

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY
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Memphis Tournament

School Testing

Candidate Comments

Summer Programs

February Birthdays

Humble tournament

InSchool Tournament

Congratulations to Our New Black Belts

Marshall's ATA Hosts First School Testing of the New Year.

We would like to congratulate all of our testers at the New Year Testing held on Fri & Sat 01/29 & 01/30. This was a very special testing because we had four of our students testing for 1st degree decided black belt and two students testing for 2nd degree decided Black Belt. Congratulations are in order for the following students:

Mr. Drew Gatlin and Mr. Williams Dewitt Middlemiss-Kurtz aka Dewey were promoted to 2nd Degree Decided Black Belt.

Miss Jade Kincaid, Miss Meili Kincaid, Mr. Tanner Garmon and Mr. John Roberts were promoted to 1st Degree Decided Black Belt.

New Black Belt Candidates

Marshall's ATA is privileged to have three new Black Belt Candidates:

Erin Engel - 1st Degree Black/Rec (post midterm)

Brandon Engel -1st Degree Black/Rec (post midterm)

Sophia Richardson - 1st Degree Black/Rec /pre midterm

Henderson's Stars & Stripes 2010 Tournament will be hosted at the Humble Civic Center 8233 Will Clayton Parkway on Feb 26-27, 2010. This is an annual regional championship "Class A" tournament hosted by Mr. Kevin Henderson 6th degree Master Candidate. This is a 23,000 square foot facility, less than 5 miles from Houston Intercontinental Airport. Guest lodging and accommodations will be at the La Quinta Inn & Suites 22790 Hwy 59 Kingwood, Texas & Comfort Suites 22223 Hwy, 59 N.

Leadership Classes

The first Leadership Class will be held on Thurs Feb 4th and Thurs Feb 11th from 7:30 to 8:00pm. Please ensure that you have your manuals so that we can cover our monthly material as well as your safety gear.

Marshall's ATA Summer Programs

Now is just the right time to start planning for the school's Summer Programs. We are planning an Intensive Summer Rank Camp for July. We are also planning a Summer Weapons Camp emphasizing single & Dbl weapons and the Sword (Broad Sword & Katana). The Summer Rank Camp will be an opportunity for those with the initiative to challenge themselves to learn a new Belt Rank and test on the material in only two weeks time. We are also planning a Summer Fit Camp emphasizing cardio, flexibility and strength while focusing on our sparring.

Schedule Changes

The class schedule changes are now in effect. The new schedule is now on the website and hardcopies can be found in the school if necessary. We hope the changes will alleviate some congestion and create a more balanced training experience for all.

Special points of interest:

- Humble TX Tournament
- Next School Testing
- New Black Belt Candidates
- Spring Natl's Las Vegas, NV
- February Birthdays
- Summer Programs
- Leadership Classes
- Unicorn Lake Demo

Tournaments:

Humble, Texas Mr. Kevin Henderson	2/26 thru 2/27
Spring National Las Vegas, NV	3/24 thru 3/27

Showing Respect for Our Sparring/Training Partners

Respect is the foundation of all relationships whether they be business or personal. See my comments on the Back Page. In that spirit, I have decided to create a new school policy of not allowing contact to be made to the head of our train-

ing partners during classroom sparring training. Sparring matches can become intense and I am not comfortable with some of that intensity especially when it results in our sparring/training partners re-

porting residual or ongoing injuries as a result of being kicked too aggressively. I will refocus my efforts on teaching students how to have better defense and more control of their kicks and we will revisit this issue shortly.

Vision- A mental image produced by the imagination. Unusual competence in discernment or perception; intelligent foresight: a leader of vision. An experience in which a personage, or thing, or event appears vividly or credibly in the mind although not actually present.

Marshall's ATA Testing Policies and Procedures

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Marshall's ATA has experienced tremendous growth in our student population over the past few months. There are many new students who are unfamiliar with the ATA in general and with Marshall's ATA in particular. Recently we had a situation, where a parent who brought a Tiny Tiger aged child in to the school and signed up on a 6 week special wanted to sign that student up for testing. I could not grant permission for the child to test because testing in the American Taekwondo Association is a privilege of membership. When a student tests for their orange belt, ATA Headquarters in Little Rock, AR takes many steps to ensure that that new orange

