

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Christmas Testing
Dec 13th & 14th

Marshall's ATA
Annual Christmas
Party at Pour-
house Grill

Dec Birthdays

Anti Bullying Semi-
nar at Marshall's ATA

Marshall's ATA Black
Belt Induction Cere-
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Christmas Holiday
Closing Dates

Black Belt Nationals

Marshall's ATA Christmas Belt Testing

Marshall's ATA Christmas Belt Testing will be held over two days on Monday Dec 13th at 5:00pm for the Tiny Tigers and on Tuesday Dec 14th at 5:00pm for the Juniors & Adults. Please come and show your support for our students as they perform their rank material. Forms, Sparring Combos or One Steps, Sparring & Weapons.

Marshall's ATA Annual Christmas Party

The Party Begins at 6:30pm and will last until 10:00pm. We will host our annual celebration at the Pourhouse Grill at Unicorn Lake. Please join us for the food, fun and festivities as we come together to celebrate the season and reflect on this year. We will do our annual 'Of the Year Awards' as well. Please come in festive Holiday attire.

Black Belt Induction Ceremony will be held on Saturday Dec 18th at 2:00pm. The Induction Ceremony is a long tradition that has gone back thousands of years. It is a

symbolic ceremony where students pass on a gift to their Instructor that reflects the training they've received in reaching their new rank. In return the Instructor passes on symbolic items that represent their continued commitment to them as students. The ceremony itself is done all in candlelight. It is completely quiet except for the ringing of the gong. Please invite family and friends and make sure you reserve your spot for an event that will surely be a highlight in your Taekwondo career. The event should last approximately an hour.

Marshall's ATA will Host an Olweus Kidz 'n Power Anti-Bullying Seminar

Dr. Wendy Middlemiss, PhD will host an Olweus pronounced OL-VEY-us Anti Bullying Seminar at Marshall's ATA on Sat Dec 11th from 2:00 - 4:00pm. She will discuss the latest knowledge and information from the field concerning Bullying and effective counter measures and techniques to use when the bullying becomes physical or violent. This seminar is available

to the greater Denton community as well. Cost will be \$15.00 and only \$25.00 per family. Please bring a friend to attend.

December Leadership Classes

The next Leadership Classes will be Thurs Dec 9th & Wed Dec 22nd at 7:30pm. Ground fighting.

The Songahm Taekwondo 2011 Black Belt Nationals will be hosted in Dallas at the beautiful Hilton Anatole Hotel 2201 Stemmons Freeway, Dallas TX. 75207 on Jan 13th thru the 15th. All competition will be in room Trinity 1 at the Hilton Anatole.

Marshall's ATA will be closed for the Christmas holiday from Thu Dec 23rd thru Mon Dec 27th. We will also be closed on Saturday January 1, 2011. Due to the fact that there are less training days in December, all students can attend unlimited during the month of December. Have a safe and a very Merry Christmas. Safe travels for those travelling.

Special points of interest:

- Marshall's ATA Christmas Belt Testing Dec 13th /14th
- Marshall's ATA Annual Christmas Party
- Marshall's ATA Black Belt Induction Ceremony
- Marshall's ATA Olweus Anti-Bullying Seminar
- December Birthdays
- Marshall's Closed for Christmas holiday
- Leadership Classes
- ATA Black Belt Nationals Dallas coming up January 13th thru 15th, 2011

Tournaments:

Black Belt Nationals at Hilton Anatole - Dallas

Jan. 13th - 15th, 2011

Humble, TX Master Kevin Henderson

Feb 25 / 26th, 2011

Service

"Life's most urgent question is 'What are you doing for others?'"

- Dr. Martin Luther King

"Life becomes harder for us when we live for others, but it also becomes richer and happier."

- Albert Schweitzer

Marshall's ATA 1st Degree Black Belt Testing Date

The Black Belt Candidates will be testing at the Marshall's ATA Christmas Testing on **Monday December 13th, 2010 at 6:30pm**. This will be a very special testing taking place after the Tiny Tiger portion of the testing has ended.

