

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 Belt Test-
ing April 11th &
12th

Marshall's ATA
2013 School Photo
Shoot April
18th & 19th

Marshall's ATA Lead-
ership Classes April
20th & 27th
ATA Regional Class B
Tournament at Mes-
quite Convention
Center, Mesquite, TX
Marshall's ATA Off-
icial Board Break Test-
ing April 10th
April Birthdays

Marshall's ATA Spring Belt Testing

Marshall's ATA Spring-Belt Testing

The Marshall's ATA students have worked very hard over the past 9 weeks. It's time for the Spring belt testing. The dates/times are Thur & Fri April 11th & 12th. The Tiny Tigers & W, O, Y Adults will test on Thur April 11th. We'll begin with the W, O, Y Tiny Tigers at 5:15pm to 6:15pm & the W, O, Y Juniors/Adults will test from 6:30pm to 7:45pm. The Camo & Above Juniors/Adults will test the following day April 12th beginning with the Camo thru Blue Belts from 5:15pm to 6:15pm. The Brown belts & Above will test from 6:30 to 7:45pm. This will be an extra special testing because we are honored to have five of our best students: Miss Erica Gervacio, Miss Madilyn Gunn, Mr. Jim Wallace, Mr. David Bustos & Mr. Gilbert Leal, Jr. testing for their 1st degree decided black belt in the ATA, STF & WTTU.

Be someone's motivation.

Marshall's ATA 2013 School Photo Shoot

Marshall's ATA will be hosting our 2013 School Photo Shoot hosted again by Boster Studios on Thursday & Friday April 18th & 19th. The signup sheets for both days are at the front desk and will be completely filled shortly, so if you and/or your family intend to sign up, please do so as soon as possible because we want everyone to be a part of this very 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 2013 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 Programs.

ATA Songahm Class A Tournament

Chf Master Kathy Lee & Smstr Ken Reynolds will host their annual 'Rock City' tournament at the Statehouse Convention Center in Littlerock, Ar. On

April 19th & 20th, 2013

Marshall's ATA Official Board Break

We will be conducting our Official Board Break testing on Wednesday April 10th, 2013 for our Brown thru Black Rec color belt students.

Marshall's ATA April Leadership Classes

The Marshall's ATA Leadership classes will be hosted on April 20th & 27th 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 prepared to answer questions on our theme for the month

ATA Songahm Dallas Duel Class B Tournament

Dallas Duel will be hosted on April 12 & 13th, 2013 at the Mesquite Convention Center 1700 Rodeo Drive Mesquite, TX 75149.

Special points of interest:

- April Birthdays
- Marshall's ATA Board Break Testing April 10th
- Marshall's ATA Spring Belt Testing April 11th & 12th
- Dallas Duel Class B Tournament in Mesquite, TX April 12th & 13th. Class - B -
- Marshall's ATA 2013 School Photo Shoot on April 19th & 20th
- Leadership Class Sat April 20th & 27th 8:30 - 9:30am
- Cfm Kathy Lee & SMstr Ken Reynolds host Tournament at Statehouse Convention Center in Littlerock, Ar Apr 19th & 20th, 2013. Class - A-

Tournaments:

Dallas Duel Class 'B' Mesquite Convention Center	April 12 & 13th
2013 Songahm World Championships	July 8th-14th

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 2013 Camps in June

Marshall's ATA will be conducting our 4th Annual Summer Camps here at the school. We will have our Fitness/Sparring Camp from June 17th thru the 21st. Weapons Camp is from July

22nd thru the 25th. Our Rank Acceleration/Advancement Camp from Aug 19th thru Aug 23rd. 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 Weapons Camp however will run from 8:00am until 12:30pm. We have signup sheets at the front desk. Discounts for those signing up by May 2nd second deadline.

District Championships

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District Championships

Texas is in the South District which comprises New Mexico, Arkansas, Louisiana, Oklahoma & Texas. The date of the first ever District Championships event will be June 8th, 2013 and will be hosted at the Hampton Inn & Suites Dallas/Mesquite 1700 Rodeo Dr. Mesquite, TX.

