

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY  
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December Belt  
Testing

Mr. Linton Tests  
for Black Belt

Marshall's ATA  
Christmas Party

Fitness Testing  
Black Belt Induction  
Ceremony  
School Closed for  
Christmas Holiday

## Marshall's ATA December Belt Testing

### Marshall's ATA In-School Tournament

Marshall's ATA hosted an In-School tournament on Weds & Thurs **Nov 5th & 6th**. The Tiny Tigers had their tournament on Wednesday at 6:00pm & the Juniors and Adults on Thurs at 6:00pm. There were no regular classes on both days. This was a warm-up for the coming Dallas Duel regional tournament.

### Russell Linton Tests for Black Belt

After a long and winding journey in Taekwondo, Mr. Russell Linton will be testing for his First Degree Black Belt at the Marshall's ATA Christmas Testing. While juggling his career and family responsibilities, he still maintained his pursuit of his goals. We salute his display of perseverance, diligence and determination required in the pursuit of becoming a Black Belt in the martial art of Taekwondo.

### Marshall's ATA Christmas Party

The Marshall's ATA Christmas Party and Awards Banquet is quickly approaching on Dec 13th from 6:00 to 8:00 pm at Master Grill Brazilian Steakhouse in Denton. We look forward to seeing you all there as we come together to celebrate the season and another happy and successful year of growth in the ATA here in the Denton community.

### Board Break Clinic

We hosted a board break clinic on Thursday **Nov 13th** from 6:15 to 7:00pm. With the December testing quickly approaching, this was a great opportunity to get some up close and personal attention on required breaks for rank advancement.



### Thanksgiving Holiday

Marshall's ATA was closed for the Thanksgiving holiday from **Nov 26th to Dec 1st**. This was an Otomix week as we are preparing for the Belt Testing on Friday Dec 5th and Saturday Dec 6th at 6:00pm.

### Red & Black Belt Rec Seminar

The Red & Black Recommended seminar went very well and was attended by:

Mr. Russell Linton, Bryce Linton, Jan Burwell, Jayne Kraus, Preston Couch, Dewey Middlemiss-Kurtz and Luke Hilton

### Black Belt Induction Ceremony

Marshall's ATA will conduct a Black Belt Induction Ceremony immediately following the Junior and Adult Belt Testing on **December 6th**. This is a meaningful ceremony in celebration of the accomplishment of our Black Belt students in attaining the rank of First Degree Black Belt.

### Special points of interest:

- Marshall's In-School Tournament
- Dallas Duel IV Tournament
- December Birthdays
- Board Break Clinic
- Red & Black Belt Rec Seminar
- Fitness Testing
- Christmas Holiday
- December Testing
- Black Belt Induction Ceremony
- Christmas Party!

### Tournaments:

Black Belt Nationals, Los Angeles, CA	1/30
	1/31

## Christmas Party

We are having our annual Christmas Party at Master Grill in Denton on Saturday Dec 13th, from 6:00 to 8:00pm. Dinner for adults is \$26.95 per person. Children aged 6-12 can eat from the buffet for \$16.95. There's a children's

menu that is much more reasonable. Those prices range from \$4.95 to \$8.95. Children under 5 eat from the buffet for free. Large groups get free drinks, water, tea, soda and 25 percent off desserts. I have

heard that the service is great. I may choose a different venue for the kids Christmas Party. If I do, then the adults can purchase adult beverages at a discount. I would like this event to be semi-formal to formal.

**Diligence** - I could never have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.  
- Charles Dickens.

## The Turkey is Gone; Here's Food for Thought

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"The man who has no imagination has no wings." - *Muhammad Ali*

Every day you have to test yourself. If you don't, it's a wasted day. - *Terry Butts, Marine Corps Male Athlete of the Year.*

Cowards never started and the weak died along the way. *Unknown pioneer reflecting on completing the long, hard trek known as the Oregon Trail*

Experience is a hard teacher because she gives the test first, the lesson afterward. - *Vernon Law, Pitcher for the Pirates*

A team is where a boy can prove his courage on his own. A gang is where a coward goes to hide. -

