

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
will conduct our
Official Board
Break Testing

Marshall's ATA
Valentine's Day
Belt Testing

Marshall's ATA Lead-
ership Class

Black Belt Midterm

February Birthdays

Humble, TX Class -A-

Regional Tournament

Songahm Spring Nat'l's
in Las Vegas, NV

Marshall's ATA Valentine's Belt Testing

Marshall's ATA Official Board Break Testing

Marshall's ATA will conduct our Official Board Break Testing on Wed Feb 6th, 2013. The Board Break Testing will be conducted during the regular class hours for the 4:00pm Master Club Junior/TT Class, the 4:45pm Camo thru Red class and the 6:45pm all ranks Juniors/Adults class. Board breakers must wear your complete white traditional ATA uniform (dobok) for this event whether you are testing or assisting.

Marshall's ATA will Conduct Valentine's Day Belt Testing

Marshall's ATA will be conducting our Valentine's Day Belt Testing on Feb 7th & 8th. The Tiny Tigers will test on Thur Feb 7th from 5:15 to 6:15pm & the W, O, Y belt Juniors/Adults from 6:30 to 7:30pm. The Camo thru Blue Juniors/Adults will test on Feb 8th from 5:15 to 6:30pm. We will test the Brown thru Black/Rec Juniors & Adults on Feb 8th at 6:45 - 8:00pm. This will be a very special

testing as we will have students testing for their First Degree decided Black Belt.

Marshall's ATA Black Belt Midterm

The Marshall's ATA Black Belt Midterm will take place on Saturday Feb 23rd, 2013 at 12:45pm. Non-Leadership Black Belts performing their first midterm will demonstrate their Shimjun form, Sparring Combinations, the complete Single Bahng Mahng Ee form, Testing Sparring, Board Break, Knowledge and the White, Orange & Yellow Belt Forms. Leadership students will demonstrate ALL color belt forms.

February Leadership Classes

The February Leadership Class will be on Sat morning Feb 16th, 2013 from 8:30 to 9:30am. We will discuss "Courtesy" and 'Getting along with others and using good manners' as we work on Forms, Sparring Combos & Sword. We will also discuss the Instructor Points of "Teaching Skills".

Marshall's ATA Health &

Safety Policy

If you are feverish or coughing and sneezing due to a cold/flu or any other illness that is severe enough to keep you home from school, work or Day-care for the day, please do not attempt to come to your afternoon or evening taekwondo class. You must be fever free without fever reducing medications for 24 hours before returning to class.

Marshall's Policy for Bad Weather procedures Follows Denton ISD

The decision to close schools due to bad weather is made when possible by 6:30am. School closings are reported on the Denton ISD website, the Denton Record Chronicle Online and on the major local television & radio stations. I will send out a group text to the students & families of Marshall's ATA should it become necessary to cancel our classes due to severe weather.

Special points of interest:

- Marshall's ATA Official Board Break Testing
- Marshall's ATA Valentine's Day Testing on Feb 7th & 8th, 2013
- February Birthdays
- February Leadership Classes on Saturday Feb 16th
- Master Kevin Henderson's Class "A" Tournament in Humble, TX Mar 2, 2013
- Marshall's ATA Summer 1st Summer Camp Deadline March 1st.

Tournaments:

Humble, TX
Master Kevin
Henderson (A)

Mar
1st &
2nd

Songahm 2013
Spring Nat'l's
Las Vegas, NV

March
1th
thru
15th

Attitude

"It is our attitude at the beginning of a difficult task, which more than anything else, will affect it's successful outcome." - William James

"Two men look out the same prison bars; ones sees mud and the other sees stars." - Frederick Langbridge

Marshall's ATA Black Belt Induction Ceremony

Marshall's ATA conducted our Black Belt Induction Ceremony at sunset on Jan 11th, 2013. New 1st Degree Black Belts & Black Belt Recommended who achieved their rank during the previous year 2012 participated in the ceremony. This ancient

tradition encompasses all martial arts styles and organizations. This ceremony links us to all martial artists everywhere who have chosen to undergo the rigor and demands both physical, mental, emotional and

spiritual to pursue and achieve their Black Belt in their martial arts discipline. Mrs. Marshall and I truly appreciate the effort and determination, and the respect each of you have shown us in 'Accomplishing' your new rank.

