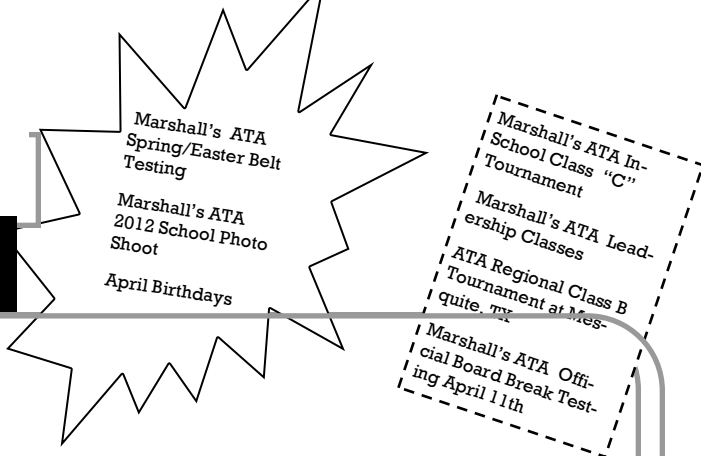


MARSHALL'S ATA BLACK BELT TIMES

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



Marshall's ATA Spring/Easter Belt Testing

Marshall's ATA Spring/Easter Belt Testing

The Marshall's ATA students have worked very hard over the past 8 weeks. It's time for the Spring/Easter belt testing. The dates/times are Thur & Fri-April 12th & 13th. The Tiny Tigers will test on Thur April 12th beginning with the W, O, Y's at 5:15pm to 6:00pm and the Camo's & above will test beginning at 6:30pm to 7:30pm. The Juniors/Adults will test the following day April 13th beginning with the W, O, Y's at 5:15pm to 6:00pm. The Camo's & Above will test from 6:30 to 7:45pm. This will be an extra special testing because we will have four of our best students testing for their 1st degree black belt decided in Songahm Taekwondo. We are honored to have Paul & Kelly Desjardin, Ciara Gill & Mr. Christian Ubanii testing for the rank & title of Black Belt Decided in the ATA, STF & WTTU. Mr. Ulises Murillo, Destini Gill & Mr. Reid Wilshire will be doing their 1st Black

Recommended Midterm.

Marshall's ATA 2012 School Photo Shoot

Marshall's ATA will be hosting our 2012 School Photo Shoot hosted again by Boster Studios on Thursday & Friday April 19th & 20th. This was originally a one day event but there was such an overwhelming response to this school event that Boster Studios has agreed to a second day. The signup sheets for both days will be at the front desk soon and will be completely filled shortly, so if you and/or your family intend to sign up, please do so because we want everyone to be a part of this special school event. Everyone will have an opportunity to purchase a photo package however, no purchase is required. Everyone who is photographed will be included on the Marshall's ATA 2012 student photo collage. The only requirement is that you show up for your scheduled session and are a registered Marshall's ATA student signed up on one of our Training Program.

Marshall's ATA April Leadership Classes

The Marshall's ATA Leadership classes will be hosted on April 21st & 28th from 8:30 to 9:30am. The theme for April is 'Goals for Education & Career' and 'Rapport Building'. Leadership Team please have these sections completed in your manuals and be ready to answer questions on our theme for the month. Be ready to give two examples when asked for input.

ATA Songahm Dallas Duel Class B Tournament

Dallas Duel will be hosted on April 13th-14th, 2012 at the Mesquite Convention Center 1700 Rodeo Drive Mesquite, TX 75149.

Marshall's ATA In-School Class "C" Tournament

We will conduct an In-School tournament on Fri-March 30th a 5:15pm starting w/ the Tiny Tigers. The Juniors/Adults compete at 6:15 - 7:30pm. We'll have traditional, Creative & XMA Competition as well as Sparring & Weapons.

Special points of interest:

- Marshall's ATA Spring/Easter Belt Testing
- Marshall's ATA 2012 School Photo Shoot on April 19th & 20th
- April Birthdays
- Leadership Class Sat April 21st & 28th 8:30 - 9:30am
- Dallas Duel Class B Tournament in Mesquite, TX April 13th & 14th.
- Marshall's ATA In-School Class "C" Tournament
- Marshall's ATA Board Break Testing April 11th

Tournaments:

Dallas Duel Class 'B' Mesquite Convention Center

April 13 & 14th

2011 Songahm World Championships

June 20th-26th

Preparation

"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters." - Paul "Bear" Bryant

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work." - Stephen King

Marshall's ATA Summer 2012 Camps in June

Marshall's ATA will be conducting our 3rd Annual Summer Camps here at the school. We will have our Fitness/Sparring Camp from June 4th thru the 8th. Weapons Camp from July 9th thru the 13th. Our Rank Acceleration/Advancement Camp

from June 25th thru June 29th. We're considering having a Leadership Camp during the summer as well. The Camps will be in session daily from 8:00am to 3:00pm. The Leadership Camp will teach Public Speaking, Team Building

& Presentation as our Leadership students conduct classes as Head Instructors while we evaluate and comment on their performance based upon a list of criteria that we will be discussing daily during the Camp. We have signup sheets at the front desk. Discounts for those signing up by May 2nd.

