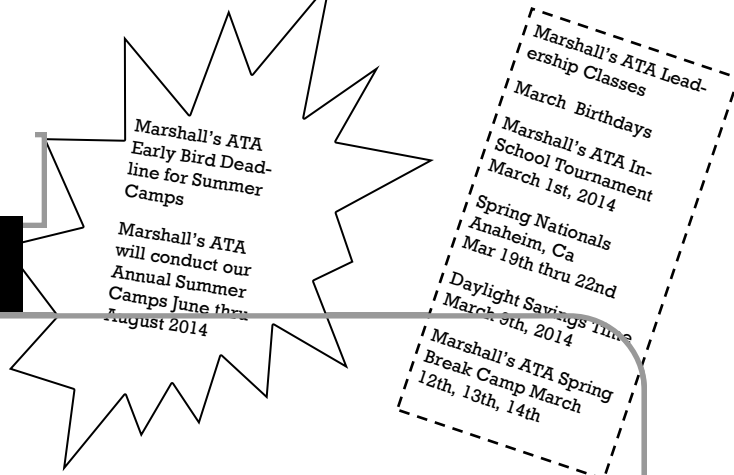


MARSHALL'S ATA BLACK BELT TIMES

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 In-School Tournament

Marshall's ATA will conduct our In-School tournament on Saturday March 1st. We will have traditional Forms, Sparring, Weapons & a Jiu-jitsu Demo competition. We will also have Creative forms & Weapons competition as well as Combat Weapons Sparring & XMA. The signup sheet is at the front desk and the cost is just \$35.00 per competitor for all events. Come and join in the fun.

Marshall's ATA Black Belt Midterm

Marshall's ATA conducted our Official **Black Belt Midterm on Feb 20th, 2014 from 6:00pm to 6:45pm.** We are thankful to all the Black Belts for participating and striving to increase their skill level while improving their knowledge as Black Belts of Songahm Taekwondo.

Master Kevin Henderson of the Humble, TX School

Master Kevin Henderson of the Humble, TX school will conduct a Class 'A' Regional tournament on Friday & Saturday Feb 21st & 22nd. Dr. Charles Kurtz,

Mrs. Sandra Arcuri & Mr. John Manzer will be travelling to Humble to represent Marshall's ATA.

March Leadership Classes

Mar 8th & 22nd. March's Theme will be Loyalty & Class Structure. We will discuss the In-School Tournament, Spring Break & Summer Camps, Spring/Easter Belt Testing/Midterm in April, The Dallas Class 'A' Regional Tournament in April, a Competition & Jiu-jitsu class, Choosing potential names (I like Kickstart & Dreadnought) and leadership for the new Marshall's ATA Demo Team. Demo Team tryouts & uniform selection March 22nd, the June /Summer Belt Testing June 11th & 12, the Black Belt Midterm/Testing will be on Sat June 14th to avoid conflict with the Sparring/Fitness Summer Camp from June 16th thru 20th.

Songahm Spring Nationals Anaheim, Ca

The Songahm Spring Nat'ls will be held at the Anaheim Convention Center in Anaheim, Ca. From March 19th thru the 22nd. Mrs. Sandra Arcuri will be travelling to Anaheim and representing Marshall's ATA.

Marshall's ATA Spring Break Camp

Marshall's ATA Spring Break Camps. **Wed March 12th will be the Sparring/Jiu-jitsu Fitness Camp. Thur March 13th will be the Weapons & Sword Camp & Fri March 14th will be the Rank Training Camp.** Each Spring Break Camp day is \$85.00 and will run from 8:00am to 3:00pm.

The Dallas Duel Tournament

will be held on April 11th & 12th at the Mesquite Convention Center 1700 Rodeo Drive Mesquite, TX. The tournament will run from 8:00am to 5:00pm. I would like Marshall's ATA students to have a strong presence and showing at this tournament. This is a very unique opportunity for our Black Belt Recommended students and others who've never experienced competition or even participation (especially those who are anticipating testing for Black Belt soon) in a tournament to finally experience the challenge of a Songahm ATA Regional Class 'A' tournament so close to home. Confidence

Special points of interest:

- March Birthdays
- Marshall's ATA In-School Tournament on Sat March 1st, 2014 Beginning at 9:30am
- First Early Bird Deadline to Signup for discount on Marshall's ATA Summer Camps on March 3rd
- Marshall's ATA Spring Break Camp March 12th, 13th, 14th
- March Leadership Classes on Saturday March 8th & 22nd
- Daylight Savings Time Begins Sunday March 9th Spring Forward 1 Hour @ 2:00am
- Songahm Spring Nationals in Anaheim, Ca. Mar 19 - 22nd

Tournaments:

Marshall's ATA In-School Tournament	March 1st 2014
Dallas Duel Class A Tournament Mesquite	April 11th & 12th, 2014

Vision

"An artist is not paid for his labor but for his vision" - James Whistler."

