

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

Back to School Testing

Back to School Testing!

We will be hosting our annual Back-to-School testing here at Marshall's ATA on Friday Aug 8th for the eight and under Juniors and Tiny Tigers beginning at 6:00pm. We will be conducting the testing for Juniors nine year old and up and Adults Mon Aug 11th beginning at 7:00pm. Please arrive 15 to 30 minutes early for roll call and group warm up.

Sparring Clinic

Marshall's ATA will be conducting a Sparring Clinic on Friday Aug 15th from 6:00 to 8:00pm. We will work on applying techniques from classroom sparring, free sparring, tournament sparring and real world combat applications. This clinic is for the student who truly wants to improve their maneuverability, punching, kicking and endurance while sparring

whether it be for tournament participation or just overall confidence in their capabilities as a martial artist. Please see the signup sheet. The cost is \$35.00 for the first 10 students and \$50.00 thereafter.

Buddy Day Self-Defense Clinic

Marshall's ATA will be conducting a Self-Defense clinic on Thurs Aug 28th beginning at 5:30pm to 7:30pm. We will work on belt specific self-defense, school self-defense and anti bullying applications. This seminar will not be a sparring class and uniforms are not required. Participants are encouraged to bring a friend and wear comfortable clothing for this clinic.



Back to School Testing!

Noon Class Cancelled for Mon Aug 11th

Tiny Tiger Class Cancelled Sat Aug 9th.

Sparring Clinic!
Self-Defense Clinic!
Senior Master
Sustaire's Texas
Twister Tournament

First 5 signups are \$35.00 and \$50.00 thereafter.

Allen Tournament

Marshall's ATA students have been in 'Preparation' all summer and the time for Senior Master Mark Sustaire's annual Texas Twister Tournament at Southfork Ranch is just around the corner. The date is Aug 23rd and this is one of the most highly rated regional tournaments in the country. Marshall's ATA students are encouraged to participate. There will be Forms, Weapons and Sparring competition.

Marshall's Aug 2008 Calendar.

- **Back to School testing!**
- **Sparring Clinic!**
- **Self-Defense Clinic!**
- **Master Sustaire's Texas Twister tournament in Allen @ South Fork Ranch.**
- **August Birthdays**

Special points of interest:

- **Marshall's ATA will be closed July 31st thru Aug 7th.**
- **Back to School Testing on Aug 8th & 11th**
- **Sparring Clinic 8/15**
- **Buddy Day Self-Defense Clinic 8/28**
- **Allen Tournament**
- **August Birthdays**
- **Marshall's ATA Welcomes New Students**
- **Marshall's ATA Leadership Class**

Tournaments:

World Championships Littlerock, AR	6/24 6/29
Allen, TX / A Master Sustaire	8/22 8/23
Katy, TX / A Mr. & Mrs. Frentz	9/12 9/13
Dallas, TX / B Mr. Pechacek	11/15
Fall Nationals / AA Orlando, FL	10/15 10/18

Life Skills Curriculum at Marshall's ATA

Marshall's ATA will begin our new Weekly Life Skills curriculum beginning with this new testing cycle. There are nine Life Skills that will be emphasized. These Life Skills are belt specific and will be learned by

our Juniors & Tiny Tigers in order to earn stars and Victory Patch promotions. Each word is broken down into weekly themes. High 5's and stars are earned by learning the weekly theme.

Please turn to page two to see more specifics about the new Life Skills curriculum. You can also see them on our website under the Student Area and click on Life Skills.

Weekly Life Skills Curriculum Starts in August

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We will begin teaching the life skills curriculum in August. We will start off with our Leadership Team and later expand the curriculum to our other students: There are 9 belt specific Life Skills and each rank will have a specific Life Skill that they will be responsible for learning each week.

Confidence (White)

- 1) Practice
- 2) Self Image
- 3) Visualization
- 4) Stand Tall

Attitude (Orange)

- 1) Positive Thought
- 2) Resolve
- 3) Expectation
- 4) Willpower

Goals (Yellow)

- 1) Specific
- 2) Motivating
- 3) Achievable
- 4) Relevant
- 5) Trackable

Respect (Camo)

- 1) Manners
- 2) Follow the Rules
- 3) Communicate
- 4) Thoughtful

Self-Esteem (Green)

- 1) Unique
- 2) Brave
- 3) Proud
- 4) Appreciate

Persistence (Purple)

- 1) Diligent
- 2) Consistent
- 3) Tenacious
- 4) Drive

Focus (Blue)

- 1) Concentrate
- 2) Train Hard
- 3) Expectation
- 4) Foresee

Discipline (Brown)

- 1) Self-Control
- 2) Leadership
- 3) Responsible
- 4) Plan

Integrity (Red)

- 1) Honesty
- 2) Character
- 3) Trustworthy
- 4) Conviction



New Members

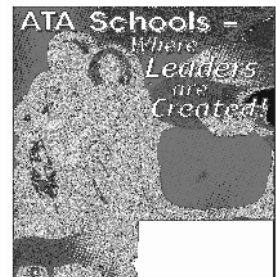
Marshall's ATA welcomes new members: Megan Roberts, Diego Duran., Benjamin Sayer, David Sayer, Ashley Garner, Hailey Blackwell, Steven & Brian Dykes.
*****Note*****

Thank You

Thank you Mrs. Holly Roberts for sending out helpful emails to coordinate the Marshall's ATA school Picnic. That was fun!

Also....

Upcoming Weapons, Sparring, Self-defense Seminars, will be announced via email or signup sheets will be posted in the school.



Congratulations!

Kelvin Buckner, Jr. & Dorothy Buckner successfully tested for their Orange belt at a special white belt testing in July.

In School Tournament Participants.

