

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
4145 E. I 35 SOUTH # 108
DENTON, TX. 76210
(940) 271-4217
WWW.MARSHALLSATA.COM

Kevin Henderson's!
February 15 & 16, 2008
Humble, TX
GO Marshall's ATA!

Leap Year Testing!

**Welcome Drew
Gatlin to Leadership
Team!**

**Friday Night Spar-
ring Classes!**

Leap Year Testing Requirements

Why testing? Have you ever wondered why Martial Arts Schools such as Marshall's ATA conduct testing approximately every 7 to 9 weeks? I'm glad you asked that question. Testing:

- Provides a measurement of student's progress.
- Shows the knowledge of content.
- Shows the physical skill of student.
- Gives instructor feedback.
- Testing increases the value of the rank.
- Develops confidence in the student by successfully moving up in rank.
- Develops school pride.

We will be conducting our "Leap Year Testing" in two parts with the **Tiny Tigers testing on Monday February 25th starting at 6:00 pm** and the **Juniors and Adults testing on Fri-**

day evening February 29th starting at 7:00pm. In order to be eligible to participate in the testing, students will have to achieve the necessary 3 knowledge stripes on the left side of their belts and Juniors will need to acquire the "Parents' Stripe" which is a fourth stripe worn on the right side of the belt. This stripe is obtained by a letter submitted by the parent to Mr. or Mrs. Marshall that affirms that their child is practicing the "Life Skills" discussed during the cycle at home and school. (1) A stripe is achieved for memorization of form, (2) Sparring combinations and/or One Steps & (3) knowledge of basics techniques (strikes, blocks, kicks & stances). We

will need everyone participating in the testing to sign up no later than February 22nd in order to assure that everyone who tests successfully will receive their belt at the graduation ceremony. A sign up sheet is posted at the front counter.

Congratulations!! Mr. Drew Gatlin. Please join me in welcoming Drew Gatlin to the Marshall's ATA Leadership Team.

Marshall's February 2008 Calendar.

- **Leadership Class** 2/1/08 @ 6:00pm
- **Friday Night Sparring & Leadership Classes** 2/15 & 2/22
- **New Students & Parents Orientation** 2/9/08 @ 12:00pm
- **February Birthdays**
- **School Belt Testing!**
Tiny Tigers - 2/25 6:00pm. Juniors & Adults - 2/29 7:00pm



Leadership Classes for February

Please see the February calendar for the schedule of Leadership classes this month. There will be no sparring class on 2/1/08 just the Leadership Class. The Junior Leadership program is designed to pre-

pare color belts for the Instructor Program. We will be emphasizing Life Skills, Teaching Skills such as Black Belt Attributes, Class Management Skills and Rapport Building. We will

also work on our Physical Skills such as Memorization, Balance, Timing, Proper Technique, Speed, Power, Eye Contact & Rhythm as well as Presentation.

Special points of interest:

- **Leap Year Testing Requirements!**
- **Marshall's ATA Celebrates February Birthdays.**
- **Marshall's ATA Gurnado Sword Seminar Attendees.**
- **Marshall's ATA hosted our first Friday Night Sparring Class.**
- **Marshall's ATA Welcomes Drew Gatlin to our Leadership Team.**
- **February Birthdays!**
- **Junior Leader Classes**
- **New Schedule Change**

Tournaments:

Humble, TX / A Kevin Henderson	2/15 2/16
Spring Nationals Las Vegas / AA	02/20 02/23
Southlake, TX / A Master Kevin Rose	4/18 4/19
Katy, TX / A Mr. Gerald Frenz	9/12 9/13
Dallas, TX / B Mr. Eric Pechacek	11/15

What is Physical Fitness & Wellness?

Physical Fitness is defined as the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure time pursuits, and to meet the above average physical stresses encountered in emergency situations. Wellness is that condition of the human organism which considers its health, disease status and risk potential. A comprehensive awareness of the entire being.

The Health Related Components of physical fitness are:

- Cardiorespiratory fitness.
- Body Composition.
- Flexibility.
- Absolute strength.

Dynamic strength

The Motor-related components of physical fitness are:

- Coordination.
- Agility
- Power
- Balance
- Speed
- Accuracy
- Reaction Time

Twelve recommendations for a lifetime of good health.

- Stop drugs, smoking and chewing tobacco.
- Limit or eliminate alcohol consumption.
- Exercise regularly.

- Eat less animal fat, cholesterol and sodium.

