

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA 2014 Class Schedule Modification

Marshall's ATA In-School Tournament Sat Jan 25th

Marshall's ATA Closed for MLK holiday

Leadership Workout on Jan 25th

Next Marshall's ATA Color Belt Testing Feb 12th/13th

Black Belt Midterm on Thurs Feb 20th, 2014.

Marshall's ATA will be Closed for the Martin Luther King, Jr. holiday Mon Jan 20th, 2014

The Year of Physical, Mental & Spiritual Transformation

Marshall's ATA Reopens on Mon Dec 30th, 2013

Happy New Year!! We hope you had a wonderful Holiday Season with so many memories & well-being that they will carry you well into the New Year. We have made a minor revision to the current class schedule that will hopefully provide more quality training time for our Black Belt students as they continue their martial arts training. The Black Belt class time slot will be switched with the Camo thru Black/Rec class on Tue & Thu. All other class times will remain the same. The Black Belt decided class will meet from 6:00—6:45pm and the Camo thru Black/Rec class will meet in the 6:45 - 7:30pm time slot on Tues & Thurs. I am attaching the modified 2014 class schedule. This information has been previously published and begins Jan 2nd. If there are any questions or concerns please bring them to my attention.

Marshall's ATA In-School Tournament

Saturday Jan 25th beginning at 09:30am. We will conduct the Tiny Tiger portion of the Tournament from 9:30am to 10:30am on Saturday morning and then the Juniors/Adults from 10:45 to approximately 12:00pm. We will have traditional Forms, Sparring, Weapons as well as Creative Weapons & Combat Weapons. The Tiny Tigers & Junior tournament participants not placing will receive a Participant medal or trophy. This is a great opportunity for our Competition Team to earn extra points for their standings and for other students to learn how to perform under the scrutiny of Judges and an audience and/or how to conduct themselves at a Regional or National level tournament or event.

Marshall's ATA Leadership Class & Workout

The Marshall's ATA Leadership classes will be held this month on Sat Jan 25th from 8:30am to 9:30am. The format of the meetings will be a Leadership workout & Testing material class and will not have as much of a Lecture component. This Leadership workout format will facilitate coverage of our required physical material & allow for

Q & A and dissemination of new school information & planning for the New Year 2014.

Marshall's ATA will be Closed on Mon Jan 20th in observance of the Martin Luther King, Jr. holiday.

Marshall's ATA Summer Camps

Believe it or not it is not too early to start planning for our Marshall's ATA Summer Camps. We will begin with our Sparring/Fitness Camp beginning on Jun 16th thru 20th. The Weapons Summer Camp will be from July 21st thru 25th. The Rank Advancement Camp will be held from Aug 18th thru 22nd. The cost of each Camp is \$300.00 and we are offering an early bird discount for our students who sign up prior to March 3rd. Students signing up between Jan 2nd & Feb 3rd will receive \$50.00 off the cost of the Camp. Students signing up between Feb 3rd and March 3rd will receive a \$25.00 discount off the full price. There will be no discounts for the Final Camp & the Testing fee is included in the cost of the Aug Rank Advancement Camp. Please see Mr. or Mrs. Marshall for multiple Child or multiple Camp discount.

Special points of interest:

- **Marshall's ATA Reopens on Mon Dec 30th, and on Thur 2014**
- January Leadership Workouts Sat Jan 25th 8:30 - 9:30am
- Marshall's ATA In-School Tournament Jan 25th, 2014
- Marshall's ATA will be Closed for the Martin Luther King, Jr holiday Mon Jan 20th, 2014.
- Marshall's ATA Official Board Break Testing will be held during class on Mon Feb 10th
- Marshall's ATA Belt Testing on Wed/Thu Feb 12th/13th
- Black Belt Midterm on Feb 20th during Black Belt Class
- Marshall's ATA 2014 Summer Camps Early Bird Discounts if Signed up by March 3rd

Tournaments:

Humble, TX Master Kevin Henderson	02/21 & 02/22
Spring Nat'ls Anaheim, Ca	3/19 Thru 3/22

