

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
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WWW.MARSHALLSATA.COM

**December Belt
Testing!**

Christmas Merchandise Sale!

Black Belt Testing!

December Belt Testing!

Don't miss the final School Belt Testing of

2007. The Belt Testing will begin this Saturday morning December 8th at 9:00am commencing with the Tiny Tigers. The Juniors and Adults will test at 10:00am. Please arrive approximately thirty minutes early in order to warm-up, stretch and get mentally prepared to bring your best to the testing. This is your opportunity to challenge yourself and show off the results of your hard work over these past eight weeks. A new ranking within the ATA is a great way to start off the New Year as you commit to be the best 'You' that you can be in this upcoming year.

Mr. Andrew Castro Tests for Black Belt!

Please join me in wishing Mr. Andrew Castro much success at the upcoming testing as he challenges himself to earn his First Degree Black Belt. We are very proud of Mr. Castro for his tremendous perse-

verance and dedication to his training as he pursues his personal goal of becoming a First Degree Black Belt. Earning a Black Belt is a challenge and an arduous climb. The demands of life (school, work, family, friends), social distractions and many opportunities for immediate gratification and entertainment conspire to drain our available energy and derail the pursuit of dreams and goals. Many line up at the starting line but somehow over the course of time during the journey some falter and give up on themselves and there are a lot less footprints at the end.



Stick to a Healthy Eating Routine this Holiday Season

The best way to stick to a healthy eating routine is to eat little meals throughout the day. This not only keeps your metabolism working, but sustains your energy. Take nutritious snacks like unsalted almonds,

apple slices or carrots along during a day of Christmas shopping, and you'll still have strength to workout when you get home. And don't forget to reward yourself a little.

Marshall's ATA 2007 Year End Review.

Jan - Moved to Suite 108.

Feb - Tested for our 4th Degree in Las Vegas.

Apr - Received 4th Degree, New 1st Black Belt

May - Open House/Food

Jun - Student Photos, Attended Worlds Championships, Summer Camp Session I. New State Champs, New Black Belts.

Jul - Summer Camp Session II, In School Tournament, School Picnic at Waterworks Park, Weapons Seminar.

Aug - Back-to-School Testing, New First Degree, Allen Tournament, New Members on the Leadership Team

Sep - Child Safety Month.

Oct - Adult Self Defense Seminar, Fall Testing, New members on the Leadership Team.

Nov - New members on Leadership Team.

Dec - New Black Belt?

You've been diligent in your Taekwondo training. Keep yourself in check with the adage, "Never be hungry, never be full." In other words eat regularly and don't skip meals, but don't stuff yourself.

Special points of interest:

- **The entire month of December is Otomix month.**
- **Christmas Belt Testing**
- **Mr. Andrew CASTRO tests for his First Degree Black Belt.**
- **December Calendar**
- **Marshall's ATA 2007 Year End Review**

Kevin Henderson's!
February 16, 2007
Humble, TX
GO Marshall's ATA!

Tournaments :

Nationals-Orlando AA	10/20
Carrollton, TX Eric Pechacek / B	10/27
Little Rock, Ar Master Anderson / B	11/17
Humble, TX / A	2/16

8 Reasons Why You Should Run



1. "It's quick." There are 1,440 minutes in a day. For beginners, running takes about 30 minutes three days a week, or only 90 minutes out of 10,080 each week. If you're over thirty and unwilling to spend this minimum time for better fitness, you'd better be prepared to spend even more time being ill.
2. "It's safe." Running exercises are gradual. You do not overexert. And you begin at your own level of fitness.
3. "It improves the heart and lungs." Running improves the heart, lungs, and circulatory system by gradually expanding their capacity to process oxygen and handle stress. Running conditions the rest of you, too, but the benefit comes from the increased efficiency of the heart and lungs. Someday your life may depend on their fitness.
4. "It makes you look and feel better." Exercise stimulates circulation, tones the muscles, and produces a more optimistic outlook. Running reduces fat deposits around the hips and thighs, firms sagging muscles, and flattens the abdomen. Running is not only a form of exercise but also a form of relaxation. A time to be alone with your own thoughts.
5. "It helps you lose weight." Through running you can reduce the amount of fat and increase the amount of muscle. Running plus a healthy diet will guarantee good weight loss.
6. "It will give you a smaller waist line." Running will redistribute weight.
7. "It builds endurance and confidence." Running makes you more fit. You can confidently tackle your job, increase your workload, or set out to enjoy recreational activity without fear of overexerting your heart.
8. "Lifetime of better health." Exercise should be part of a long-range health program. Regular exercise year in and year out is what counts. Short-term exercise yields

Goals:

S - is for *Specific*. Write down exactly what you are going to do.

M - is for *Motivating*. Achieving a goal that excites and makes you happy.

A - is for *Achievable*. You have to believe that it's possible to reach your goal.

R - is for *Relevant*. You have to know **WHY** your goal is important to you.

T - is for *Trackable*. You have to track and measure your progress while working toward your goal.

