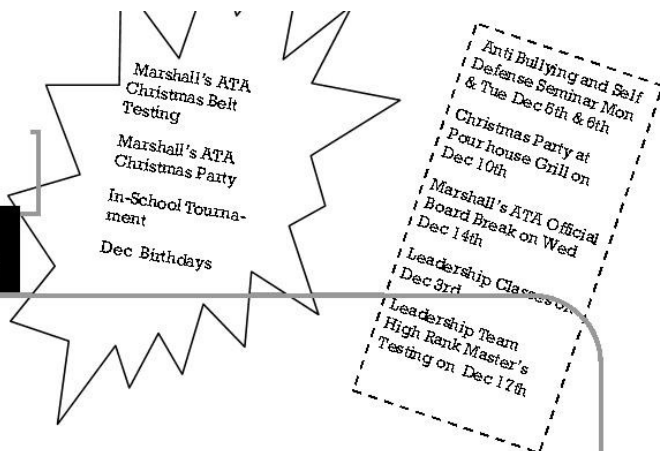


## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
2900 WIND RIVER, LANE SUITE #138  
DENTON, TX. 76210  
WWW.MARSHALLSATA.COM



## Marshall's ATA Christmas Belt Testing

**Marshall's ATA Will be Conducting our Christmas Belt Testing** on Thursday and Friday Dec 15th & 16th. We will conduct the Tiny Tiger portion of the Testing on Thursday evening starting at 5:15pm with the W, O & Y Belts. The Camo's and above will be having their Testing starting at 6:30pm. Our Juniors and Adults will be Testing the following day on Friday starting at 5:15pm with the W, O, Y Belts and the Camo's and above will test immediately following starting at 6:30pm.

### Marshall's Official Board Break Testing

The Official Board Break portion of the Christmas Testing will be conducted on Wednesday Dec 14th, during the Master Club Juniors/TT Class, the Camo thru Red Class & the All Ranks Juniors/Adults class. Please come in full traditional uniform as we will observe official ATA Board Break Testing Protocols. See Mr. or Mrs. Marshall if there are any concerns.

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

The Marshall's ATA Christmas Party will be hosted this year at the Pour House Sports Grill at Unicorn Lake on Sat Dec 10th, 2011 from 6:00 to 10:00pm. This is a semi formal event so please come dressed in your holiday finery and cheery holiday colors. We will reflect on the year 2011 and present our 'Of the Year' awards with our gratitude to the Students and Families for supporting and being a part of Marshall's ATA.

### Marshall's ATA In-School Tournament

Marshall's ATA will be conducting an In-School Tournament on Thur & Dec 8th starting at 4:15 pm for the Tiny Tigers and 5:15pm for the Juniors and Adults. We will have Traditional Forms, Weapons & Sparring competition as well as Creative Forms, Weapons and our first ever Combat Bahng Mahng Ee competition. At Marshall's ATA, we believe that every kids' a winner when they

challenge themselves to do their very best under competition conditions. There will be medals and trophies at the end of this friendly In-School competition. We hope to have everyone be a part of this very special end of the year school event.

### Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held this month on Sat Dec 3rd & 10th from 8:30am to 9:30am. The theme for Dec is 'Integrity & 'Black Belt Attributes. Leadership Team will please complete these sections in your manuals this month and be ready to answer questions on our theme for the month such as "What does having Integrity Mean? and What are the Nine Black Belt Attributes?" The scheduled Leadership classes will be conducted from 8:30am to 9:30am in order to facilitate coverage of our required physical material and allow for Q & A and dissemination of school information.

### Special points of interest:

- December Leadership Classes Sat Dec 3rd & 10th 8:30 - 9:30am
- Mr. Marshall's Bullying Prevention and Self-Defense Classes on Mon & Tues Dec 5th & 6th
- Marshall's ATA In-School Tournament Thur Dec 8th
- Marshall's Annual Christmas Party Dec 10th 6:00 - 10:00p
- Marshall's ATA Official Board Break Testing will be held during class on Wed Dec 14th
- Marshall's ATA Christmas Belt Testing Dec 15 & 16th
- Marshall's ATA will be Closed for the Christmas Holiday from Wed Dec 21st thru Mon Dec 26th, 2011. Reopen on Dec 27th

### Tournaments:

<b>Humble, TX</b> <b>Master Kevin Henderson</b>	02/24 & 02/25
<b>Spring Nat'l's</b> <b>Las Vegas</b>	3/21 Thru 3/24

## Marshall's ATA Holiday Merchandise Sale

Mrs. Marshall has several catalogues out at the front desk. If you've had your eye on a belt rack or certain style of T-shirt, workout wear, gear bags, training equipment, weapons, custom

uniforms and warm-ups, books & videos, backpacks, boards, etc; now is the time to take advantage of great holiday prices on martial arts merchandise for Christmas presents or

just to replace that broken weapon or outgrown uniform. If you've been curious about swords or combat weapons class, get them today for the upcoming seminars! Have a safe and Merry Christmas.