Please come and show your support for the following individuals as they test for Black Belt decided:

Mr. Othell Hamilton

Mrs. Trisha Hamilton

Mr. Jason Perry

Mr. Bailey Blackney

Mr. Owen White

Mr. Garrett Newland

Olveus Bullying Prevention Program Seminar at Marshall's ATA

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Keeping kids safe, happy and making them strong starts by preventing bullying. The most common danger kids face is bullying. Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself. There are many types of bullying behavior, but the most common ones are Direct and Indirect Bullying. Direct Bullying involves:

- Hitting, Kicking, Shoving, Spitting...
- Taunting, name-calling, degrading comments
- Threatening, obscene gestures

Indirect Bullying involves:

- Getting another person to assault someone
- Spreading rumors
- Social isolation

• Cyber-bullying

Bully = Peer Abuse or Social Cruelty. Serious bullying impacts one 1 out of 3 kids. Teachers only catch 5 percent of bullying behavior. Bullying leads to other problems such as anxiety, depression, suicide ideation, physical ailments, lower academic achievement

- 60 percent of kids who were bullies were convicted of a felony before the age of 25

3 key components of Bullying

1. Aggressive behavior
2. Typically involves a pattern of behavior repeated over time
3. Involves an imbalance of power or strength

Prevalence of bullying. A national sample of 15,600 students in grades 6-10:

- 19% bullied others "sometimes or more often"

- 9% bullied others weekly

There are similarities and differences among boys and girls in their experiences of bullying.

• Similarities

- Both boys and girls engage in frequent and verbal bullying.

- Girls and boys engage in relational bullying.

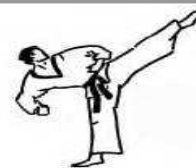
• Differences:

- Most studies indicate that boys bully more than girls.

- Girls are more likely to be bullied through social exclusion, rumor-spreading, cyber bullying, and sexual comments.

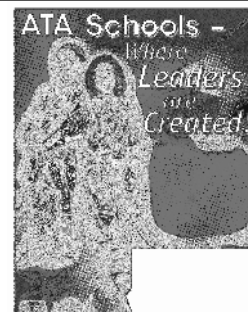
- Boys are bullied primarily by boys; girls are bullied by boys and girls.

Relational Bullying is use to damage reputations or social standing with peers and/or use threats or loss of relationships to manipulate peers. Bullying is more common in elementary and middle school than high school.



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 Mr. Michael Kaiser (CIT) #1 & Dr. Wendy Middlemiss (CIT) #2 on their promotion to Specialty Certified Training Instructor Level II. They will pursue their Level III Instructor Certification at the May 2011 Region 112 Instructor Camp.

Congratulations to Karen & Megan Creamer, Troy Edgell III, Samuel & Gabriel Simms, Bryce Simon, Destini & Ciara Gil and Brandon & Kylie Hughes on their acceptance to the Master Club.

Congrats: Toby Blackney, Brian Hutchins, Juan Gutierrez, & Jeydon Gloria are accepted to Ldrship

2010 - The Year of Impossible Possibilities

Marshall's ATA Annual Christmas Party at Pourhouse Grill from 6:30 - 10:00pm Dec 10th, 2010

Olveus Bullying Prevention Seminar at Marshall's ATA Dec 11th, 2010 from 2:00 - 4:00pm

Christmas Color Belt Testing Dec 13th at 5:00pm for Tiny Tigers & Dec 14th at 5:00pm for Juniors/Adults

Marshall's ATA Black Belt Testing on Mon Dec 13th, 2010 at 6:30pm

Annual Black Belt Induction Ceremony at Marshall's ATA Dec 18th from 2:00 - 3:00pm

Marshall's ATA Will be Closed for the Christmas Holiday Thur Dec 23rd thru Mon Dec 28th, 2010

Kids, Cyber-Bullying & Social Networks

There comes a time-usually before age 13 when kids out-grow childish games. And unfortunately this time comes when they are a perfect storm of potential trouble on Facebook. Girls are discovering boys, mean girls rule, bullies know no (physical) bounds, and kids this young don't have the coping skills or confidence to negotiate it all - especially if it follows them home. The pros: children can seamlessly and easily stay in touch with each other as well as that kid they met at camp or at the mall or in an exchange program.