We Begin the New Year with CONFIDENCE

Confidence is full trust; belief in the powers, trustworthiness, or reliability of a person or thing; i.e. *We have every confidence in their ability to succeed.* Belief in oneself and one's powers or abilities; self-confidence; self-reliance;

Assurance; i.e. *His lack of confidence defeated him.* Certitude; assurance; i.e. *He described the situation with such confidence that the audience believed him completely.* Also, a confidential communication: to exchange

confidences. The attribute that I most emphasized in the previous year 2013 was 'Discipline' I often gave the example that the attribute of Respect will help you get your room clean but Discipline will help you to KEEP it clean. The condition of your room symbolizes the condition of mind & body.

Cancellation of Private Lessons

If you are unable to attend a previously scheduled private lesson, please provide at least a 24 hour notice of cancellation. There will be a 50% cancellation fee without prior notification

Marshall's ATA 2013 Year in Review

Page 2

Jan 2013 - The Marshall's ATA Black Belt Induction Ceremony took place on Fri Jan 11th, 2013 from 5:15 to 6:15pm. We also added Friday evening Sparring/Competition classes exclusively for Camouflage belts and up that began on Friday Jan 3rd, 2013. The classes were subsequently cancelled due to lack of participation.

Feb 2013 - Marshall's ATA partnered with Achiever's Gymnastics in Denton so that our Marshall's ATA Demo Team D3MO could undergo eight weeks of gymnastics training from Friday Feb 22nd through April 2013.

March 2013 - Marshall's ATA conducted our second In-School tournament of the 2012/13 tournament year on Saturday March 23rd (St. Patrick's Week).

April 2013 - Marshall's ATA hosted our 2013 School Photo Shoot hosted again by Boster Studios on Thursday & Friday April 18th & 19th. The ATA Regional Class 'B' Dallas Duel Tournament was held in Mesquite, TX on April 13th & 14th.

May 2013 - Marshall's ATA conducted a Combat BMEE Clinic on May 18th. For the second year in a row Marshall's ATA received recognition by the readers of the Denton Record Chronicle as the Best of Denton 2013. The readers of the DRC voted Marshall's ATA 2nd Place among all Denton Martial Arts schools. Marshall's ATA Black Belt Mr. Justin Kolba was accepted into the Junior National Honor Society.

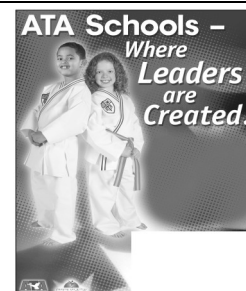
Congratulations to Mr. Devin Hearvey, on achieving his **2nd Degree Decided** Black Belt, Mrs. Lesley Merki, Miss Everest Merki, Mr. Nabil Baugher & Mr. Sam Merki achieved their **1st Degree Decided** Black Belt at the Marshall's ATA Christmas/Winter Belt Testing.

Congratulations to Mrs. Sandra Arcuri, Mr. Hunter Lamb & Mr. Dylan Lamb as they have successfully completed their midterm for their **2nd Degree Recommended** Black Belt.



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

The Marshall's ATA Leadership Class/Workout will be held in Jan on Sat Jan 25th from 8:30 to 9:30am

Marshall's ATA will be conducting our First 2014 In-School Tournament on Sat Jan 25th beginning @ 9:30am

Marshall's ATA will be Closed for the MLK, Jr. holiday on Mon Jan 20th, 2014

Begin Planning for Marshall's ATA 2014 SUMMER CAMPS!!!

Yoga Classes at Marshall's ATA with Mrs. Nikki Nordhus

We offered a trial Yoga class at Marshall's ATA back in October. I attended the class and I thought it was very well done. I've always wanted to have Yoga as part of Marshall's ATA and I was fortunate to meet Mrs. Nikki Nordhus. Although I'm not a certified Yoga instructor, I admire and respect the discipline and art of Yoga. Mrs. Nordhus is a certified Yoga instructor and she has agreed to conduct classes at Marshall's ATA initially on Saturday mornings from 8:00 - 9:00am. The initial session of the Yoga classes would start officially each Saturday January 11th thru Feb 8th 2014. The classes will be \$75.00 for a block of 5 classes or you may drop in for \$15.00 per class. I had an initial sign up sheet out and there was a very positive response to the Yoga classes.