### Confidence

"Success should not get to your head and failure should not get to your heart." - Unknown

"In order to be someone, you must first be yourself." - Unknown

## ATA Jacksonville Black Belt Summit January 2012

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Attention all Marshall's ATA Black Belts. Mark your calendars now for the upcoming ATA Jacksonville Summit.

When: Fri, Jan 13 & Sat Jan 14th, 2012

Where: 1400 Millcoe Rd. Jacksonville, FL 32225.

Featured Speakers:

- Grand Master In Ho Lee
- Chief Master William Clark
- Chief Master Al Dilegge
- Sr. Mstr Sergio Von Schmelling

Cost: \$1,200 per Person (Separate training for Staff Members will be \$199.00 per person, but will not include school owner training)

- New Website Based Marketing Strategy!
- Updated Songahm Taekwondo Curriculum!
- ATA Fitness Kickboxing Program!

Bonus Features:

- Kickboxing Certification Powered by WXFit
- Introduction to Krav Maga
- Complete Kickboxing and School Operations Manual
- 10 Leadership Points
- Midterm Testing Available for all ranks!

See Mr. or Mrs. Marshall if you are interested in attending this first ever ATA Songahm Black Belt Summit.

gahm Black Belt Summit.

Telephone Number  
877-729-3951

Email: Charri-  
son@karateamerica.info

### Congratulations to our Dallas Duel Competition Team Members

The Dallas Duel Tournament was held in Mesquite Texas

- Dr. Charles Kurtz
- Mrs. Kay Lynn Safar
- Mr. Patrick Safar
- Mrs. Sandy Arcuri
- Miss Kylie Hughes
- Mr. Gilbert Gonzales
- Mr. James Bobo
- Miss Vanessa Bristow



### 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 Mrs. Margaret Thomas on her acceptance to the Marshall's ATA Leadership Program.

The Marshalls flew to Montana State University in Bozeman Montana several times during Sep - Nov to see our son play football during their Championship football season. We are grateful to our Staff Instructors and Leadership Team members for making this opportunity possible for us. Thank you.

## 2011 - The Year of Miracles, Signs & Wonders

The Marshall's ATA Leadership Classes will be held in Dec on Sat Dec 3rd & Dec 17th from 8:30 to 9:30am

Mr. Marshall will conduct an Anti Bullying and Self-Defense Class on Dec 5th and 6th

The Marshall's ATA Annual Christmas Party will be held at the Pour house Sports Grill on Dec 10th

Marshall's ATA will be conducting our Official Board Break Testing on Wednesday Dec 14th during Classes

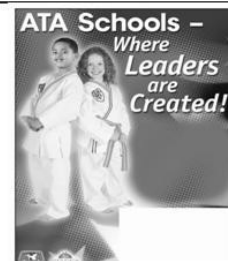
Marshall's ATA will be conducting our Christmas Belt Testing on Thu & Fri Dec 15th & 16th, 2011 at 5:15 & 6:30pm

Marshall's ATA will be Closed for the Christmas Holiday from Wed Dec 21st thru Mon Dec 26th, 2011

## Marshall's ATA Taekwondo, Karate & Brazilian JIU-JITSU Books /DVD's

Some of you may have noticed the many new books and DVD's in our glass display cases near the front desk. The books have titles relating to Karate and Taekwondo. The DVD series is mainly focused on Modern and Extreme Brazilian JIU-JITSU. All this is with an eye toward providing Marshall's ATA Black Belt students a higher level of education (if you will) in the Martial Arts. We will of course remain members of the Taekwondo community and will always be loyal to Songahm Taekwondo. We will however, also learn of other perspectives in Martial Arts such as Jiu-jitsu, Savate, Ninjutsu, Judo, Hapkido, Jeet kune do, Sambo, Muay Thai, Kung Fu, Kenpo & military combatives, etc.

<b>Karate Masters,</b>	<b>\$29.95</b>
<b>American Freestyle Karate</b>	<b>\$11.95</b>
<b>Encyclopedia of Brazilian Jiu-Jitsu</b>	<b>\$29.95</b>
<b>Combat Jiu-Jitsu</b>	<b>\$16.95</b>
<b>Super Karate</b>	<b>\$10.95</b>
<b>Taekwondo Sparring Strategies</b>	<b>\$18.95</b>
<b>Fighting Karate:Gosoku Ryu</b>	<b>\$16.95</b>
<b>The Complete Taekwon Do Hyung</b>	<b>\$13.95</b>
<b>Karate Dynamics</b>	<b>\$16.95</b>
<b>Official History of Karate</b>	<b>\$29.95</b>



## Marshall's ATA Winter Break Camp 2011

Marshall's ATA conducted our first ever Thanksgiving Holiday Camp on Fri & Sat Nov 25th & 26th. I would like to thank the following individuals for coming to the Camp & helping to make it a wonderful success.