The cons: Privacy is confusing at best, nonexistent at worst. Mistakes are public and long lasting. Facebook is not for kids under 13 and there are safer ways for tweens to network. If you can't keep them off Facebook, insist on being their Friend and pay attention so you can offer guidance and help them navigate safely but do your coaching offline not in front of their peers or they may 'unfriend' you and you may have a hard time getting invited back in. Once you are ousted, supervision becomes difficult. Alert parents don't buy cell phones, internet, dinner, etc. for people who won't 'Friend' them on Facebook.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Mr. Marshall - Why do you want to become a Black Belt?

Mr. Hamilton - I don't think my goal was ever to become a Black Belt, but rather to become proficient at martial arts. We've all seen the movies of martial artists, karate, they always stood out in a crisis and were always calm and in control of themselves. They can take up for themselves and their friends and family. I like many others aspire for that type of inner peace. I looked around at different martial arts schools in the past; none gave me that WOW! I've got to learn here. Well, I met this girl named Tricia. Her son Tanner was learning martial arts at an ATA school. I didn't get a WOW! I must learn here either. But as one of our kids after another began to learn Taekwondo, I think I began to pay attention to what was going on, what was being taught and learned. As I began to understand, my desire to learn grew and respect for the Marshall's grew as well. So, I started learning and as time progressed and color belts past, I began to understand more as to the nature of a Black Belt, a Martial Artist. Those who were proficient, calm, collected, in control and stood out were Black Belts. Obtaining a Black Belt is viewed as a great accomplishment and there is great respect for those who are able to accomplish the task of becoming a Black Belt. Hmmm, and it's just the first step in a long journey.

1st Degree Black Belt Candidate

Mr. Othell Hamilton

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Mr. Hamilton - The process of obtaining the skills and knowledge along with the physical and mental attitude required demonstrates that a person has the qualification to become a Black Belt. The process of becoming a Black Belt requires hard work, dedication, perseverance, integrity, a humble personality and a true desire to reach a goal that takes time and hard work to obtain. A person must have an inner desire to improve oneself and willingness to go beyond what they have always done. I've pushed myself beyond my limits and out of my comfort zone. I've practiced and lived in the Spirit of Taekwondo. I have grown in knowledge, confidence and physical ability. That is why I am qualified to be labeled a Black Belt.



Melody Hamilton and Tanner Garmon are both members of the Hamilton family who have also become Black Belts. Othell and Tricia Hamilton are also poised to become Black Belts at the Marshall's ATA December Testing. We your family and friends at Marshall's ATA are so very proud of your commitment to excellence and your dedication to achieving your 1st Degree decided Black Belt.

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



1st Degree Black Belt Candidate

Mrs. Trisha Hamilton

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Mrs. Hamilton - The qualifications for being a black belt seem pretty straightforward. There are the basics that you can check off the list: learn all the forms - check, learn all of the sparring combinations - check, learn how to spar - check, learn the knowledge - check, break boards - check. Then, there are those additional requirements that can't necessarily be checked off the list: 'Black Belt Attitude', Leadership, Perseverance, Humility, Discipline, Respect...the long list of qualities that we find prominently displayed and talked about in our

dojahng at every turn. These qualities are hard to measure with a standard yardstick. These qualities can only be measured by 'walking the walk and talking the talk.' These qualities are sometimes even more important than the ones you can check off the list. Anybody can walk through the door and learn how to do a high block, a front kick, or a knifehand strike. But it has become quite obvious to me on my long and bumpy path to Black Belt that only a selected few have the other part of that list, and thus have what it takes to truly be a Black Belt Leader. I will not say it has come easily for me. But I think that as I stand here today, I have not only marked everything off of my checklist, but I have also successfully learned those other intangible lessons and am now ready to tackle the next phase of learning.

Mr. Marshall - Why do you want to become a Black Belt?

Mrs. Hamilton - I didn't. Plain and simple. I never had some inner desire to learn a martial art. I didn't wake up one morning and say to myself "I sure would love to be a Black Belt!" I wish I had some very touching story about how I always wanted to be a Ninja as a kid....but alas, I don't. It just sort of happened.....I was minding my own business and next thing I knew, I was in line to test for my Black Belt. My story is very simple. And, as with most of my stories, it started with my kids....

