

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/Winter Belt

Marshall's ATA Christmas/Winter Belt Testing

Marshall's ATA will host our Christmas/Winter Belt Testing on Wed/Thu Dec 4th & 5th. The focus is now on Attributes and Reality Based Training using our Forms in a Self-Defense mode and deemphasizing rote memorization of our Forms. We will of course allow time for our other training material as well such as Combat & Traditional Weapons. As per our usual practice, we will conduct the Testing over two days. On Wed Dec 4th, Tiny Tigers and White thru Purple Juniors/Adults. On Thur Dec 5th, Blue thru Black Rec Juniors/Adults will Test. The students Testing for Black Belt Decided will Test on Thurs during the Black Belt class from 6:45 to 7:30pm. We think this is the best placement for the Testing as it accommodates the after Testing celebrations (food & photos) and does not cause a delay to the start times to other classes. All other Testings will be conducted during the regu-

lar class periods.

Marshall's ATA Annual Christmas Party at Pourhouse

We will host our Annual Marshall's ATA Christmas Party at the Pourhouse Grill at Unicorn Lake on Saturday evening Dec 7th from 6:00 - 9:00pm. Please join us for this wonderful end of the year celebration. We will come together in fellowship and good cheer to celebrate yet another year of growth and achievement of our Goals & Aspirations. The cost is only \$8.00 per person (drinks not included). Children under 5 eat free. Make sure your name is on the list so that we can present a count to the Pourhouse Grill on Mon Dec 2nd. We will have a special guest, so you don't want to miss it.

Marshall's ATA Black Belt Midterm on Thur Dec 12th

We will conduct our Marshall's ATA Black Belt Midterm on Thur Dec 12th from 6:45-7:30pm. We will then have time to celebrate after the midterm with food, photos and congratulations.

Board Break Testing

Students begin Board Breaking for rank advancement at Marshall's ATA at the Brown Belt level. The Official Board Break Testing is on Mon Dec 2nd during your regularly scheduled class. Board Breakers will please wear your full uniform as we will observe full Board Break Protocols. There will be a total of three attempts to break boards successfully and the results of the board breaks are final. All the best and I have every confidence that you have put in the work and preparation time so you will do well.

Marshall's ATA Closed for Holidays

Marshall's ATA will be closed for the Christmas Holidays starting Mon Dec 23rd thru Sat Dec 28th. We will reopen with our regular schedule on Mon Dec 30th. We will be closed (New Years Eve & New Years Day) Tue & Wed Dec 31st & Jan 1st. We will reopen Thur Jan 2nd & 4th.

Special points of interest:

Marshall's ATA Board Break Testing Mon Dec 2nd

No Noon Class on Wed Dec 4th

Marshall's ATA Christmas Belt Testing Dec 4th & 5th

Marshall's ATA Christmas Party at the Pourhouse Grill at Unicorn Lake Sat Dec 7th 6:00 - 9:00pm

Marshall's ATA Black Belt Midterm Thur Dec 12th 6:45 - 7:30pm Celebration following Testing

Marshall's ATA Black Belt Induction Ceremony Fri Dec 13th 5:22pm

Marshall's ATA Will be Closed for the Hol Mon Dec 23rd thru Sat Dec 28th & Dec 31st thru Jan 1st

Tournaments:

Master Kevin Henderson Humble, TX (A)	Feb 21st & 22nd,
Spring Nationals at Anaheim Convention Center	Mar 19 Thru 22nd, 2014

Discipline

"Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, whether you like it or not."

- Thomas Henry Huxley

Marshall's ATA Black Belt Induction Ceremony

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 and the reading of the Scrolls of Songahm. Students will be given two symbolic gifts from their Instructor. The students will then

sign their names on the Scrolls to be remembered for all time. On the day of the ceremony you will need to be in full uniform. Bring a 3x5 index card with what your gift is and what it represents. You will then stand & read your index card at the appropriate time and present your gift to your Instructor at the Ceremony.