- Sandra Arcuri
- Gilbert Gonzales
- Desiree Gonzales
- Sydney Holsomback
- Kylie Hughes
- Charles Kurtz
- Dayton Knowles
- Justin Kolba
- Everest Merki
- Lesley Merki
- Sam Merki
- 

- Dewey Middlemiss-Kurtz
- Wendy Middlemiss
- Daniel Paradise
- Jchon Jacob Paradise, Jr.
- Margaret Thomas
- Phillip Thomas

The Thanksgiving Holiday Camp was so well received that I was a bit surprised by the response. We usually conduct Sparring & Fitness, Weapons & Rank Advancement Camps in June during the Summer Break. I initially decided to offer a Camp at the school to support parents who wanted a Black Friday shopping day out. The students attending the Camp received 3 class credits the first day and 2 credits for the 2nd day. The cost of the Thanksgiving Holiday Camp was only \$75.00 for two full days of training and we even had time for fun in the afternoon to see a movie at the

Cinemark 14 movie theatre across the street.

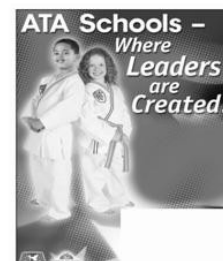
We are offering another Camp opportunity for the students of Marshall's ATA during this upcoming Winter Break on Wed & Thur December 28th & 29th. This is the Marshall's ATA Winter Break Camp and again the cost is only \$75.00 for both days of Camp and we will begin promptly at 8:00am to approximately 3:00pm each day. The cost is \$75.00 whether the students attends one or both days of the Camp. The Camp will again be worth a total of 5 class credits and we will have a G or PG rated movie break during the afternoon. The Winter Break Camp is for Juniors/ Adults. No Tiny Tigers may sign-up for this particular camp. We are however planning to have Camps for Tiny Tigers in the future. Please see the signup sheet on the front desk and bring your complete sparring gear and weapons. Let's work hard and have fun at the Marshall's ATA Winter Break Camp.

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### Protocol for Testing

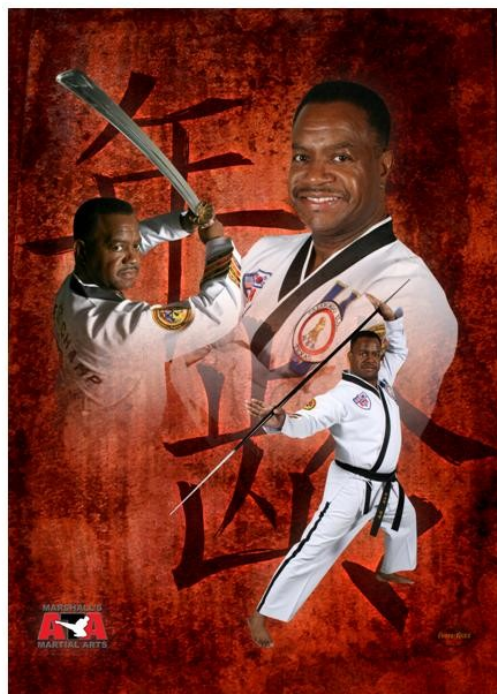
Students must be on a program in order to be eligible to test. Students must wear their traditional white uniform. Any student who is at the testing but not participating is still expected to be wearing their complete uniform. Leadership students are expected to assist in whatever capacity necessary.



# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Fitness Trainer, Cooper Institute



### Please Don't Overeat During The Holidays

Please don't overeat during this Holiday Season and ruin all (our) YOUR good work. I will issue you a 3 day challenge, please take a moment and weigh yourself. I mean right now. Weigh yourself again on the morning before you return to work or school. Your challenge is to keep your weight the same or maybe even one pound less during the Holidays. During one full day of the Holidays, just eat raw fruit and vegetables. During day two of the challenge just eat soup. And on the third and final day of the challenge (children) don't eat anything after 6:00pm. For adults, don't eat anything for the entire third day (just water and/or a jello cup). I would love to have the entire school participate in this challenge. Now for the final component: Walk! That's it! Just take a walk. You can start with as little as 10 minutes a day and gradually increase your walking

routine.

- Take a walk with your spouse child or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Get up to change the channel
- Window shop
- Walk over to visit a neighbor
- Go outside and walk around the block

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer everyday for one week. Put it on when you get up in the morning and wear it until bedtime. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised by how many (or how few) steps you get in each day.

How many miles does the average American walk in a day?

