

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
Mid Summer Belt
Testing

Summer Picnic

Leadership
Classes

Aug Birthdays
Black Belt Testing
Smstr Sustaire's
Allen Tournament
Fall Nationals in
Orlando Oct 20 - 23

Marshall's ATA Back-to-School Black Belt Testing

August is here! We hope you're having a safe, happy and relaxing Summer so far. It's time to start preparing for another excellent school year. Another year of growth in mind, body and spirit. "The object of education is to prepare the young to educate themselves throughout their lives." - *Robert Maynard Hutchins*. "The best teachers teach from the heart, not the book." - *Unknown*. "I have never let my schooling interfere with my education." - *Mark Twain*. "Education is what remains after one has forgotten what has been learned in school." - *Albert Einstein*. "He who opens a school door closes a prison." - *Victor Hugo*. "Education's purpose is to replace an empty mind with an open one." - *Malcolm S. Forbes*. "I am always ready to learn although I do not always like being taught." - *Winston Churchill*. "Learn as much as you can while you are young, since life becomes too busy later." - *Dana Stewart Scott*

The Back-to-School Black Belt Testing is scheduled for Saturday Aug 21st at 12:00pm. Forms, Sparring combinations, Weapons, Sparring, Board Break and Protech will be demonstrated.

Parent's Night Out

Marshall's ATA hosted a Parent's Night Out on Saturday evening July 31st, from 6:00 - 10:00pm. There was lots of Fun & Games, Movies, Pizza & soft drinks all in the supervised confines of the school. Parents enjoyed a night out on the town or just an evening of peace and quiet at home. We took care of the kids. The cost was \$25.00 and only \$10.00 for the second child.

Senior Master Sustaire's Texas Twister Tournament

Senior Master Mark Sustaire will host his annual Texas Twister tournament in Allen Texas at the Southfork Ranch on Sat Aug 7th starting at 7:00am.

7:00am Instructor and student registration.

7:30am Mandatory Black Belt Meeting. Please do not be

late. 0800 - 9:15am ATA Extreme Competition (16 & under all ranks).

8:45am ALL Tiny Tigers report to Oil Baron's Ballroom for Division Separation. Tiny Tigers White - Rec. Black, ages 3-6 report to and sit in the appropriate color coded rings. **Parents please do not be late.**

9:00am Opening Ceremonies and Introductions.

9:45am Tiny Tiger Competition begins - Color Belt and Black Belt staging begins. Black Belts will be staged and competing throughout the day. Creative Forms & Weapons will be staged and competing throughout the day.

5:30pm Tournament Ends

Spectator Fee: \$5:00 per spectator. (3 and under FREE)

\$35.00 Traditional Taekwondo (Forms/Sparring) Competition. Family discounts apply. \$25.00 Traditional Weapons & \$25.00 ATA Xtreme & Creative.

Special points of interest:

- Marshall ATA Leadership Classes
- Parent's Night Out
- Senior Master Sustaire's Annual Texas twister Tournament
- August Birthdays
- Marshall's ATA Annual Summer Picnic at Waterworks Park
- Back to School Buddy Day
- Fall Nat'l's in Orlando Oct 20 - 23, 2010

Tournaments:

Smstr Mark Sustaire Allen, Texas	8/6 to 8/7
Master J.D. Olford Lufkin, TX	9/17 to

Contribution

"The only people with whom you should try to get even are those who have helped you." - *John E. Southard*

"It's nice to be important, but it's important to be nice." - *Unknown*

"The smallest act of kindness is worth more than the grandest intention." - *Oscar Wilde*

Marshall's Leadership Theme for Aug "Perseverance"

The **Leadership** classes for August are scheduled for Thursday Aug 12th & 19th. The Life skill theme for Aug is Perseverance. Learning the Teaching Skills 'Instructor Points' eye contact/focus Learning the Physical Skills

Review.

- #1) Black Belt Attitude,
- #2) Memorization,
- #3) Eye Contact/Focus,
- #4) Proper Technique,

#5) Balance,

#6) Speed,

#7) Power,

#8) Rhythm & Presentation,

#9) Automatic Reflex.

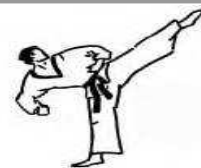
The Right Route

In developing athletic performance, adaptability results from the interaction of and coordination between all the biomotor qualities--speed, strength, endurance, power, flexibility and skill. All of these interact to produce athletic movement. No one of them is more important than another. If you train speed, you will affect endurance. If you train endurance, you will affect speed. Or when you're doing highly ballistic work in the weightroom, there may also be some range-of-motion adaptations occurring in the background. I know there are no secrets, no shortcuts and no one-size-fits-all answers. A journey on the functional path is a complex one with

many different solutions and many ways to reach the final destination within the desired timeframe. But it is crucial to understand the principles of adaptation in order to set sound goals and find the right ways to apply methodology to the students and athletes we are working with. The true joy in athletic performance training is the joy of discovery--of finding new ways to do and solve movement problems. This is an exciting process. It is a growth process that allows for creativity and individual expression. Enjoy the journey, and the destination will be more meaningful and satisfying when you get there.