Marshall's ATA News You Can Use

Page 2

Marshall's ATA Official Board Break Testing Dec 2nd

The Christmas/Winter Belt Testing will begin with the Official Board Break Testing on Mon Dec 2, 2013. Color Belt students Brown thru Black Rec will perform their board breaks during their regularly scheduled class on this date. Board Breakers will wear full uniform & observe Board Break protocol. Please familiarize yourself with your board break options. Senior Black Belts will be available to assist as Protocol.

Marshall's ATA Black Belt Induction Ceremony

We will conduct our 2013 Black Belt Induction Ceremony on Friday evening Dec 13th, 2013 at 5:22pm (sunset.)

2014 Songahm Spring Nationals Anaheim

Spring Nationals March 19-22nd Anaheim Convention Center Disney Land Anaheim, Ca. Lodging at the Anaheim Hilton Hotel.

Devin Hearvey Tests for 2nd Degree Decided Black Belt Thu Dec 12th 6:45pm

Congratulations! Well-done and all the best to Mr. Devin Hearvey. Devin will be Testing for his 2nd Degree Decided Black Belt at the Black Belt midterm on Thur Dec 12th from 6:45 to 7:30pm. We will then have an after-Testing celebration with food, photos, cake and lots of congratulations.

Spring Nationals Anaheim Convention Center Disney

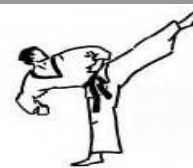
Spring Nat'ls Mar 19-22, 2014

The Merki Family Tests for 1st Degree Decided Black Belt

Mrs. Lesley Merki, Miss Everest Merki & Mr. Sam Merki will be Testing for their 1st Degree Decided Black Belt on Thu Dec 5th during the Black Belt Class. They will be Testing from 6:45 to 7:30pm alongside Mr. Nabil Baugher who will also be testing for his 1st Degree Decided Black Belt at the Christmas/Winter Belt Testing.

Mr. Nabil Baugher Tests for 1st Degree Decided Black Belt Thu Dec 5th at 6:45pm

Mr. Baugher will be Testing for his 1st Degree Decided Black Belt at the Christmas/ Winter Belt Testing on Thu Dec 5th during the Black Belt Class from 6:45 to 7:30pm alongside the Merki Family. After testing celebrations immediately following the event.



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: And all the best to Mrs. Sandra Arcuri, Mr. Hunter Lamb & Mr. Dylan Lamb as they midterm for their 2nd Degree Recommended Black Belt at the Black Belt Midterm.

Congratulations: All the best to Mr. Devin Hearvey as he tests for his 2nd Degree Decided Black Belt at the upcoming Marshall's ATA Black Belt Midterm/Testing. Mrs. Lesley, Everest & Sam Merki & Nabil Baugher will be Testing for 1st Degree Decided Black Belt on Thur Dec 5th 6:45 - 7:30pm. After Testing celebrations immediately following the event.

2013 - Think, Pray, Work, Sweat & Play...Everyday

Marshall's ATA Board Break Testing will be conducted on Monday Dec 2nd during regular class

Marshall's ATA Christmas/Winter Color Belt Testing will be conducted on Dec 4th & 5th

Marshall's ATA Annual Christmas Party will be hosted at Pourhouse Grill at Unicorn Lake Dec 7th, 6 - 9pm

Marshall's ATA Black Belt Midterm will be conducted Thur Dec 12th from 6:45 - 8:00pm

Marshall's ATA Annual Black Belt Induction Ceremony Fri Dec 13th @ 5:22pm

Marshall's ATA will be Closed for Christmas from Mon Dec 23rd thru Sat Dec 28th

Marshall's ATA will be Closed on Tue & Wed Dec 31st & Jan 1st, 2014 for the New Years Day Holiday

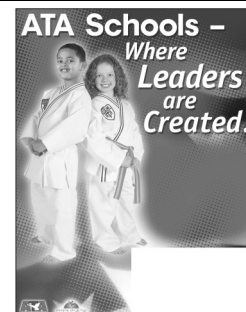
Marshall's ATA New Years Eve Parents Night Out from 9:00pm - 1:00am