"A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown. - Denis Waitley

Parental Interactions with Students During Class

This is a reminder to the parents & grandparents of students of Marshall's ATA. Please help us to maintain a positive learning environment by keeping conversations quiet during class. We of course don't mind positive

affirmations and support of the students efforts in class. Please do not interfere with the instructors' teaching the class by distracting, attempting to correct, converse with or call out to any student while they are in

class. Students are expected to be able to listen, pay attention to and follow the instructions of the instructor conducting class. If a parent is attempting to communicate with their child during class, this causes confusion & subverts class structure.

Marshall's ATA Summer Camps in June - Aug

Page 2

Marshall's ATA will be conducting our Summer Camps in June, July & Aug 2014. Our Sparring/Jiu-Jitsu Fitness Camp will be conducted from June 16th thru 20th from 8:00a - 3:00p. The Weapons/Gumdo Sword Camp is from July 21st thru 25th. The Rank Advancement Camp will be held in Aug from the 18th thru 22nd. You can reserve your place in the Camps at an early bird special price of \$250.00 from now until March 3rd. From March 4th thru May 1st, the cost will be \$300.00 and from May 2nd until the start of the Sparring/Fitness Camp on June 16th, the cost will be \$350.00. Two Camps can be purchased for \$400.00 ending May 1st. There's no discount for the Rank Adv Camp Aug 18th - 22nd. The price is \$300.00 & it includes the fee for the testing on Friday. The signup sheets are now at the front desk.

In-School Tournament

Marshall's ATA will be conducting our second In-School tournament of the 2013/14 tournament year on Saturday March 1st. There will be competition in Traditional Forms, Weapons & Sparring. We will also have a division for Creative & XMA Forms, Weapons and Combat Weapons sparring. We will also have Jiu-Jitsu exhibition matches. We will have the Tiny Tigers competition first and then we will have the Juniors/Adults competition. The cost is only \$35.00 to participate in all categories. This event will be an opportunity for our Leadership & CIT students who have been competing and earning points toward a District or World Champ title in preparation for World Championships in Little Rock in July.

Marshall's ATA Demo Team

Marshall's ATA is rebuilding and hosting tryouts for the new Demo Team. Students who want to be a member of this new Demo Team must be willing and available to train on Saturdays at Marshall's ATA from 1:00 to 2:00pm. They will be working on enhancing their strength, agility & building the skill sets that will 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.

Competition Class

We have an opportunity for our Black Belt Rec & 2nd Degree decided students who've never experienced competition or participation in a tournament to finally experience the challenge of a Songahm ATA Regional Class 'A' tournament so close to home. Since we will not have a Black Belt Testing in April, this is an opportunity to Test your mettle against other Songahm students of similar experience level from other schools.



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 Miss Elysia Hutchinson & Mr. Nico Hutchinson on achieving their 1st Degree Recommended Black Belt at the February Valentine's Day Testing.

Health & Safety Policy: Spring is just around the corner, and I feel it is especially necessary to reiterate the schools' 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. This policy is there to prevent unfortunate injuries to a students' foot as they enter/exit the school. It is also designed to discourage students from tracking debris from the outside onto the mat.

2014 - The Year of Physical, Mental & Spiritual Transformation

Marshall's ATA will Conduct our In-School Tournament on Sat March 1st, 2014

Marshall's ATA March Leadership Class on March 8th & 22nd, 2014

Daylights Savings Time Begins Sun March 9th, 2014

Marshall's ATA Spring Break Camp March 12th, 13th & 14th

Spring Nationals Anaheim, Ca March 19th thru 22nd, 2014

Marshall's ATA will Conduct our Summer Camps from June thru Aug, 2014

A Letter from a Marshall's ATA Student on CONFIDENCE

I was recently handed an unusual letter from one of my Orange belt students. After reading it, I thought it was such a revelation; a snap shot if you will of the thoughts into the mind of a young student as she progresses through her training with us here at Marshall's ATA.

For I know that I have strength and I know that I have knowledge. I do not get discouraged by a failure of any size. I have discipline. I am not dull nor quiet. I am heard. I do not answer in question. I am not boastful yet I am proud

of what I do. I am not shy. I will succeed in what I do. I will not always succeed the first time, the second time but however many times it takes me to be the best of what I can be. I saw a toddler fall down yet she still got up.

I AM CONFIDENCE

Amalya Graham



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 loses a big close game? That

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 something is unfair, or unjust.

"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 parts that make you take compassion for the person, but also all the red

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 dojahng, 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 dojahng 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-Shipley, MS - Gina Cortese-Shipley 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

June 16 - 20, 2014

TIME

8:00 am - 3:00pm

COST

\$300.00 / \$250.00 Early

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



ATA SUMMER WEAPONS CAMP

Master Your Favorite Weapon
Hands-On Training • Learn New Techniques

Sign-up Before It's Too Late!



DATE

TIME

COST

July 21 - 25, 2014

8:00am - 3:00pm

\$300.00 / \$250.00 early

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
Aug 18 - 22, 2014

TIME
8:00 am - 3:00pm

COST
\$300.00