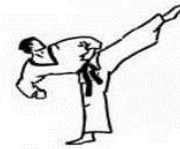
Mrs. Sandra Arcuri & Mrs. KayLynn Safar will be competing in Forms, Sparring, Weapons & Combat BME.

New Weapon of the Cycle

Our Weapon of the Cycle is currently the Single Bahng Mahng Ee (short stick). Where does this tool that we know of as an offensive/defensive weapon come from? The Dah Deu Mee Bahng Mahng Ee has a very interesting origin. Originally, the Dah Deu Mee

Bahng Mahng Ee was used by Korean housewives to beat or "iron" the wrinkles out of clothes. The clothes would be folded in a certain way and laid out upon a smooth, long rock surface known as a Dah Deu Mee Dol. After placing the folded cloth on the rock, the women would rhythmically beat it with two specially designed sticks. By continuously striking the cloth with the sticks they were able to flatten all the wrinkles out of it. So how did these simple ironing sticks start to be used as weapons? The daily chore of using these sticks to beat their clothes was not only an excellent way of conditioning their upper body; over a period of time, the women also learned to best way to strike the hardest. By using these sticks on a daily basis, the women of the Korean villages

became very skilled and knowledgeable in their use. With the use of the Bahng Mahng Ee so instinctive to them, it was only natural that they would pick one up in the face of danger. Today, the art of Bahng Mahng Ee has been elevated to the highest level of martial arts acceptance. We draw from the best techniques of the well-known Filipino style of Kali stick fighting, as well as stick fighting techniques from Japanese, Chinese, and Korean martial arts. Our BME course gives the basics for training in just about any weapons system. In addition to preparing you for any type of attack that you may encounter, this training develops excellent hand-eye coordination and is great physical exercise. We've been with the Bahng Mahng Ee for a year and we will soon be moving to the **Single Ssang Jeol Bahng** (Nun Chuk) for our 2013 Weapon of the Cycle.



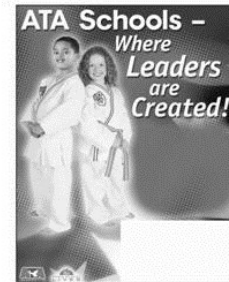
Protocol for Testing

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 give your support to Miss Erica Gervacio, Mr. Jim Wallace, Miss Madilynn Gunn & Mr. Gilbert Leal, Jr. as they test for 1st Degree Decided Black Belt.

Congratulations to Mr. Patrick Forrest, Mrs. Genevieve Forrest, & Benjamin Forrest on their acceptance to the Marshall's ATA Master Club Leadership Program.

Congratulations to Mr. Jesus Meza, Mr. Sean Bousquet, Mr. Xavier McCann, Mr. Elvis & Brian Begaj, Miss Leila Cotman & Miss Samantha Forrest on accepting the challenge of the Master Club.



2013 - Think, Pray, Work, Sweat, Play Everyday

Marshall's ATA Official Board Break Testing Wed April 10th, 2013

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

Marshall's ATA 2013 School Photo Coming up on April 19th & 20th

ATA Regional Class 'A' Tournament at Statehouse Convention Center in Little Rock, Ar. April 19th & 20th

April Leadership Classes April 21st & 28th Theme is Goals for Education & Career / Rapport Building

Black Recommended Midterms at the Spring Testing

- Marshall's ATA will have our largest class ever of students performing their **first midterm** on their Black Recommended Belt at the upcoming Marshall's ATA Spring Belt Testing:
- Mr. Chance Coyle
- Mr. Dayton Knowles
- Mr. Steven Sutton
- Mrs. Donna Sutton

Nabil Baugher
Tajallii Baugher
Vahid Baugher

- Mr. Jacob Sutton
- Camille Sutton

This suggests and sets us up nicely to have an Extravaganza of Black Belts testing at our June 14th Summer Belt Testing.

"If you are sick of starting over, stop quitting."