belt's rank is certified and entered into the world wide database of the American Taekwondo Association (ATA), the Songahm Taekwondo Federation (STF) and the World Traditional Taekwondo Union (WTTU). A profile is created of the student who is then issued a permanent ATA number which is a unique identifier of that student's record. A very labor intensive process. A student who is in a trial program such as a special is simply trying out the school to determine if martial arts in general is an activity that they wish to continue to engage in or even if Marshall's ATA in particular is the school in which they wish to train in. Train-

ing in martial arts is a commitment that the child and or adult for that matter must not take lightly. I believe that martial arts is a very enjoyable and life changing discipline and practice but it is not a seasonal activity like soccer or baseball. It is a way of approaching life and it demands a serious mindset. It requires a student to be able to set goals and follow through with purpose. It requires patience and practice. When a student is ready to make a decision to join a program, all the resources of the ATA in general and Marshall's ATA in particular are unlocked and become available to help that student reach whatever martial arts goals they have set for them-



Marshall's ATA

Welcomes

Brayden James

Baily Blackney

Samuel Simms

Gabriel Simms

Zach Hutchinson

Congratulations to Mr. Drew Gatlin and Mr. Dewey Middlemiss-Kurtz for achieving the exalted rank of 2nd Degree decided Black Belt. We also want to congratulate Miss Jade Kincaid, Miss Meili Kincaid, Mr. John Roberts and Mr. Tanner Garmon for achieving 1st degree decided black belt at the recent New Years Testing at Marshall' ATA.

2010 - The Year of Impossible Possibilities

I want to thank Mr. Michael Kaiser for creating the new Marshall's ATA—**CIT Class Assistance Calendar**. It is a document that the instructor team will use to stay organized and know who will be assisting with classes and when they plan to assist. If a CIT member has not yet received this calendar, please see Mr. or Mrs. Marshall to obtain one. Please be thoughtful when signing up to assist because you will be expected at that time.



Monday Feb.22nd 5:00 pm Tiny Tigers Tuesday Feb 23rd Jr./Adults—In-School Tournament

Friday Feb 19th, 2010 - Sparring Clinic at 6:00pm

Saturday Feb 27, 2010 - School Closed Henderson Tournament

Denton Regional Hospital Sponsors Unicorn Lake Fun Run

Marshall's ATA has been invited to participate in the Denton Regional Health Fair which is scheduled for April 10th 2010. The Health Fair will be held over at Unicorn Lake and will be hosted by Denton Regional Hospital. There will be many health related vendors participating and since Taekwondo is a very healthy and fitness related activity, I believe we'll be a great fit. I am anticipating a series of forms and weapons demonstrations staged throughout the event. I will be receiving more detail about the event in the very near future and I would very much like to have our school put on a demonstration showing the various benefits of Martial Arts practice. Please inform Mrs. Williams, Mrs. Marshall or myself if you are interested in participating.

Mr. Robert W. Marshall, Sr. Fourth Degree Black Belt, Chief Instructor

John Roberts



What qualifies you to attain this goal of becoming a black belt?

I'm qualified to attain this goal of becoming a Black Belt because I know all of my forms, sparring combinations, philosophies and have passed testing for belts white (Songahm 1) through red (choong jung 2). I also know my self-defenses for red belt and black belt recom-

mended.

Why do you want to become a Black Belt?

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The reason I want to become a black belt is to help to protect my family, friends, and myself. I also want to become a black belt because two years ago I set a goal to obtain by black belt. I'm still determined to this day to reach that goal.

Tanner Garmon



What qualifies you to become a black belt?

Mr. Garmon: I think to become a black belt, a person needs to know what a black belt means. A black belt isn't just a belt you tie around your waist. A black belt is an outward symbol of you knowing all color belt forms and means you have a black belt attitude. Also,

a black belt is able to instruct others, both young and old without being snotty and a know-it-all. A black belt has a good personality. He can display his work near flawlessly, and can show a good attitude without being asked. I do not always show all of these characteristics but I feel that I do meet these standards most of the time. I have a good personality and I try my best when doing my work. I also think I have a good attitude **most** of the time.

Meili Kincaid



Why do you want to become a Black Belt? Mei Li - When my mom first asked me if I wanted to do Taekwondo for self defense, I said, "Sure!" But along the way I began to realize that I wanted to get a black belt. I had no idea how much hard work it would take to get there. The hardest part about Taekwondo, for me, was the forms. Forty-six moves are a lot to memorize, But eventually, it got easier and now that I have made my way to black belt, I want to learn that form too. I want to become a black belt because it means that I accomplished one of my goals in Songahm Taekwondo. First

Degree Black Belt is a title that few people have. In the end, I would know that I had accomplished something few people experience. Having a black belt means a lot to me because it says that I achieved the hard work it takes to become a 1st Degree Black Belt. Being a black belt not only means that you have gained courtesy and respect for others. By having a black belt people will know that I have gained courtesy and respect for others. By having a black belt people will know I have these qualities. This is why I want to become a 1st Degree Black Belt.