I would like to enter this new year with the first scheduled Yoga classes of 2014 at Marshall's ATA. We are excited to offer Yoga to the students and families of Marshall's ATA because we think this will be an excellent enhancement to our program and will offer great benefits to the health, fitness & well-being of our students, families and community. Anyone interested in the Yoga classes at our facility does not have to be a student of Marshall's ATA but will be expected to comport themselves appropriately and respectfully. If this class sounds right for you, please inform me or Mrs. Marshall and we will initiate the process with Mrs. Nordhus. Thank you and have a wonderful New Year.

June 2013 - The first ever Songahm District Championships event was held on Sat June 8th, 2013 at the Hampton Inn & Suites Dallas/Mesquite 1700 Rodeo Dr. Mesquite, TX. Mrs. Sandra Arcuri & Mrs. KayLynn Safar competed in Forms, Sparring, Weapons & Combat BME. Dr. Charles Kurtz competed in Creative Weapons. Dr. Kurtz & Mrs. Arcuri won the Title of District Champion. Marshall's ATA kicked off our 5th annual Summer Camp Season with the Fitness/Sparring Camp. We conducted the first of our three annual Summer Camps from June 17th thru June 21st.

July 2013 - Marshall's ATA decided to make a change to the way we conduct our color belt Testings here at Marshall's ATA. Testing is to be conducted during regular class period with ALL students involved & active during the entire Testing. The dates of Songahm World Championships were changed to July 8th thru 14th, 2013. Marshall's ATA hosted our 2013 annual Summer Picnic at Denton Water Works Park 2700 Long Road, Denton, TX. Marshall's ATA conducted our annual Weapons Camp from July 22nd thru 26th 8:00am - 12:00pm

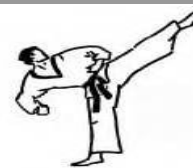
Aug 2013 - The Back-to-School Belt Testing conducted during class. Mr. Devin Hearvey achieved 2nd Degree Recommended Black Belt status. The Texas Twister Class A regional tournament was held on Fri & Sat Aug 9th & 10th at the Allen Events Center in Allen Texas. The Unicorn Lake Summer Concert Series kicked off Thursdays beginning Aug 5th from 7 - 8:30pm. The Marshall's ATA Rank Advancement Campers Tested in Aug.

Sep 2013 - Marshall's ATA In-School tournament was conducted on Saturday Sept 14th. Songahm ATA Regional Tournament in Mesquite, TX. Final Concert of the Unicorn Lake Summer series Sep 5th.

Oct 2013 - Marshall's ATA Fall Belt Testing. We hosted our Annual Fall Harvest Festival & Costume Party. The Unicorn Lake Business Association's 5th annual Trick or Treat was conducted on Halloween. Yoga Class conducted by Mrs. Nikki Nordhus Certified Yoga Instructor. Mrs. Victoria Lamb achieved her 2nd Degree Recommended Black Belt. Mr. Will Lamb competed (and finished well) in a Half Ironman race in Austin, TX.

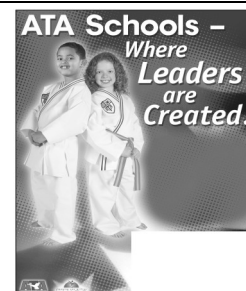
Nov 2013 - Marshall's ATA hosted our annual 'Karate Kamp' on Friday Nov 23rd from 8:00am to 2:30pm. Chief Master Allemier's Rockwall ATA school hosted a Ground Fighting Seminar conducted by Master Kevin Henderson. A Songahm Class A regional tournament was hosted in Katy, TX by Master Gerald Frentz. Chm Anderson Class 'B' tournament in Little Rock, Ar.