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Black Belt Journeys

Some years ago, I began collecting the stories of our Marshall's ATA students who've persevered in their journey and arrived at their Black Belt testing. What was originally a one time Newsletter entry actually started to be requested by students and parents. I know that many schools and organizations such as foundations and organizations that award scholarships request students submit essays. There have been many students who have been a part of Marshall's ATA that don't always speak about themselves or they may not feel comfortable sharing their emotions with people outside of their families. When I speak with students and/or parents of our Black Belt candidates, I often wonder what made them undergo the journey to become a Black Belt. I often wonder what made them fight for their Black Belt when so many who started with them fell by the wayside

during their journey. I published a story from one of my former students who was a husband and also a father of one of my young students. He was a very busy person who was preparing to undergo training to become an FBI agent. I wondered where he found the time to train to become a Black Belt in the ATA? With his permission, I published the story of his journey to Black Belt in my Marshall's ATA Newsletter and it was so well received that I began to publish the stories of all of my students who set their goal to become a Black Belt. The stories of some of my youngest students are just as interesting as those of my older students.

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world but if they don't play together, the club won't be worth a dime."

- Babe Ruth

"The very essence of leadership is that you have a vision. It's got to be a vision you articulate clearly and forcefully on every occasion. You can't blow an uncertain trumpet."

- Reverend Theodore M. Hesburgh

A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they will say: We did it ourselves.

- Lao Tzu

"You should examine yourself daily. If you find faults, you should correct them. When you find none, you should try even harder."

- Xi Zhi

"Good leader can engage in a debate frankly and thoroughly, knowing that at the end he and the other side must be closer, and thus emerge stronger. You don't have that idea when you are arrogant, superficial, and uninformed."

- Nelson Mandela

"A good leader takes a little more than his share of the blame, a little less than his share of the credit."

- Arnold H. Glasgow

"A good leader is one who can tell another how to reach his or her potential; a great leader is one who can help another discover this potential for him or herself."

- Bo Bennett

"Experience is not what happens to you; it's what you do with what happens to you."

- Aldous Huxley

"It's not what you look at that matters, it's what you see."

- Henry David Thoreau

"We should not judge people by the peak of their excellence; but by the distance they have traveled from the point where they started."

- Henry Ward Beecher

"A little knowledge that acts is worth infinitely more than much knowledge that is idle."

- Khalil Gibran

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Miss Erica Gervacio is a quiet and soft spoken student. I've often wondered what she must be thinking and feeling about her training at Marshall's ATA. I was overjoyed when I saw that she had joined our Demo Team and seemed to be really enjoying herself. I am very impressed with the quality of Erica's technique and the competence with which she performs her material. She has a quiet confidence that I believe will make her an excellent Black Belt in the ATA.

Miss Erica Gervacio 1st Degree Black Belt Candidate



Fitness Test Results for

Miss Erica Gervacio

Push ups	38
Sit ups	32
Punches	173
Kicks	40
Punches & Kicks	121
Total	404
Pct	80.8%

What qualifies you to attain this goal of becoming a Black Belt?

Miss Erica Gervacio

I qualify to become a Black Belt because I had to put aside so many things but it all paid off. I've always had to put aside the time to play with friends. Every day I used to go with my friends outside and just talk or play soccer with all my neighbors who wanted to play with us. There were times when they would come and ask if I could play, but as soon as I knew it I didn't have time for that anymore. My schedules were more busy and tighter, but I'm glad of the results of me becoming a Black Belt.

Why do you want to become a Black Belt?

Miss Erica Gervacio

I always wanted to be in Taekwondo, so being in Taekwondo and being a Black Belt will be everything to me. I have always envisioned myself on Testing Day with Mr. & Mrs. Marshall and a Black Belt around me. I never really thought I would make it this far as it seemed like it would be forever, but the two years passed so fast. I just can't believe that the day is so close. Being a Black Belt means that I can go to the next level. That is why I want to be a Black Belt so badly.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. Gilbert Leal has a wonderful heart and an endearing personality. He works so hard in class and despite the health challenges he has had to address frequently during the past few years. He has made the best of his abilities and has never complained or made excuses for not giving a 100% effort in class. I am proud and honored to be his instructor and am so happy to see him realize his goal of becoming a Black Belt.