*Mickey Mantle*

Freedom is not worth having if it does not include the freedom to err. It passes my comprehension how human beings, be they ever so experienced and able, can delight in depriving other human beings of the precious right. - *Mahatma Gandhi, 1931*

I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent. - *Mahatma Gandhi*

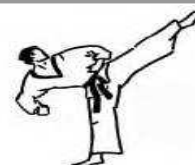
Indolence is a delightful but distressing state; we must be doing something to be happy. - *Mahatma Gandhi*

One needs to be slow to form convictions, but once formed they must be defended against the heaviest odds. - *Mahatma Gandhi*

The weak can never forgive. Forgiveness is the attribute of the strong. - *Mahatma Gandhi*

Whatever you do will be insignificant, but it is very important that you do it. - *Mahatma Gandhi*

When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it - always. - *Mahatma Gandhi*



### New Members

**Marshall's ATA**

**welcomes**

**new members:**

**Jason Perry**

**David Redondo**

\*\*\*\*\*Note\*\*\*\*\*

Marshall's ATA will be hosting a CPR certification class in the very near future perhaps in mid January '09.



**Congratulations to Justin Kragh.** Justin was recognized by the faculty and administration of his school (Hattie Dyer Elementary) and awarded for exemplifying excellent behavior and superb social skills. A child's social skills are many times a reflection of the parenting a child is receiving at home. His parents were also commended for the excellent job they are doing with Justin. He has earned his silver star for excellence.

### **Congratulations to our Dallas Duel ATA Tournament Participants!**

**Congratulations to our Marshall's ATA students who participated in the recent Dallas Duel Tournament at Southfork Ranch. The participants were: Mr. Russell Linton, Christian Williams, Hayden Mullins, Tanner Gorman, Bryce Linton, Logan Curry and Matt Wooten.**

Christian Williams won triple first places for Forms, Sparring and Weapons. Way to go!



**Congratulations Chloe Weitzman, Brenna Saleraeki & Megan Roberts** have successfully qualified for the Marshall's ATA Splits Club. Their photo is now posted on the school's Splits Club Poster Board.

Preston Couch and Dewey Middlemiss have successfully qualified for the A Team and have now been presented with their A Team patches.



## The Monthly Theme for December is Diligence

"I played six to 10 hours a day, every day, 90 days during the summer, and I'd do incredible things. I would dribble blindfolded in the house. I would take my basketball to bed with me, I'd lay there after my mother kissed and tucked me in, and I'd shoot the ball up in the air and say, 'Finger tip control, backspin, follow through.'" - *Pete Maravich*

"Tennis was given to me not to become a great player and a world champion. Tennis was given to me to keep me off the street corners of east St. Louis. " - *Jimmy Connors*

"You only ever grow as a human being if you're outside your comfort zone." - *Percy Cerutty*

# MARSHALL'S ATA MARTIAL ARTS

Every kid's a Winner  
Every kid's special

Theme of Month: Diligence

**December 2008** Next Testing February 6th/9th

Happy Birthday  
Happy Birthday

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 T. T. Testing Jrs 7 and under Testing 6:00p.m.	6 Jrs 8 and up Adults testing 6:00 p.m.
7 Week 1	8	9	10	11	12	13 Christmas Party at the Master Grill
14Week 2	15	16	17	18	19	20
21 School Closed	22	23	24	25 Christmas Day	26	27
28Week 3	29	30	31	New year's Day School Closed		

Drew Gatlin 12/1  
Caroline Christiansen 12/9  
Tanner Gorman 12/21  
Ella Gillispie 12/12





**Mr. Robert W. Marshall, Sr.**  
**4th Degree Black Belt, Certified Instructor**



**MR. RUSSELL LINTON Testing for**  
**1st DEGREE BLACK BELT**



Becoming a Black Belt has been a goal of mine for a very long time. While I have been a lifelong fan of martial arts, I didn't begin studying martial arts until I was attending

