

## MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY  
4145 E. I 35 SOUTH # 108  
DENTON, TX. 76210  
(940) 271-4217  
WWW.MARSHALLSATA.COM

Christian Williams  
Tests for First Degree  
Black Belt!

Tournament  
April 19, 2008  
Southlake, TX  
2008 School-  
Photo Shoot  
Marshall's ATA  
Spring Belt Test-  
ing!

# Great Competition at the Inner School Tournament

**Congratulations** to all our students who participated in the Inner School Tournament. I was very pleased at your performance and am very excited about the Southlake tournament on April 19th & really looking forward to the **April 21st & 25th** School Belt testings.

### School Closed for Southlake Tournament.

Marshall's ATA will be closed on **Saturday April 19th** so that everyone (especially those of you who haven't participated in an official ATA Tournament) can experience the excitement and challenge. We can turn our sights to and prepare for a new challenge coming up in April. The Tournament (Texas Impact 5) will be at the Southlake Carroll High School gymnasium, (home of the Carroll Dragons.) This is the last regional tournament in our area (Region 112) prior to World Championships in June. Mr. Marshall would like to support this tournament with a

big showing of our most eager competitors. For those of you who would like to get in on the fun, thrill and excitement of an official ATA tournament, the signup sheet is on the front counter. You can exercise your preference to participate in the Forms, Sparring or Weapons competitions. Or just come and observe how a tournament is conducted. Your support can be useful as a scorekeeper or timekeeper or just assist in any capacity needed. .

**Mr. Christian Williams**  
Please join me in wishing Mr. Williams a great performance at his upcoming Black Belt testing this month. As a member of the Master Club & Marshall's ATA Leadership Team, Christian will continue his training with us



after his testing.

### Marshall's April 2008 Calendar.

- **School Closed for Southlake Tournament - Sat 4/19.**
- **Marshall's ATA Spring Belt Testing 4/21 Tigers & 4/25 Juniors & Adults.**
- **School Photo Shoot!**
- **Christian Williams Tests for First Degree Black Belt.**
- **April Birthday Celebration Mon -4/21 after Tiny Tiger Testing. No Classes.**
- **Leadership Classes-Thurs 4/03 & 04/10. 6:15 - 7:00pm**

### Private Lessons!

Private lessons are available for students to refine and polish your technique or to make up classes missed due to illness, homework load or vacation, etc. Come let's see how good you can be.

### Special points of interest:

- **School Photo Shoot**
- **Marshall's ATA Welcomes The Robinson Family.**
- **Marshall's ATA Welcomes The White Family.**
- **Marshall's ATA Welcomes Caroline Guinn.**

Taekwondo	English
<b>Commands</b>	<b>Translation</b>
Bah-ro	End
Chah-reot	Attention
June-bee	Ready
Ki-hap	Yell
Kyeong-neh	Bow
She-Jak	Start

### Tournaments:

Southlake, TX / A Master Kevin Rose	4 / 19
World Championships Little Rock, AR	6 / 23
Allen, TX Mater Sustaire	8 / 22
Katy, TX / A Mr. & Mrs. Frentz	9 / 12
Dallas, TX / B	11 / 15

## Inner School Tournament Participants

Marshall's ATA held an Inner School tournament last month and I would like to thank each and everyone who participated and made it such a memorable event. Kudos & thank you to the following:

- Luke Hilton
- Logan Landers
- Johntaye Nesty
- Colton Daggett
- Christian Williams
- Drew Gatlin
- Triston Hyman
- Jake Tanis
- Renee Landers
- Jennifer Williamson

# Marshall's ATA School Photo Shoot

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It's time to Spring into action and capture the action with the 2008 School Photo Shoot. I am currently attempting to schedule at least one martial arts photo studio session with **Boster Photo Kicks**. Photo Kicks is known across the nation for its award winning achievement in the visual arts. The Photo Kicks mixture of amazing action photography, stunning crisp graphics and extensive knowledge in aerial athletics propelled the company to a level of national recognition in their first couple of years in business. The company's bread and butter is a staff of some 20 photographers, who go to martial arts, gymnastics and dance schools nationwide to take customized pictures of students and instructors. The photos are then processed by graphics

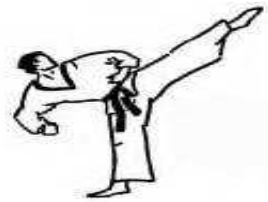
artists into prints, posters and even trading cards. With Photo Kicks affinity for martial arts, pictures of students posing in 'Karate' stances or flying through the air take on a quality of Hollywood pop and sizzle. With a ton of enthusiasm and energy, they are very knowledgeable about the martial arts and they know how the photos should look.