Mr. Gilbert Leal 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Gilbert Leal

Push ups	33
Sit ups	27
Punches	168
Kicks	34
Punches & Kicks	65
Total	327
Pct	65.4%

What qualifies you to attain this goal of becoming a Black Belt?

Mr. Gilbert Leal

I have worked very hard for a long time. I have seen some of my friends that started with me already get their Black Belt and it made me realize how much I really wanted it. Sometimes I feel like I can't do stuff, but I still try to give it my best. I also listen to my teachers and make good grades. I know I can't get my Black Belt unless I do that. I have been helping out at home and listening to my parents too. I have to be a good citizen to be a Black Belt, and that's why I think I am qualified to be a Black Belt.

Why do you want to become a Black Belt?

One day my mom asked me if I would like to do an activity after school. I told her I would really like to try martial arts. I wanted to do something that was fun but would help me feel better about myself. I wanted to learn how to be a leader and defend myself if I had to. When I first started I thought it was fun but I didn't realize it would be so much work. I tried hard and worked hard in class. I want to be a Black Belt because I think it will help me to see that I can be successful at whatever I try. When I get my Black Belt and look at it, it will remind me of the hard work I did and that I am a winner.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Through the Eyes of Gilbert's Mother

Years ago when I was looking for a Taekwondo place for Gilbert I was frustrated! Number after number, conversation after conversation, meeting after meeting left me disheartened. We were turned down numerous times because of Gilbert's trach. No one wanted to take Gilbert...he was a liability to them, not a child who just wanted to do something like everyone else. I told myself, "Ok, no more". He didn't have to do Taekwondo, we would find music or art, or something else.

Before I gave up, I thought maybe I would just ask a coworker if she knew of anyone that would recommend a Taekwondo facility that worked well with children. She said yes, and gave me the number to Martial's ATA. I remember getting the number and thinking this would end up like all the others...a dead end. I remember feeling anxious and called the same day. Mrs. Marshall picked up the phone and we talked for a few minutes and she said, "Bring him in!" We went the next day and when she saw him, she didn't act scared, surprised, or worried. She simply asked about his limitations and said she and Mr. Marshall would do whatever was needed in order to make him be and feel successful.

Remembering the smile on Gilbert's face stirs up some happy emotions. For once, I had someone willing to work with my son, a child, not a liability. You never knows what it feels like to have your child say things like, "I can't do that because they said", or "I'm not good enough to try that". As a parent it makes you feel as if you are failing your child of the simplicities that other parents may not realize they have the opportunities for. Marshall's ATA has been a positive experience for my child and I can tell you that it is one of the best feelings in the world to know that your child feels like they are capable and they can do what they set their minds to.

Gilbert has worked hard over many years watching some people who maybe even started after him get their Black Belts. He has never quit, and has shown me what life is sometimes really about. It's about making the best of what you have or the situation you're given and keep reaching for what you want. Gilbert receiving his Black Belt will just remind me of what he really is...a CHAMPION!

Djenane Y. Narcisse

A Proud Mother

Instructor's Note:

Gilbert has had to be a fighter in a different realm. He has endured several surgeries and has a trach that he has to sometimes take a moment out to have his mom aspirate with a suction device. Gilbert will do anything asked of him during class so I have sometimes had to consult with his mom to make sure his desire to train hard didn't adversely affect his health. Most days his training was the same as all his other class mates and I can't say enough about how he did not make any excuses not to give his very best effort in class. I've always asked him to work just as hard as I wanted all my students to work so that he could be a ...STRONG PROUD BLACK BELT! And now he is well on his way to accomplishing HIS goal and MINE. Thank you for bringing Gilbert to us here at Marshall's ATA.

Mr. Robert Marshall, Sr.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. James Wallace is the final member of the Wallace Family to earn a Black Belt in Songahm Taekwondo. He joins his sons Brennen & Caden as Black Belts. We are honored that they chose to train with us here at Marshall's ATA. He set a wonderful example for his sons of perseverance, determination and seeing a goal through to accomplishment; not just with words but with action. He is an outstanding Father and individual and we are excited to see him earn his Black Belt with us at Marshall's ATA.