- For women:
- 18 to 40 years old: 12,000 steps
- 40 to 50 years old: 11,000 steps
- 50 to 60 years old : 10,000 steps
- 60 years old & above: 8,000 steps

For Men:

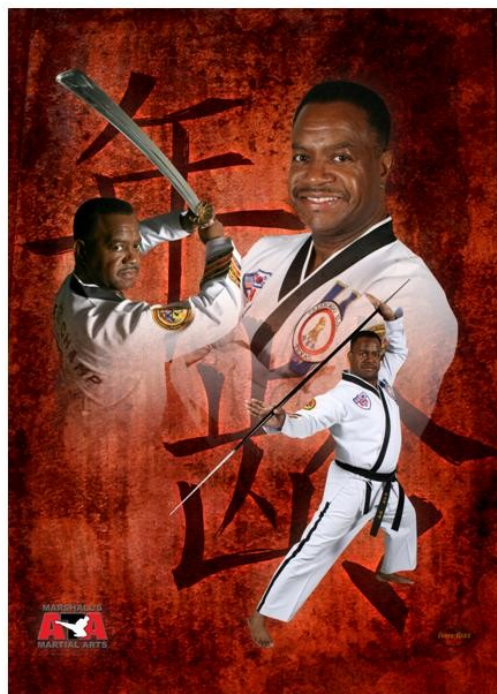
- 18 to 50 years old: 12,000 steps per day
- 50 years old: 11,000 steps per day. You should walk at least 10,000 steps per day. If you are in very poor physical condition or at any point you feel that you are progressing too rapidly slow down a bit and try smaller increases. If you have any health concerns, seek your physician's advice prior to starting or changing your exercise routine. To get sedentary people moving, it is recommended that most individuals fit 30 to 60 minutes of dedicated walking (or other exercise) into their routine at least 3 to 4 days per week. You can start with as little as 10 minutes per day and gradually increase your walking routine. Be sure to drink plenty of water, before, during & after walking. The toughest thing about starting a fitness program is developing a habit. You should know how to calculate your target heart rate or training zone. Healthy heart zone (Warm up) —50 to 60 percent of maximum heart rate. The easiest zone probably the best zone for people just starting a fitness program.



# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Fitness Trainer, Cooper Institute



### Calculating Target Heart Rate

During the month of December, we will emphasize cardiovascular training. I want to impart some further tips and education on cardiovascular exercise. **How to Monitor Cardiovascular Intensity during Exercise.** There are three methods to monitor cardiovascular exercise intensity. They include rating of perceived exertion (RPE), the talk test, and target heart rate. I will discuss heart rate. The most commonly used and preferred method of calculating target heart during exercise is to simply use a percentage of predicted maximal heart rate; resting heart rate is not needed. This is the method that is used to develop the target heart rate charts that are seen in fitness centers as it does not consider differences in resting heart

rate. First, I will show you the steps to calculate target heart rate using the percentage of maximal predicted heart rate method; then I will provide an example. First, I will show you the steps to calculate target heart rate using the percentage of maximal predicted heart rate method; then I will provide an example.

$207 - (0.7 \times \text{age}) = \text{Predicted maximal heart rate.}$

Multiply predicted maximal heart rate by desired intensity range. Intensity ranges 65-75%, 75-85%, and 85-95% of predicted maximal heart rate are recommended for low, moderate, and highly fit individuals respectively.

Divide the upper and lower end of the target heart rate range by six to determine the 10 second heart rate range.

**Example: a 44 year old female with a low level of cardiovascular fitness.**

Step 1:  $207 - (0.7 \times 44) = 176$   
(predicted maximal heart rate)

Step 2:  $176 \times .65 = 114.4$  (round down to 114)  $176 \times .75 = 132$ .  
Target HR is

**114-132 beats/minute**

Step 3:  $114/6 = 19$  beats  
 $132/6 = 22$  beats

The 10 second target heart rate zone is between **19-22 beats.**

This method assumes the individual is performing steady state exercise. During steady state exercise, the individual works at approximately the same level of intensity throughout the duration of the cardiovascular workout.

Sometimes it is beneficial to alternate between high (or very high) and low intensity within the same workout. This is commonly done in an interval training or boot/camp training type of setting.

*Note: For swimming, adjust target HR 10-15 beats/minute lower than calculated value.*

In addition to making a person look better, there are many other benefits obtained from performing cardiovascular (aerobic) activity on a regular basis. These benefits include:

- Increased HDL cholesterol levels
- Decreased resting blood pressure
- Decreased insulin levels
- Decreased triglyceride levels
- Decreased percent body fat
- Increased bone density (if weight-bearing in nature)
- Increased functional capacity (Max VO<sub>2</sub>)
- Decreased risk of developing Type 2 diabetes
- Decreased risk of developing hypertension
- Decreased risk of developing obesity
- Decrease risk of developing cardiovascular disease
- Decrease risk of some cancers (colon, breast, prostate)
- Helps alleviate stress