Dec 2013 - Marshall's ATA was shut down for several days due to icy weather conditions. Marshall's ATA Christmas/Winter Color Belt Testing was delayed by inclement winter weather. The Merki Family & Nabil Baugher successfully tested for 1st Degree Decided Black Belt. Mr. Devin Heavey successfully tested for 2nd Degree Decided Black Belt. Mrs. Sandra Arcuri, Mr. Hunter Lamb & Dylan Lamb achieved their 2nd Degree Recommended Black Belt. We hosted our rescheduled Christmas party at the Pourhouse Grill at Unicorn Lake. Marshall's ATA was closed for a week for the Holidays. Marshall's ATA publicized an upcoming class schedule change (switcheroo) to the Black Belt decided Class and the Camo thru Black Recommended 6:00 - 6:45 & 6:45 - 7:30 Tue & Thur class beginning Jan 7th, 2014.



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The Marshall's ATA Leadership Class/Workout will be held on Sat Jan 25th from 8:30 to 9:30am

Marshall's ATA will be conducting our In-School Tournament on Sat Jan 25th @ 9:30am

Marshall's ATA will be Closed for the MLK, Jr. holidays on Mon Jan 20th, 2014

Marshall's ATA 2014 Summer Camps

Mr. Robert W. Marshall, Sr.



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



What is Martial Arts?

A Guide For Parents

Is it about fighting or is there more? Is there a psychological or spiritual part to martial arts that makes it an art? Or if someone teaches self-defense, does that mean they are teaching martial arts?

In the current sense of the word, a martial art teaches self-defense. The word 'Martial' comes from the word 'Mars' who was the Roman god of war. But it also involves a code of conduct. This code, in the form of rules that stipulate how a person is to act, is what separates a martial art from a fighting system. Herein lies the value.

Three tests for a martial art.

Test one - Physical Component

This includes improving strength, endurance, reaction time, flexibility and technical skill. It's the part we

See on the outside

Test two – Psychological Component. This is mental strength. It's the ability to think under pressure and stress. To control your emotions.

Test three - Spiritual Component.

This is the real test of a martial arts academy. It comprises a code of conduct and a series of lessons delivered by an instructor to make sure that a student is a better person.

The test for the consumer is if the instructor passes all three levels.

How it Works

Most schools pass level 1 with flying colors. The instructor trains the students to defend themselves in a real life or competitive field. This is relatively obvious by simply observing a class.

Level 2 is usually automatic as you grow mentally stronger to handle the physical regime. But the caveat is that the training be difficult. If the training is easy, the student doesn't have to grow. Growth only comes from difficulty, like in life. You experience suffering and work out how to handle it. The instructor must be able to explain the process.

Level 3 is where most martial arts schools fail. If they don't teach character development they become fight gyms. The reason for this is that an instructor must have learned a skill to teach it. Control of your character doesn't come easy. It has nothing to do with

Physical toughness.

Often, difficulty in mastering a skill is what creates a resilient attitude. That is why natural athletes don't usually make good coaches. They have never struggled with a skill so they can't empathize with a student who struggles.

How to Choose

Level 1 and 2 is now obvious from watching a class. Strength of character isn't something that is obvious in the first meeting. Nonetheless, it can be measured by how the instructor looks and acts. As children are very impressionable, they will imitate someone they look up to. They will copy language, image and movement. This will make many instructors nervous to read this. But it shouldn't. They need to live up to the expectations of their students ... in all areas of life.

You can't perform well on the training mat and break the law outside.

You can't be calm on the mat and lose your temper in the traffic.

You can't talk about principles then do a 'behind closed doors' money deal with one student.

Character doesn't have an off switch or a neutral gear. Either you have it or you don't.

"How will you make my child a better person?"

This is the final question that a real instructor should be able to answer in detail. If the response is only about physical skill and winning, he is not teaching a martial art. He is teaching a skill.

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What is Martial Arts?

Our Kids, Our Future

Kids in our society need a strong character to avoid the problems we have. Thinking our way out of a problem can't happen if we use old methods. Children need thinking skills that include depth, forethought, common sense and compassion. We need to instill in our youth the ability to work a way out of a problem by intelligence and compassion for the other person.

To combat violence with intelligence and understanding and not a swift physical reaction.

But to think clearly in a volatile situation a child must have refined that quality in a controlled atmosphere.