college in 1996. My first instructor, Jim Davis, was a supervisor in the Oklahoma University computer services department where I worked. Mr. Davis' garage at home was converted into a Dojang so myself and several co-workers asked about training with him. The classes were informal (no real uniforms) and the style was a mix of boxing and Tae Kwon Do. We focused mainly on sparring and (unwisely) wore very little in the way of protective gear. I had only watched martial arts movies up to this point, so finally going out onto the mat was exhilarating. I was hooked. Sadly, I had to leave this behind when I graduated college in 1997. Maaike and I moved to Texas in the summer of 1997 and settled into new careers and a new home. It wasn't long before I found myself wanting to return to the Martial Arts, I began attending classes at the Korean Tae Kwon Do Institute (KTI) in Irving, Texas operated by Master John Monroe. This was a more formal setting and firmly rooted in traditional Korean Tae Kwon Do. The emphasis was on tournament sparring since at one time in his career Mr. Monroe was an alternate for the U.S. Olympic Team. We also studied a bit of ground fighting for more real world applications. At KTI, I attained the rank of Blue Belt. (Their belt ranks were slightly different from ATA ranks.) At the time I was only three or four belts away from Black and very much looking forward to gaining that privilege. Life interrupted again when Bryce was born in 2000. Caring for Bryce, maintaining both our careers and training with Tae Kwon Do became increasingly difficult to balance. During this time, I made the decision to leave my job as a graphic artist for a small Dallas advertising firm and stay home to take care of our son. It was a difficult decision to make, and to maintain professional contacts I contracted from home and served on a public advisory board for the City of Irving. At the same time KTI entered a transition period where it moved to several different locations. Master Monroe was beginning to expand the exercise facilities and focus his business on his growing gym. So, once again, martial arts training took a back seat to other things. When I finally made the decision to return to work, I applied for a position with the Federal Bureau of Investigation. Motivated by a desire to defend my country after the events of 9-11, I was extremely proud to be accepted by such a highly regarded law enforcement agency in July of 2002. I underwent extensive training for several weeks

and embarked on a new adventure. About a year later while taking a defensive tactics course at Quantico, I noticed how much I truly missed being involved in martial arts. That training focused on practical self-defense versus armed / unarmed combatants. However, at one time we were boxing with fellow students and I was doing everything I could to not act on instinct and throw my feet into the mix. I knew I needed to find a TKD school again. We had been living in Denton for a year or two when Marshall's ATA opened. I was really running out of excuses for not pursuing my black belt now. The school was a mile away from home and it provided a relaxed family environment where myself and Bryce could both attend. The benefit for the structured approach of ATA was very obvious as I watched Bryce grow. He used to be so distracted during class that he could barely put a few moves together. As he grew, the environment helped him exhibit more and more self control. Now he can complete complex forms on his own! I am so proud of the progress he has made! Despite my desire to put aside all excuses, life interrupted about the time I attained Blue Belt (again!) I began to attend classes less as my job became more demanding. As part of my position with the Bureau, I was subject to frequent travel. The travel was often at last minute notice and for weeks on end. Even while I was at home, my schedule was subject to frequent change and working nights and weekends was the norm. This was something we always accepted with the job, but after five years it was starting to wear on my family. For my study of Tae Kwon Do, being able to make it to class on a regular basis was just not possible. Eventually, I was offered a promotion to a position with less travel but it would require months away from home for training and frequent relocation. I began to pursue the promotion and while I spent all of my spare time training for the physical test, I started to really see the impact my absence was having on my family. I knew it was time to re-evaluate things. It wasn't an easy decision to make, but I left the Bureau in June of this year after six years. While I miss my work there, I can't tell you how happy I am to be home with my family. I see my wife and son everyday and it is truly a blessing! As a result of this decision, I decided to pursue another lifelong goal; to own a business. In August, I opened my Private Investigations company, Vigilant Investigations. Being my own boss has the added perk that I can usually make time on my schedule for some of those personal goals I kept setting aside – like finally earning my black belt. So, after 12 years I am finally on the verge of attaining my Black Belt. It has been a long journey and I feel I am ready for that privilege. However, no matter what happens on Saturday, I know I will keep pursuing this goal which has been a part of my life for so long. I've had various reasons "why" I want to accomplish this over the years. It used to be for the recognition and then the sheer challenge. Now I think it is just for a bit of self satisfaction but mostly for my son, Bryce. I want him to see that if you work hard and try your best that you can accomplish any goal you set. If I can inspire him and others, then that will be reason enough.

Mr. Russell Linton 1st Degree Black Belt 12/6/2008