A few years ago, I signed my son, Tanner, up for Taekwondo lessons. After several failed attempts at team sports, Tanner wanted to try something that was more of a solo show, where it didn't matter if he was the same size as all the other kids. I wanted to make sure he would be able to defend himself if anyone ever tried to hurt him. His father studied Taekwondo, so Tanner wanted to try it out. And that's how it all began - very innocently, really. Tanner started learning Taekwondo at an ATA school in Bedford and we were on our way. He loved it. And I was thrilled that he had found something that he liked. I also had 2 toddlers at the time, and was a single mother. So, every time Mrs. Marez would hint at getting me out on the mat, I launched into a very emphatic course of laughter. My time in the Dojahng was spent chasing around two little ones trying to make sure they didn't disturb the class. About a year later, I moved to Denton to be with this really cool guy. For anyone who isn't familiar with the 'Hamilton Clan', we are a modern day Brady Bunch. Othell has 3 girls - Skyanne (17), Brianna (15), and Melody (13). I have 3 boys - Tanner (10), Hayden (6), and Alex (5). And after falling completely head

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt Candidate

Mrs. Trisha Hamilton

over heels for this really awesome guy, we are now one giant, never dull, often chaotic, proudly dysfunctional family. Hayden was constantly begging to get on the mat. So, when he turned 4, we finally let him. Hayden and Tanner went to a tournament one weekend and Melody decided it looked pretty fun and wanted to try it too. And thus, the snowball began. Mrs. Marshall was always trying to get me out on the mat. (And we all know what a good saleswoman she is.) Finally, I decided that I was there all the time, anyway, I might as well use the time to get some exercise. It was all very innocent. I was just getting some much needed exercise,

and spending time with my kids. It was not at all about getting a Black Belt. Next thing I knew, our entire family of eight was signed up and kicking - literally. Like I said, Mrs. Marshall is really good....

Taekwondo has truly become a very useful glue that holds our giant family together. I really believe that there is a reason for everything that happens. During a time that could have been filled with transitional angst and rebellion from all of our kids, I think having this one activity that we could all bond over has really helped us avoid many of the usual pitfalls of a merged family. They say "The family that kicks together, sticks together." I can honestly say that this is really true for the 'Hamilton Clan.' No matter what else is going on in our lives, we are always able to come together on this common ground, where we are all learning and struggling together, where sometimes the kids are the teachers instead of the parents, and where we can leave all of our other issues at the door. Our kids joke all the time about what a mistake it would be for any bad guy to mistakenly choose our house to break into. We have a glue. And that makes our family strong. (It also makes for lots of impromptu sparring matches in our living room.) But I know that no matter what life throws our way, we can handle it, together, as a family. But even still, like I said - I really never intended to be a Black Belt. In the back of my mind, I think I always just figured that I would find a good time to bow out gracefully - you know, when it was convenient. But somewhere along the way, our very large family grew even larger. Our Taekwondo family has truly been one of the biggest blessings in my life and the lives of my entire family. And none of them take the word 'NO' very well. Several times, I thought I had the right time to bow out gracefully. I lost nearly 6 months of training time after having two different major surgeries fairly close together. We've had injuries. We've had long bouts of unemployment. I've started a new career as a teacher that drained nearly all the life out of me. My kids have been in the hospital. Basically, if it could happen, it will happen to us..... Each of these times, I would think "Perfect! Now is a good time to leave and go back to my regular life. I don't really have time for this, anyway." But trying to tell Mrs. Marshall you want to quit is like trying to tell your parents that you just don't feel like going to school...she has a different plan. In addition, every time I started to think about quitting,

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1st Degree Black Belt Candidate

Mrs. Trisha Hamilton

I would hear myself telling my kids that they should see their commitments all the way through, they would never get anywhere by being a quitter, one day they will look back and thank me for not letting them give up on their goals....all the things that good parents say to their children in order to get them to do something that we think is best for them. Along this bumpy path, we have extended our family. And with family, sometimes the decisions we make are more about them than ourselves. Sometimes no matter how badly you want something, your family is there to remind you of what's really important to you,

even when you lose sight of it for a minute. They can give you that loving nudge - just enough so that my deep rooted competitive nature takes over and gets my behind in gear again. Mr. and Mrs. Marshall have done this many times, as well as several of the wonderful friends that I've grown so close to here. Sometimes, it's just as much about not letting them down as it is about not letting myself down.