Marshall's ATA First Ever New Years Eve Parents Night Out

Marshall's ATA will be hosting our very first ever New Years Eve Parents Night Out. The Parents Night Out (PNO) will be for our Junior aged students (7 years and up) and will be on Tues Dec 31st from 9:00pm to 1:00am. The cost will be \$30.00 per person and students may bring a friend for only \$20.00. We will keep the kids entertained with fun, food

Movies and games while their parents celebrate a quiet evening at home awaiting the arrival of the New Year or go out and celebrate the advent of a brand new Year with the rest of the world. If you would like to have your young ones celebrate and watch the ball

drop with us here at Marshall's ATA, please add your name to the signup sheet for our very first ever New Years Eve Parents Night Out. This is not a lock-in or sleepover, so we are asking parents to please be present to pick your child up promptly by 1:00am. Merry Christmas & Happy New Year from our family at Marshall's ATA.



Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt Candidate

Mr. Nabil Baugher

What qualifies you to attain this goal of becoming a Black Belt?

Mr. Nabil Baugher - One day my parents decided that all of us kids were going to join a martial art. My dad told us that one of his patients had recommended a Taekwondo place near our house, so we went to investigate. I was impressed by 'Bob' and 'Bobby' being so attentive as I looked into the window during the off hours. But seriously, when we met the Marshalls, they were very friendly and professional and we felt that

we would be in good hands for our training. We eventually joined Marshall's ATA and have had a great learning experience. During my journey to become a Black Belt, the Marshalls have been very caring, encouraging and helpful. They have really done their best to help all the students achieve their goals.

Why do you want to become a Black Belt?

Mr. Nabil Baugher - I would like to become a Black Belt because I will feel that I have achieved one of my goals of working hard to become better at something and because I feel that it is a great honor to attain this rank. I think my training will be useful, maybe even crucial one day, for self-defense. Being in Taekwondo has not always been easy. A lot of times I was really tired from my running club or PE at school. Sometimes the only thing that got me there was my mom forcing me. But once I got there, I had infinite energy. It was encouraging and fun having my mom and my siblings go through this process with me. During my training at Marshall's ATA, I have learned many different Forms, sparring combos for each of those Forms, self-defenses, half of the Single Bahng Mahng Ee Form and the knowledge for each belt rank. In terms of attitude I have learned discipline, courage, respect, honor, focus, perseverance, determination, flexibility and much more.

Push-Ups	35
Sit-ups	26
Kicks	42
Punches & Kicks	68
Punches	140
Total	311
	62.2%

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



The Merki Family 1st Degree Decided
Black Belt Candidates

We are about to be witnessed to a wonderful happening here at Marshall's ATA. Mrs. Lesley Merki, Miss Everest Merki & Mr. Sam Merki will all be testing for their 1st Degree Decided Black Belt at the Marshall's ATA Christmas/Winter Testing.

Mrs. Lesley Merki

What qualifies you to attain this goal of becoming a Black Belt?

Over the last few years, I have worked diligently on the skills to becoming an ATA Taekwondo Black Belt by learning

The ATA forms, sparring combinations, one-steps, self-defenses, Bahng Mahng Ee and board breaks. It is truly amazing to look back and see what I have accomplished. I still remember thinking I would never make it through the white belt form. I did make it and every form after it just took one step at a time. A black belt has self-control, mental & physical discipline along with compassion and honesty. I would love to say I have mastered these traits but I am only human. However, I will use and work on these life skills everyday. Becoming a Black Belt has made me a better person.

Why do you want to become a Black Belt?

My ATA Taekwondo training has been quite the journey. From learning the first white belt form (that I thought I would never get) to self-defense & now weapons. Who would ever guess you have 4 proper moves in a kick or never turn your back on your opponent. I can't tell you how many times I've been corrected for that. It seems simple but it takes practice and discipline to remember even the simplest of things. The road to ATA Taekwondo Black Belt has been fun, crazy, frustrating and often times painful. Yet I would not trade it for the world. I have watched myself, my children & my ATA friends grow with the discipline, self-confidence and endurance to push forward. I owe this to the instructors of Marshall's ATA for all of their amazing teaching skills and support. Not only do I want to earn my Black Belt for myself but for all those who have helped me through this life changing challenge.