- Eat more complex carbohydrates and drink more water.

- Achieve and maintain ideal body weight.

- Take appropriate supplements.

- Fasten seat belts (use car seats or booster seats for young children)

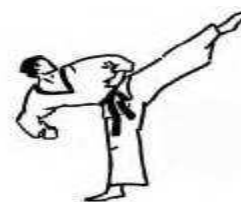
- Limit sunlight exposure or wear sunblock.

- Get immunizations.

- Obtain good pre-natal health care.

- Get regular medical check-ups and self exams.

By all means, have and maintain a positive mental outlook.



Sword Clinic Attendees

I would like to thank all the students who came out and supported the Sword Clinic on January 25th.

- Mr. Drew Gatlin
- Mr. Blake Haubold
- Mr. Luke Hilton
- Caden Lohr
- Nicholas Lohr
- Ms. Summer Lopez
- Jeremy Moonier
- Logan Moonier
- John Roberts
- Mr. Christian Williams
- Matt Wooten

Have You Set New Goals for 2008?

If you shoot for the stars and hit the moon, it's ok. But you've got to shoot for something. A lot of people don't even shoot. *Robert Townsend*

Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal. *Vince Lombardi.*

It takes struggle, a goal and enthusiasm to make a champion. *Norman Vincent Peale*

I'm very determined and stubborn. There's a desire in me that makes me want to do more and more, and to do it right. Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it. *Mary Lou Retton.*

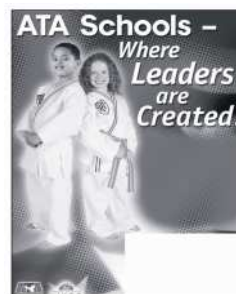
I'm here for a purpose and that purpose is to grow into a mountain, not shrink to a grain of sand. Henceforth, I will apply all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy. *Og Mandino*

New Student & Parent Orientation

Marshall's ATA will host a New Student & Parent Orientation session on Saturday February 9th from 12:00 to 1:00pm. This will be an excellent opportunity to address any questions, concerns or comments you may have about the ATA or school policies. We will address issues concern-

ing proper wearing of the uniform (Dobok), such as belt tying, patches, School etiquette, schedules, testing or tournament protocol, commonly used terms, class attendance, training curriculum, private lessons, Parents Night Out, Birthday Parties, etc. Please sign up at the front counter if you are planning to attend so that

we can have copies of the Marshall's ATA school policies and also have enough refreshments for everyone. This orientation is open to all students so feel free to participate. Remember, the school is called Marshall's ATA but it really is about ALL of us. We're glad you're here so come and be 'In The Know.'



Congratulations!

Congratulations, Drew on your new status. I know you will make an excellent addition to our Leadership Team.



MARSHALL'S AYA MARTIAL ARTS
Black Belt Academy

Every Kid is A Winner
Every Kid is Special

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Leadership Class 6:00pm	2
3	4	5	6	7	8	9 New Student/Parent Orientation 12:00pm
10	11	12	13	14 Valentine Buddy Day	15 Leadership Class 6:00pm Sparring Class 7:00pm	16 Tournament Houston Reg. Classes
17	18	19	20	21	22 Leadership Class 6:00pm Sparring Class 7:00pm	23
24	25 Tiny Tigers Testing 6:00pm Feb. B-Day celebration	26	27	28	29 Belt Testing Jrs/Adults 7:00 pm	



HAPPY BIRTHDAY

Jan Burwell 2/26
Shelton Childress 2/7
Destini Gil 2/26
Stephen Hyman 2/4
Caden Lohr 2/6
Grant Pearson 2/17
Jake Tanis 2/13
Cindy Williams 2/8
Kelsie Wilson 2/22
Matt Wooten 2/24

4145 E I35 S #108
Denton, TX 76210
940-271-4217
940-271-4218 fax
Website:marshallssata.com

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



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CERTIFICATION

Marshall's **P**ersonal **T**raining

www.marshallsata.com

Robert Marshall, CI-PT
"Put Your Back Into Your Future"



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**FEBRUARY BIRTHDAY
CELEBRATION
MONDAY, FEB.25th
MR. & MRS. MARSHALL
WOULD LIKE TO
INVITE EVERYONE
TO THE FEBRUARY
POTLUCK BIRTHDAY
CELEBRATION
COME BRING YOUR
FAVORITE DISH AND
LET'S CELEBRATE!!**