I've watched two of my children get their first degree Black Belt. As a parent, I cannot even describe how proud I am of both of them. It is a memory that I will cherish always. My prayer is that all six of my children will also be able to say that they are just as proud of me as I approach this 'end of the beginning', as Mr. Marshall says. I often joke with my husband that I was drug kicking and screaming all the way to my Black Belt Test. And sometimes, I definitely was. But it was all out of love from my large and extended Taekwondo family. So, now, I am here, ready to stand in front of all those that have trained, celebrated, and cried alongside me, and tie on a belt that, for me, like so many others, is about so much more than forms and sparring. My wonderful husband has been there right alongside me through this journey. He has consoled me through all of the blood, sweat, and tears. I am so honored and blessed to have him right alongside me at this very important milestone as we both test for our First Degree Black Belt. I have accomplished many great things in my lifetime. But I am especially excited to add this one to the list, as it has come to me, not just through my own efforts, but through the efforts and constant encouragement of my family, both in and out of the dojang.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

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1st Degree Black Belt Candidate

Mr. Jason Perry

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Mr. Perry - My number one qualification is that I always try my hardest. Even if I fail, I keep trying until I get it right. I was born 14 weeks early and had heart and breathing issues. When I was just a few months old I had heart surgery. I had another heart surgery when I was 6 years old. Even though the surgery slowed me down, I kept trying until I got things right. I am not the fastest or strongest but I keep trying. I have never been the best at any sport, but I will always keep trying. When I first started Taekwondo, I did not know what I was doing. It was different and confusing, but I kept trying. I feel like all of my trying to get better has made me ready to become a Black Belt. I feel I'm ready to keep trying to move up in the Black Belt ranks.

Mr. Marshall - Why do you want to become a Black Belt?

Mr. Perry - I originally joined Taekwondo to get credit for P.E. at school. I thought I would just get credit and then it would be over. I never knew how much I would begin to like it. It has not been easy, but it has been fun. As I moved up in belts, I realized that if I kept trying hard I could become a Black Belt. Most of my friends at school haven't done this. I set my goal to become a Black Belt because I originally thought it was something I could never do. But as I kept trying and getting more confidence, I knew I had to do this; this was my goal. After I achieve my Black Belt, my goal is to move up in the Black Belt ranks. Taekwondo has helped me understand that if you work hard and have a goal, you can achieve anything.



Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt Candidate

Mr. Bailey Blackney

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Mr. Blackney - I should attain my Black Belt because I feel like I have worked hard. I have put a lot of time and effort into my forms to reach this goal. I have worked hard over the last year to get my Black Belt. There have been days when I haven't been feeling so well and I pushed myself to come. Ever since I have started Taekwondo, it's helped me become a Captain in football, It's helped me become an officer in choir. I have worked to get this belt since I was four and I think I should get this belt because I've put a lot of effort into it. I have other sports to go to but I keep making time to get my classes because getting my Black Belt is important to me.

Mr. Marshall - Why do you want to become a Black Belt?

Mr. Blackney - I want my Black Belt because it's a good accomplishment. I started Taekwondo when I was four years old. My mom put me in Taekwondo because I thought it was cool. But over the years I've learned that it's not just about punching and kicking, it's also about Respect, Honor, Commitment, Courtesy, and other stuff. I want to get this belt because I want other people to learn and figure out that it's not just about punching and kicking. I want to help other people get their Black Belt just like my Instructors helped me. When I was a Blue Belt I quit because I put other sports in front of Karate, then I started to miss it so I came back to finish what I started. This is a goal that I've wanted since I was a little boy.





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4th Degree Black Belt, Certified Instructor
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1st Degree Black Belt Candidate

Mr. Owen White





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Certified Personal Trainer, Cooper Institute

1st Degree Black Belt Candidate

Mr. Garrett Newland