The Bully Project

Page 2

Hopefully by now everyone has heard of "Bully". It's the new groundbreaking movie coming soon to theaters. The Bully Project highlights solutions that both address immediate needs and lead to systemic change. Starting with the film's STOP BULLYING. SPEAK UP! call to action, The Bully Project will catalyze audience awareness to action with a series of tools and programs supported by regional and national partners. The Bully Project is a collaborative effort that brings together partner organizations that share a commitment to ending bullying and ultimately transforming society.

WHAT IS BULLYING?

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing

around" and it is not something we just grow out of. Bullying can cause serious and lasting harm.

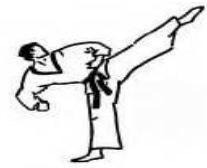
Although definitions of bullying vary, most agree that bullying involves:

- **IMBALANCE OF POWER:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves.
- **INTENT TO CAUSE HARM:** actions done by accident are not bullying; the person bullying has a goal to cause harm.
- **REPETITION:** incidents of bullying happen to the same the person over and over by the same person or group.

Bullying affects the entire family. While kids who are perennially targeted suffer feelings of powerlessness and depression, their parents often feel some of those same emotions of frustration and helplessness to protect their children; they may feel sidelined by school officials when the bullying continues and ostracized when they press for more to be done. In addition to the powerful testimonies of children who are bullied, BULLY also follows the struggles of Tina and David Long as they mourn the loss of their son Tyler and take on the school system that failed him.

Please go to resourceful website:

Thebullyproject.com to learn more and hear stories of bullying of the devastating effects this behavior can have on the lives of the people targeted by bullying. Continued.



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 and good luck to **Mr. Paul Desjardins, Mrs. Kelly Desjardins, Miss Ciara Gill and Mr. Christian Ubanii** as they test for their 1st Degree Decided Black Belt at the Spring/Easter Belt Testing. **Congratulations to Manuel Diaz Mosquera** for being accepted to the Master Club Program & Leadership Team. **Congratulations to Kevin Edwards** for accepting the challenge of the Master Club. **Congratulations** and Good luck to **Miss Nyja Johnson, Mr. Ulises Murillo, Mr. Reid Wilshire, Miss Destini Gill, Mr. Devin Hearvey & Mr. Hunter Lamb & Miss Kylie Hughes** as they perform their 1st midterm as Black Rec.

2012 - The Year of Miracles, Signs & Wonders

Marshall's ATA Spring/Easter Belt Testing April 12th & 13th

Marshall's ATA 2012 School Photo Coming up on April 19th & 20th

ATA Regional Class 'B' Dallas Duel Tournament at Mesquite, TX April 13th & 14th

Marshall's ATA In-School Class "C" Tournament Friday March 30th

April Leadership Classes April 14th & 28th Theme is Goals for Education & Career / Rapport Building

Marshall's ATA 2012 Summer Camps Coming up in June. Don't miss out, sign up today

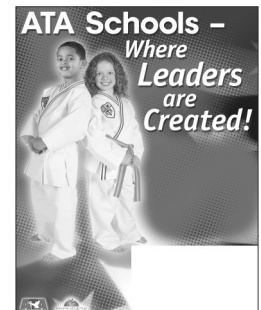
Cont....The Bully Project

My Brother is a disabled guy. And my next door neighbor is bullying him. We are taking them to court but he can't afford to get a lawyer.— Tiffanie Malloy Mar 29

I was the bully and the bullied in elementary school. Neither side comes out a winner. Hurt people, hurt people. It's so true and so sad.— Kendra Gilbert Mar 29

I'm 16 and I am a Student Being Bullied Everyday in my School. Physically and Emotionally Bullied.—Marie Gabrielle Rodriguez