Tournament Protocol—Some of our students will be participating in the Texas Twister tournament coming up on Aug 7th at the Southfork Ranch. Please ensure that you are ten minutes early and wearing your traditional white dobok and belt for your current rank. Also please be sure to be wearing white or mostly white footwear, no flip flops or sandals. All male students who will be sparring are required to wear an athletic cup (optional for females). All students must wear a mouthpiece if they will be participating in the sparring competitions. Please listen carefully for ring announcements and assignments and please have a light snack handy (ie. peanut butter crackers, granola bar, apple, etc). Also please have a bottle of water in your gear bag. Be sure to arrive at your ring as early as possible for your warm-up.

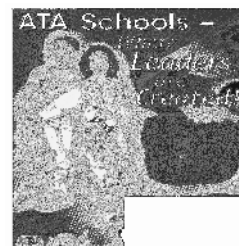
Page 2



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 all our Belt Testers at the Marshall's ATA Midsummer Belt Testing. Congratulations to Miss Llyleila Richardson & Miss Sophia Richardson on achieving their First Degree Black Belt at the Midsummer testing in July. Congratulations also go out to Little Miss Radlyn Barnes on becoming our first ever Tiny Tiger Black Belt.



2010 - The Year of Impossible Possibilities

Aug 12th & 19th - Leadership Meeting

Aug 2 thru 5th - Otomix Week

School Closed Aug 7th for Texas Twister Tournament at Southfork Ranch

Aug 22nd, Marshall's ATA Annual Summer Picnic at Waterworks Park

Mon Aug 23rd, First Day of School Denton ISD

Fri Aug 27th, Mr. Marshall's B'day

School Closed Monday Sept 6, 2010 for Labor Day holiday

"There has never been a time in history when the need for positive people and strong leaders has been greater than it is now." Grand Master Soon Ho Lee

"Generosity is unselfish and noble. Be willing to share with others." Eternal Grand Master H.U. Lee

"Knowledge cannot help the world unless we share it with others." Eternal Grand Master H.U. Lee

"Proper planning, hard work and patience are key elements to accomplish goals." Grand Master Soon Ho Lee

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



What Drives You to Be Great?

Regardless of whether it is a championship caliber athlete, successful entrepreneur, or a hard-working professional, I find the answers are often similar. Regardless of your business, dreams, and desires, let's use the traits of a champion and apply them to our lives. As we all strive for improving our game, here are some of the answers I often hear...

Focus- Let's face it. Many of us are under tremendous stress and striving for balance and harmony in our lives. The ability to focus and endure the tough times allows you to stand-out. You can achieve improved focus by concentrating on elements you can control and not spending time on those you can't control.

Attention to Detail-- It goes hand-in-hand with focus but if you do the small things and pay attention to the details of your work, then you are more likely to be successful.

Hard Work-

Do you strive for detail? Do you follow-up to complete a project until the very end? Are you good at communicating messages to staff or your team? What areas can you improve upon to enhance this area of your life?

Hard Work-Legendary basketball coach John Wooden says "if you want to be successful, you need to be hard-working and industrious." I believe the road to success is paved not only with great intentions, but hard-work, enthusiasm, and a detailed plan, as well.

Passion-Play with passion and positive energy and it will rub-off on all that you touch. Passion breeds enthusiasm and enthusiasm develops a positive energy. A positive energy attracts success. Play the game to win and not to "not lose." In times of fear, struggle, and challenge, it is critical to focus your attention inwards and find the inner spirit that guides you. If you are in the right place, you will find the passion that drives you to deliver consistently.

Mental Toughness-Are you going to face adversity? You bet! And the higher you go up the pecking order, the more shots will be taken at you. The key is focus once again on the things you can control and ignore the negativity. It is important that in your heart of hearts, you know that you are doing your absolute best and being honest with yourself. Fight the good fight and keep focused on only the things you can control. When you find yourself in a rut, focus on what needs to be done to climb out of the rut. Sometimes it means just stop over-analyzing everything and just start "playing" again. A great example would be a baseball player who is in a slump. Although the player wants to analyze the swing and look at what he/she is doing right or wrong, sometimes one just needs to stop beating oneself up mentally and get rid of the negative beliefs that infiltrate the mind during tough times.

Believe-You must believe you can do something. Sometimes we don't know how we are going to get to where we want to go or what it's going to take to get us there. I love saying "For what your mind can believe, you CAN achieve." Write down your intentions and start to believe that you can achieve anything you so desire. Surround yourself with a great team of positive can/do people & work towards your burning desires.

Physical Conditioning- It is the physical conditioning that drives the confidence, belief, conviction, and mind-set of a champion. Train like a champion as you strive for greatness. As you strive for your "Super Bowl" in your life, train at least 5 times per week, improve your nutrition, and condition your mind and your body for success. Get started TODAY!