Jade Kincaid



Why do you want to become a black belt? To become a black belt it takes a lot of hard work, effort, and ambitions to make this dream come true. I want to be able to say I have proven myself with getting a 1st degree black belt when someone asks "what

have you accomplished in your life?" I feel a lot of people would like to become black belts but they never accomplish it because they think too many obstacles are in their way. I think earning a black belt is a special accomplishment in anyone's lifetime that not many people can say they have done. I want others to know I wanted to become a black belt because of my respect for the efforts and commitment it takes to do this martial art. People will know that you can commit yourself to something and follow through with what you do and not give up.

Mr. Robert W. Marshall Sr,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Respect is Necessary in all Relationships

Respect is the attribute that is the cornerstone of the ATA. It is woven into the very fabric of our Doboks. Due to the individualistic nature of the western mind, showing respect to others is not taught in the same way as it is in many Asian cultures. I have been told by many new students 'I didn't grow up saying Yes Ma'am /Yes Sir, not even to my parents and teachers. In the ATA we show respect to our Juniors and Seniors because it is a part of the protocol or way of behaving in our organization. We show respect by asking permission when we must use the restroom during class or when we want to workout in classes not of our specific belt level. We ask permission if we desire to work on a form or technique of any rank higher than our own. We ask permission if we want to instruct, cor-

with martial arts weapons and/or desire to learn martial arts forms or techniques outside of Songahm Taekwondo. We show respect to our instructors and seniors by standing at attention (feet together, hands by side) and waiting to be acknowledged if we desire to converse with them. We show respect by responding "Yes/No Sir" or "Yes/No Ma'am" as appropriate, in all conversations with instructors or higher ranked black belts. We show respect by running to position if called by an instructor or senior Black Belt and more than three steps are required to take position in front of them. We show respect by standing when an instructor enters the workout area, dressing rooms, or like situations. We show respect to instructors and seniors by greeting high ranking visitors with appropriate respect and courtesy. We show respect by raising our hand if we do not understand a directive. We show respect to our seniors and instructors by not arguing. We show respect by turning away from our instructor or partner when adjusting our belt. We show respect by standing during the recitation of the Songahm Spirit of Taekwondo. We show respect for our facility by not wearing shoes on the workout floor at any time. We show respect for our facility by refraining from the use of profanity on the school premises or at any Songahm Taekwondo function, class or activity. We show respect for our facility by being an example to others and by not making unnecessary conversation with other students and speaking only when acknowledged by or given permission by the senior instructor while we are participating in class. We show respect for our facility and our health by refraining from the use of tobacco products or alcoholic beverages while in uniform, around a Taekwondo training facility or at any Songahm Taekwondo event or function. We show respect for ourselves and our facility by never entering the Taekwondo facility while under the influence of drugs or alcohol. We show respect for our facility by always being on time for classes and other Taekwondo functions. We show respect by avoiding unnecessary "horse play" in the Taekwondo training facility, waiting area or at any Taekwondo function. We show respect for our instructor by telling him/her if we're injured. We show respect for our facility by not chewing gum while in class or working out. We show respect by bowing in respect to the flags and training area each time we enter and/or leave the classroom area, even if the area is not being used for workout. We show respect by wearing the uniform properly and by treating the uniform and belt with respect. We show respect for Taekwondo by not rolling the pants/sleeves and always wearing full length pants/sleeves. Shorts or cutoffs are never permitted. We show respect for Taekwondo by never washing our belt and by not wearing it in public except at Taekwondo functions. We show respect by keeping our hair short or restrained. We show respect by removing all jewelry before class. We show respect by keeping our finger and toe nails trimmed and smooth at all times. We show respect by wearing a white, v-neck, T-shirt (or tank top) under our uniform (women only). And last but certainly not least, we show respect for our uniform, training facility, instructors, juniors, seniors and ourselves by keeping our uniforms clean, pressed and odor free worn on a fresh clean and deodorized body. You are a student of Taekwondo 24 hours a day, not just while in the school.