Hence the need for physical skill in the first place. It all starts there.

Physical skill, psychological control

and spiritual depth. All three must be taught in a real martial arts academy for it to be valuable. The result is that one day when a stressful situation occurs and you, as a parent, are not there as protector and advisor, your child will survive and thrive. Maybe even change lives.

Ten Reasons to Train in the Martial Arts

1. **Fostering Self-Discipline** – One of the central tenets of all forms of the martial arts is an absolute focus on self-discipline. Today's kids are so accustomed to receiving instant gratification that lessons in self-restraint and discipline aren't always easy to come by. Kids with a martial arts background, however, are continually reminded of how essential self-discipline is.
2. **Boosting Socialization Skills** – Kids who don't always thrive in highly social environments may find it easier to get to know people and make new friends when they're in a room filled with peers who share a common interest. The kids on the playground may not always have much common ground, but devotees to the martial arts are able to get to know one another through shared pursuits. Partner-driven forms like jiu jitsu can also foster camaraderie, as they force kids to pair off and build their skills together.

3. **Encouraging Physical Activity** – Limiting screen time is a great idea when it comes to getting kids off the couch and encouraging them to be more active, but it only goes so far. Enrolling an inactive child in such a physically demanding pastime not only discourages the sedentary lifestyle she's used to, but also gives her an enjoyable activity that inspires her to keep moving.

4. **Learning to Set and Achieve Goals** – Most forms of martial arts are based around an accomplishment system of colored belts that signify the wearer's degree of skill. When your child strives toward each new belt, he's learning valuable lessons about setting and reaching his goals.

5. **Increased Self-Esteem** – Confidence comes with achievement, so your child's self-esteem level will get a boost with every new move he masters and every belt he earns. Kids who struggle with a low sense of self-worth usually become more confident as time progresses while they're enrolled in a martial arts class.

6. **Instilling a Sense of Respect** – Learning any martial arts style will require your child to show her instructor unflinching respect. Today's kid culture doesn't always include respect for authority, adults or those in advanced positions. When she goes to her karate or tae kwon do class, though, your child will be learning lessons in respect along with new moves.

7. **Encouraging Non-Violent Conflict Resolution** – Thinking that martial arts instruction promotes violent behavior is justified if your only experience with the activity comes from

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10. Improvement in Other Areas of Life – The benefits of martial arts training don't end in the dojo. The boost in confidence, increased fitness level and new cooperation skills will also help your child navigate the academic and social aspects of school, affect his behavior at home and have an all-around good influence on him as he develops into an adult.

What is Martial Arts?

television or movies. In fact, many defensive styles teach kids peaceful, non-violent conflict resolution skills and emphasize the importance of avoiding a physical altercation.

8. Improving Listening Skills – In order to master the skills she's being taught and advance through the belt ranks, your child will have to exercise superior listening skills. Kids who aren't always adept when it comes to paying attention to what they're told can benefit from the verbal instruction and one-on-one work in her dojahng (training facility).

9. Developing Teamwork Skills – Whether he's breaking boards to get a new belt or sparring in a practice setting to master a new maneuver, there are few things that your child does in his martial arts classes that will be done on his own. Working together to learn new things and accomplish goals is an important life lesson for kids to learn, and instruction in the martial arts can help your child learn that lesson.

Mr. Robert W. Marshall Sr.,
4th Degree Black Belt, Certified Instructor
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Mr. Devin Hearvey

2nd Degree Black Belt
Decided

Mr. Marshall - Why do you want to become a Black Belt?

Mr. Devin Hearvey - I want to become a black belt because I have worked so hard for it. I have put in time and effort towards my achievement. I want to be a proud person who can say that I am a black belt. If someone asks how I got my black belt, I will say that I earned it through hard work and dedication. I want to inspire people to become a black belt. When people see me with a black belt I want them to be motivated to join Taekwondo.

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Mr. Devin Hearvey - I'm very motivated, I love helping others obtain their goals. Also I have worked very hard from the beginning to get where I am now. I hope when I get my black belt. I will inspire others to work as hard as I do. Even the little tiny tigers who take double the time because they get headbands between each belt.