cost of the Camp.