5 Reasons Why You Should Stretch

Stretching improves health and fitness. When combined with proper strength-training methods and aerobic cardiovascular workouts such as running.

Stretching reduces the risk of injuries. Most everyday injuries and athletic injuries are caused either by trauma or by overextending a joint, muscle or connective tissue, which results in muscle pulls, sprains and strains.

Stretching is a good warm-up/cool-down for other types of training sessions. In addition, a pre-martial art-session stretching program improves neuromuscular coordination.

Stretching improves athletic performance. A more flexible martial artist is a better martial artist, and a more flexible athlete is a better athlete.

Have you ever awakened in the morning and, still in bed, slowly stretched your entire body? It's a great way to prepare your body to face the day ahead.

Healthy Holiday Habits

Parties and presents, family and friends—who doesn't love the holidays and the break they bring from the daily grind? Use your mind and agree with yourself that you are not going to blow all your hard earned gains by overindulging. Make a mindset that you are not going to blow

it. Continue your good habits during the holidays (and year-round!) Decide to stay on track and then encourage each other. It's also helpful to schedule workout time. With the time you have off, make sure you keep up your Taekwondo training. Don't focus on difficult moves or a lot of memorization during the holi-

days just keep moving and exercising. It's a great holiday stress relief. Doing just a little is better than doing nothing. Get 20 minutes of cardiovascular exercise. No class? No excuses! You can practice your forms, or do push-ups, jumping jacks and lunges—they don't require equipment.



Good Luck

Good Luck, Mr. Castro as you test for your First Degree Black Belt. We're pulling for you.

December 2007

Marshall's ATA Black Belt Academy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1 Reg Class
DECEMBER is OTOMIX Month!						
Week 7						
2	3	4	5	6	7	8 Belt Testing 9:00a T Tigers 10:00a Juniors & Adults
The Next Belt Testing will be Saturday February 16th						
9	10	11	12	13	14	15 No Classes 11:15am Black Belt Ceremony @ Carrollton
Week 1						
16	17	18	19	20	21	22 Last Day for Reg Classes
Week 2						
23	Marshall's ATA will be closed for the weeks of Christmas & New Years!					
Week 2						
30	24 Christmas Eve	25 Christmas Day				
	31 NYears Eve	1 NYears Day				

Birthdays!



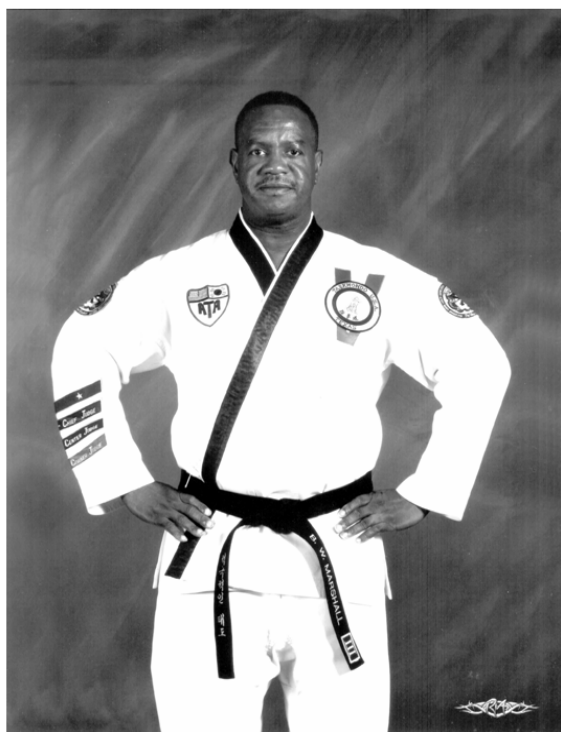
Alex Wilson 12/01
Drew Gatlin 12/01
Christian Angeles 12/05
Stephani Marshall 12/09
Caroline Christiansen 12/09
Kaithyn Gillespie 12/13
Cade Beshir 12/14
Maya Davis 12/14
Mike Williams 12/22
Steve Hodges, Sr. 12/27



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



Mr. Marshall is an accomplished Martial Artist. He is a certified instructor of Songahm Taekwondo in the American Taekwondo Association. He holds a number of titles and certifications.

Owner/Chief Instructor of Marshall's ATA Taekwondo & Karate for Kids

2002 Texas Sparring Champion

National Level III/ Weapons Judge

CPR Certified

Certifications: Ground Fighting, Joint Manipulation, Single and Double Bahng Mahng-Ee

Certified Personal Trainer –Mr. Marshall's certification is through the renowned Cooper Institute.

Mr. Marshall is committed to teaching excellence both Physically and Mentally. He believes that "Knowledge cannot help the world

unless we share it with others" Eternal Grand Master H U Lee

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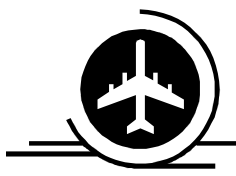


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 Estimator/Manager

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