Mr. Jim Wallace 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Jim Wallace

Push ups	44
Sit ups	45
Punches	170
Kicks	35
Punches & Kicks	95
Total	389
Pct	77.8%

What qualifies you to attain this goal of becoming a Black Belt?

Mr. Jim Wallace

I have thought a lot about this as I come closer to Black Belt Testing. I am not sure anything qualifies myself to become a Black Belt, other than a Certified Instructor has overseen my training. I believe I have quite a bit more to learn, not only in the Inwha and Chung Jung Forms, but the Songahm Forms as well. To me, Taekwondo is like my job as an architect, if I think I have something mastered, than I must be forgetting something else. I strive for excellence and perfection, to my own detriment sometimes, but knowing if I could take more time with each form, sparring combination, etc. I could come close. The journey to becoming a Black Belt has taught me, self-reliance, knowing when to rely on others, and the ability to push through mental and physical barriers. Sometimes these barriers were created by myself, and I needed someone to help pull me along. In the end I feel I have accomplished a small goal to a bigger picture.

Why do you want to become a Black Belt?

Mr. Jim Wallace

That is a hard question to answer for me. Receiving a Black Belt is a symbol on the outside that you have attained a certain goal, but in reality it is the start of new journey. That journey may begin in Taekwondo, or it may begin in something else in life. Regardless, receiving a Black Belt is something I never really thought about, but it was something to attain later – similar to graduating college. I never really thought about it, but I concentrated on the journey. In the end, it is a goal that is attained, and I will always carry the challenges – mentally and physically with me. It is something to be proud of, but not boastful of.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

We have always thought of Miss Gunn as a picture perfect role model of what we wanted in a Marshall's ATA student. She has always come to class prepared and able to work hard in class. She has always displayed a very courteous attitude. I have never once heard her make an excuse for not being ready to test or perform her material. She is an outstanding individual. Perfectly Balanced and Fit to wear the Black Belt.

Miss Madilynn Gunn 1st Degree Black Belt Candidate



Fitness Test Results for

Miss Madilynn Gunn

Push ups	32
Sit ups	36
Punches	145
Kicks	67
Punches & Kicks	118
Total	398

What qualifies you to attain this goal of becoming a Black Belt?

Miss Madilynn Gunn

I qualified to attain the rank of Black Belt because I set a goal and didn't give up until I reached it. I set a goal two years ago to work my way through learning the basic color concepts and forms of Songahm Taekwondo. Through the journey, learned many valuable life long lessons. A few of these would be perseverance, discipline, respect for myself and others, and that I'm capable of more than what I think I can do. I've worked diligently in learning my forms, knowledge, and sparring combinations. While learning my forms, the material became harder but memorizing and getting the muscle memory down seemed to become easier. I also learned to be a better leader. Once I was between the ranks of blue up to recommended black belt I was able to start helping other students learn their basic knowledge. It was really fun to be able to show the newer students the way of Songahm Taekwondo. Taekwondo has taught me many things that I will continue to use throughout my life that I could never forget. It has also been a fun way for me to get exercise and relieve stress. This is why I believe I'm qualified to attain the goal of Black Belt.

Why do you want to become a Black Belt?

Miss Madilynn Gunn

I want to become a Black Belt because the values and beliefs of the American Taekwondo Association tie into what qualities I want to see in myself. Living in the spirit of Taekwondo has helped keep me mentally and physically fit.

I have learned to honor and respect others' ideas by listening to them as they present them and not criticizing or putting their idea aside, but to instead try to help them make their idea better than it was before. I've also learned to have integrity within myself by giving everything I do 100% and not just getting by with the bare minimum. Having courtesy for my fellow students has helped me be more courteous at home and in school. I believe I have shown loyalty for my instructors because I have shown up to class and learned my materials as fully as I could. I have persevered in the spirit of Taekwondo by not quitting in the middle of my training, but pushing on towards the goal of Black Belt. I want to become a Black Belt because it has helped me to be a better, harder working person. It will also mean I reached a long term goal of mine.