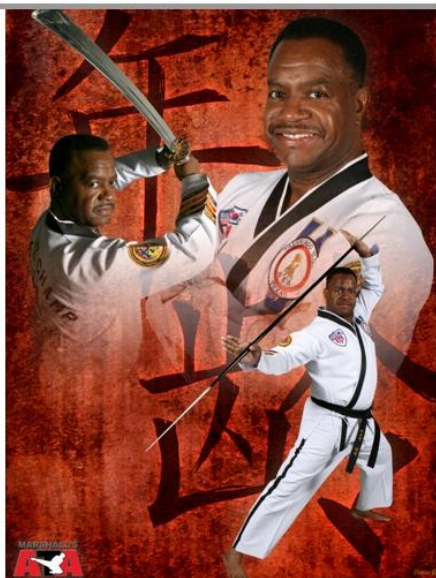
YOU have a huge opportunity to make a difference in the lives of those who are bullied. For Kelby, it's her friends that give her strength. For Tyler, having one friend, one person willing to stick up for him, could have saved his life. Bullying rarely involves just the person doing the bullying and the person being targeted. Bullying might involve your friends, your peers, people standing on the sidelines, people laughing, people adding comments online, and hopefully, people intervening to help the target.



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



What Everyone Should Know About Interactions with Law-Enforcement

By now everyone has heard about the Do's & Don'ts of personal conduct when dealing with law-enforcement Personnel. At least I thought so until a dear young friend of ours reported that she was stopped by police because of an expired license plate. She was so visibly shaken by the incident because it was the first time that she had ever been stopped and pulled over by police while driving.

A modicum of respect and common sense can prevent a misunderstanding and an unnecessary arrest or detention. Since a simple arrest can result in lifelong problems for my students, I am preparing a few simple tools they'll need to prepare for them for the inevitable sometime-in-your-life contact with law enforcement. Here, I'll provide details using the two most likely scenarios.

Traffic Stop

This is the most common scenario in which a person will have contact with law-enforcement personnel. If you see the dreaded "flashing" lights behind you,

you must immediately stop your vehicle in the nearest and safest place. Everything you do from this point will determine the result of this incident.

It may not be possible or safe to stop immediately, due to traffic patterns or other situations that would endanger you or the officer (fast moving traffic, no shoulders to pull on to, etc.). In that case, immediately engage your flashers so that the officer knows you are attempting to obey his/her instructions and will stop at the nearest safe place.

When I started driving in the 1970's, the prevailing practice was that, when stopped, the driver should immediately exit the vehicle, showing the officer that he/she meant them no harm and had no weapons in their hands. Doing this today may result in you staring down the barrel of the officer's firearm.

The current suggested practice is that you should simply roll down the driver's side window and place both hands on the steering wheel. Law-enforcement officers follow the mantra that *guns do not kill officers, hands kill officers*. Therefore, you should place great importance on keeping your hands visible at all times and not clutching any item. In the dark, your cellular phone could be mistaken for a weapon.

Traffic stops are very stressful for police officers since they have less than full vision into the vehicle. Do not reach under your seat or into the glove compartment to find your license or insurance paperwork until instructed to do so. This could be misconstrued as looking for a weapon. Simply follow all instructions to the letter. Make and maintain eye contact with the officer and, if asked if you know why you were stopped, do not admit that you did anything wrong. Arguing with the officer is

a waste of time. If you give the officer something to remember you for, I guarantee he will not miss any future court date tied to this stop. You'll never talk your way out of a ticket. The only chance you have is to be polite and act like a "good guy." Mouthing-off or being antagonistic will guarantee a ticket and could also result in a ride in the cruiser's back seat.

I want my students to immediately place and keep the officer at ease. While this may not prevent a moving infraction. It likely will prevent an unnecessary arrest.

Unruly Crowd Situation

Teenagers and movie theaters go together like popcorn and butter. Not a month goes by without news of a large-scale disturbance or fight occurring at a local movie theater or other gathering place. Students need to know that these gathering places, while an important rite of passage and recreation for young adults, can be dangerous.

In any situation where the unexpected can happen, the potential for law-enforcement contact is strong. Riots and confrontations create a loss of control for law-enforcement personnel and they will be on high alert.

Obviously, the best solution is to avoid such a situation, if possible. However, if questioned by the police, direct eye contact, visible hands and showing the utmost respect are the order of the day. NEVER — and I mean *never* search your pockets for your cell phone or otherwise make any sudden moves. In the stress-filled situation of a nighttime incident, with many persons in the area, any movement could be seen as a potential act of aggression. Aggression, profanity or failure to follow directions makes an arrest probable. If you are given the required Miranda warning (the right to remain silent, etc.), you should accept these rights and stop talking immediately. At that point, nothing can be said that can benefit an already serious situation.

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 4 - 8, 2012

TIME

8:00 am - 3:00pm

COST

\$250.00 / \$200.00 Early

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
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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 9—13	8:00am - 3:00pm	\$250.00 / \$200.00 early

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