## Tournament Time

For a new Taekwondo student, the thought of jumping into your first tournament can be intimidating. You have to leave what you know—the warmth and safety of your school, your buddies and your friendly instructor—to compete against strangers, maybe even in a strange city. But there's lots of pluses to competing "early and often",

say most ATA instructors. In fact, your training may not feel complete if you don't mix in some tournament experience. Getting started in tournament competition doesn't have to be hard—or intimidating. Get your gear ready.

**Why should I compete?** Competition builds your confidence. It's a great way to put yourself in a situation that's out of your normal comfort zone, so you learn to respond to things outside that comfort zone. Tournaments are a great way to meet new people and expand your ATA involvement. Competition helps students learn to perform better under pressure. How are you going to handle this additional pressure. If you ever have to defend yourself, the pressure will be similar. Plus, tournaments are fun!



## New Black Belt Club Members

Marshall's welcomes new Black Belt Club members.

Grace White (White)  
Owen White (White)  
Henry Robinson (White)  
Jacob Robinson (White)  
Caroline Guinn (White)  
Shawn Landers (White)

## Tournament Time Continued.....

**When am I ready to compete?** Students often feel they are not ready to do tournaments. If you've been training for a month, six weeks—even if you're a white belt—you're ready to compete, because you're only going to go against people of your own experience level. It's about the experience, not winning or losing.

**Can anyone compete?** There are just three requirements to compete in a sanctioned Songahm Taekwondo event.:

- \*Be a member in good standing with the ATA.
- \*Be a member in good standing with a licensed ATA school or club.
- \*Have your instructor's permission.

**When I arrive at a tournament, what should I do?** On tournament day, show up at the site in time to participate in the opening ceremony. Check in at the registration desk. Then listen for your division to be called. (Your division is based on your age and belt level.)

**Tournaments complete the Taekwondo Person.**

## Do You Have Self Confidence?

*Who has confidence in himself will gain the confidence of others.* - Leib Lazarow

*Too many people overvalue what they are not and undervalue what they are.* - Malcolm S. Forbes

*Your chances of success in any*

*undertaking can always be measured by your belief in yourself.* - Robert Collier

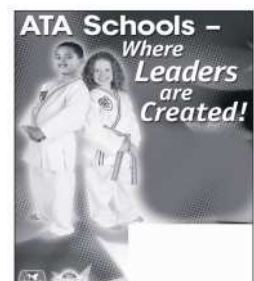
*Self-Confidence is the memory of success.* -

*Laugh at yourself, but don't ever aim any of your doubt at yourself. Be bold. When you embark for strange places, don't leave any of yourself safely onshore. Have the nerve to go into unexplored territory.* - Alan Alda

*One important key to success is self-confidence. An important key to self-confidence is preparation.* - Arthur Ashe

*You have to believe in yourself.* - Sun Tzu

*It is folly for a man to pray to the gods for that which he has the power to obtain for himself.* - Epicurus (Greek Philosopher, BC 341 - 270)



## Good Luck!

Good luck  
Mr. Williams on  
your pursuit of your  
First Degree Black  
Belt.



MARSHALL'S ATA MARTIAL ARTS

*Every kid's a winner  
Every kid's special*

# April 2008

**HAPPY BIRTHDAY**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Leadership class 6:00pm	4	5
6	7	8	9	10 Leadership class 6:00pm	11	12
13 Otomix Week	14	15	16	17	18	19 Southlake Tournament School Closed
20 Otomix Week	21 Tiny Tiger Testing 6:00pm April B-Day Celebration	22	23	24	25 Jrs/Adult Testing 7:00 pm	26
27	28	29	30			

Emmanuel Arias 4-1  
 Emeric Hulstrand 4-8  
 Ethan Hester 4-14  
 Carrie Pearson 4-29  
 Will Pearson 4-20  
 Dalton Pettway 4-5  
 Breanna Wallace 4-9

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



## **SOUTHLAKE TOURNAMENT**

**APRIL 19, 2008**

**SIGN-UP TODAY**

## **2008 WORLD CHAMPIONSHIPS**

**Little Rock, Arkansas**

**June 24TH-29TH**

**Register Now**

**If you plan on attending**

**If you are unsure please make your**



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**Robert Marshall, CI-PT**

*"Put Your Back Into Your Future"*



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