What new Training Goals have you set for after you achieve your black belt?

I would like to continue working on my martial arts skills.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



The Merki Family 1st Degree Decided
Black Belt Candidates

Miss Everest Merki

What qualifies you to attain this goal of becoming a Black Belt?

I qualify for being a Black Belt because I have worked very hard learning my Forms, sparring combinations, one-steps, self-defenses, weapons and board breaks for the past 3 years. Doing all of this I have learned confidence in what I do and discipline for everything like you say "a black belt is a white belt that never gave up".

Why do you want to become a Black Belt?

I started Tae Kwon Do 3 years ago with my mom & brother. I went into Tae Kwon Do because I watched my brother and thought it would be fun. I have been here for almost 3 years and have taken very long breaks along the way but, I came back to finish. What a great accomplishment it would be to say that I have a black belt and to know all of these skills! Here in the dojang I have met many wonderful people that have helped me along this journey. Here are the reasons I want to be a Black Belt:

1. To know I can achieve my goals.
2. It's fun to say.
3. To have the confidence to defend myself.

In conclusion; this has been a great experience and a black belt would be the cherry on top. It will help me in the future by giving me the confidence to reach my goals.

What new Training Goals have you set for after you achieve your black belt?

I would like to continue working on my martial arts training if I can. Becoming stronger to help with my school sports and my rec sports and to challenge myself as well as pushing myself to the limit.

Push-Ups	35
Sit-Ups	39
Kicks	45
Punches & Kicks	80
Punches	110
Total	309
	61.8%

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



The Merki Family 1st Degree Decided
Black Belt Candidates

Mr. Sam Merki

What qualifies you to attain this goal of becoming a Black Belt?

Three years ago I started Marshall's ATA to learn self-control and discipline. I thought it was going to be fun but it was great. Then I learned the dojahng is not just a school it became a home. The dojahng is the best! The teachers are amazing too! I have gone so far to push it. I have more confidence to pass any difficult challenges. I will use my black belt skills to help myself and the people around me.

Why do you want to become a Black Belt?

The last 3 years I have worked on my ATA forms, sparring combinations, Bahng Mahng Ee, Kicks & punches. Most important thing is that Marshall's ATA training to be black belt has changed my way of thinking. I have better self-control & discipline. A black belt never gives up and I would like that honor.

What new Training Goals have you set for after you achieve your black belt?

I would like to keep working on my black belt skills. I want to use my new learning skill to help better my ability in other sports.

Push-Ups	41
Sit-Ups	36
Kicks	51
Punches & Kicks	92
Punches	80
Total	300
	60%

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



Fitness Testing Results for
Mrs. Lesley Merki

Push-Ups	35
Sit-Ups	35
Kicks	50
Punches & Kicks	90
Punches	170
Total 380 / 76%	

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



The Merki Family 1st Degree Decided
Black Belt Candidates

Mr. Sam Merki

What qualifies you to attain this goal of becoming a Black Belt?

Three years ago I started Marshall's ATA to learn self-control and discipline. I thought it was going to be fun but it was great. Then I learned the dojahng is not just a school it became a home. The dojahng is the best! The teachers are amazing too! I have gone so far to push it. I have more confidence to pass any difficult challenges. I will use my black belt skills to help myself and the people around me.

Why do you want to become a Black Belt?

The last 3 years I have worked on my ATA forms, sparring combinations, Bahng Mahng Ee, Kicks & punches. Most important thing is that Marshall's ATA training to be black belt has changed my way of thinking. I have better self-control & discipline. A black belt never gives up and I would like that honor.

What new Training Goals have you set for after you achieve your black belt?

I would like to keep working on my black belt skills. I want to use my new learning skill to help better my ability in other sports.

Push-Ups	41
Sit-Ups	36
Kicks	51
Punches & Kicks	92
Punches	80
Total	300
	60%