Thank you and congratulations to our In-School tournament participants. Your winning attitudes, great smiles and spirit of friendly competition made the Marshall's ATA In-School tournament (forgive the pun) a 'Smashing' success. The tournament was held on July 23rd for the eight and under Juniors and Tiny Tigers and July 24th for the nine and up Juniors and Adults. Thank you to Mrs. Sharon Williams, Mrs. Tracey Moonier and Mr. Paul Tanis for participating as Score Keeper/Time Keeper & Scribe. Also, thank you to Mr. Jeremy Moonier, Mr. Russell Linton and Mr. Andrew Castro for accepting the judging assignments. The participants were: Radlyn Barnes, Mrs. Jan Burwell, Mr. Andrew Castro, Preston Couch, Diego Duran, Mr. Drew Gatlin, Luke Hilton, Miss Kody Jones, Mrs. Jayne Kraus, Logan Landers, Mr. Russell Linton, Caden Lohr, Mr. Nicholas Lohr, Miss Tailor Mason, Brooke Moonier, Mr. Jeremy Moonier, Logan Moonier, Rylan Whitworth, Mr. Christian Williams and Mr. Jake Tanis. With such a team of dedicated helpful parents and students, the event went as smooth as glass, as smooth as silk, as smooth as butter, as smooth as frogs hair, as smooth as a mirror, as smooth as a baby's bottom, as smooth as ice, as smooth as a millpond, as smooth as melted chocolate, as smooth as soap. Well, you get the picture.

The Word of the Cycle is Perseverance

I have not failed. I've just found 10,000 ways that won't work. - Thomas Edison

What makes some people winners time after time, while others seem to fall short just as often, or at best 'get lucky' once in a while? In the recipe for success, a properly set goal is one key ingredient; the other is perseverance - steadfast pursuit of the goal and stubborn refusal to accept defeat. It's a trait that springs directly from Attitude (Spirit). Perseverance is about self-confidence, self-respect and self control. It's about loyalty, integrity and honor. Without perseverance, setting goals is a waste of time. It is sometimes necessary to change the course. It is critical to have a "Plan B."



MARSHALL'S ATA MARTIAL ARTS

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Next Testing October 3rd/6th August 2008

Every kid's a winner Every kid's special

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31 School closed	1 No Classes	2
3	4 School Closed	5 No Classes	6	7	8 Tiny Tiger Testing 6pm	9
10	11 Jrs/Adults Testing 7pm	12	13	14	15 Sparring Clinic 6pm-8pm	16
17	18	19	20	21	22	23 Texas Twister Allen Tournament no classes
24	25 August Birthdays Celebration	26	27	28 Buddy Day Self-Defense 5:30pm-7:30pm	29	30
31						

Schedule of Events

- Back-to-School testing Friday, Aug 8th, for the eight and under Juniors and Tiny Tigers beginning at 6pm
- Testing for Juniors nine year olds and up and Adults, Monday, Aug 11th beginning at 7:pm.
- Marshall's ATA will be conducting a Sparring Clinic on Friday Aug 15th from 6:00 to 8:00pm. See Sign-up Sheet
- Buddy Day Self-Defense Clinic on Thurs Aug 28th 5:30pm to 7:30pm (Attire: Street Clothes)
- **Master Sustaire's Texas Twister tournament in Allen @ South Fork Ranch August 23rd**
- August Birthday celebration August 25th



Benjamin Sayers Aug 3
John Toye Nesty Aug 4
Jeremy Moonier Aug 5
Kyle Gillispie Aug 13
Laney Braack Aug 26
Kayla Davis 8/22
Robert Marshall Aug 27

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Knowledge of the Life Skills curriculum for your specific belt rank will be required for juniors to receive their 3rd knowledge stripe. High 5's & blue stars will be presented for each phase.

Confidence (White)

"Whatever the mind of man can conceive and believe, it can achieve." Napoleon Hill

Attitude (Orange)

"Attitudes are contagious. Is yours worth catching?" - Unknown

Goals (Yellow)

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." - Tom Landry

Respect (Camo)

"Respect is something that is earned, not commanded." Patrick Lewis

Self-Esteem (Green)

"Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves." - Nathaniel Branden

Persistence (Purple)

"It's not that I'm so smart, it's just that I stay with problems longer." - Albert Einstein

Focus (Blue)

"Don't waste time calculating your chances of success and failure. Just fix your aim and begin." - Guna Yin Tzu

Discipline (Brown)

"With self-discipline all things are possible." - T. Roosevelt

Integrity (Red)

"Integrity is doing the right thing, even if nobody is watching." - Jim Stovall

Private Lessons

We offer private lessons by appointment. These sessions enable students to receive intensive one-on-one instruction. They are a great way to prepare for an upcoming graduation or tournament, or simply to improve your skills. You can select an area of focus - forms, one-steps, sparring, weapons, kicks, blocks, self-defense, etc. - or we can choose for you. The cost is \$25 per half hour of instruction. You may schedule a private lesson by calling Mr. or Ms. Marshall at 940-271-4217.



Has joined efforts with
Marshall's ATA & Karate For Kids

To help you keep your family active!!!
940-808-1407

For your children, we offer:
Door to door service (prearranged locations)
GPS tracking devices on all shuttles

One Way, Day/Weekly/Monthly Service available

Electronic notification to parent upon delivery

To make a reservation, please visit Mykidshuttle.com
Let us help you create new possibilities for your family!

My Kid Shuttle, Inc. was formed to provide a unique, reliable and safe transportation service for our children in the Denton County area. We are fully licensed and insured and are ready to help you. Our objective is to get your child to school, daycare, after school programs, soccer practice, music lessons or wherever your child's schedule demands. We are committed to your family's success. Consider an alternative to make your life easier.