Marshall's ATA Summer Camps 2013

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Marshall's ATA will be conducting our Fitness/Sparring Summer Camp from June 17th thru 21st from 8:00a - 3:00pm. The Weapons Camp will be from July 22nd thru 26th. The Rank Advancement Camp & testing will be from Aug 19th thru 23rd. You can reserve your place in the Camps at an early bird special price of \$175.00 from now until March 1st. After March 1st thru May 1st, the cost will be \$200.00 and from May 2nd until the start of the Sparring/Fitness Camp on June 17th, the cost will then be \$250.00. Two Camps can be purchased for \$300.00 ending May 1st. There is no discount for the Rank Advancement Camp on Aug 19th - 23rd. The price is \$250.00 & it includes the fee for the testing Friday. The signup sheet will be at the front desk. Summer Camps are for Juniors & Adult aged students.

Demo Team

Marshall's ATA has partnered with Achiever's Gymnastics in Denton. The Marshall's ATA Demo Team D3MO will be undergoing eight weeks of gymnastics training at Achievers starting on Friday Feb 22nd from 5:30 to 6:30pm. The training will last until April 12th. We have worked out a significant discount for our Demo Team members of \$70.00 plus a \$25.00 annual membership fee so the total cost to the members is only \$95.00. We have entered into an agreement with Achiever's for our past Demo Team and it went very well. There is an upper level class viewing area so that parents can watch the classes if they choose. I think the Demo Team will be even more dynamic & exuberant as a result of training in martial arts & gymnastics.

Post-Test Policy

White-blue belts who are not able to attend our regularly scheduled testing due to occasional special circumstances may Post-test in class. Permission to Post-test requires at least one week advance notice and approval by the school owner. Brown belts & above must test at a school testing, no pre-test or post-test is allowed except for medical conditions, family emergency or other special circumstance approved in advance by their Chief instructor. Students who are not ready to test by the main testing date may be allowed to test at a Post-Testing no later than Mon Feb 18th, 2013. Those students are now authorized to attend unlimited classes if they should choose to do so while preparing for the Post-Test. All Testing fees are due by Jan 31st, 2013 in order to avoid a 5% late fee.



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 Miss Mel Brianne Chan, Mr. Brian Chan, and Mr. Daniel Febres on accomplishing their 2nd Degree Recommended Black Belt.

Mr. Caden Wallace, Mr. Ajet Lumani, Miss Sydney Holsomback & Mr. James Bobo will be testing for 1st Degree Decided Black Belt at the February Testing.

Madilyn Gunn, Erica Gervacio & David Bustos will do their 1st midterm at the Feb Testing.



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

Marshall's ATA Official Board Break Testing Feb 6th, 2013

Marshall's ATA Valentine's Belt Testing Feb 7th Tiny Tigers & Fri Feb 8th. 5:15 - 6:15 & 6:30 - 7:45

Leadership Class on Saturday Feb 16th, 2013 from 8:30 - 9:30am

Marshall's ATA Black Belt Midterm February 23rd, 2013 at 12:45pm

Marshall's ATA Final Post-Testing Date Mon, Feb 18, 2013

Master Kevin Henderson's Tournament at the Humble Civic Center, Mar 1st & 2nd, 2013

Marshall's ATA Tiny Tigers & K4K (Karate for Kids)

Tiny Tigers are a special program developed to lead the student through the basic fundamental concepts of martial arts, life-skills and character. Tiny Tigers (ages 3-6) members start as white belts and earn stripes on their belt.

When they graduate to the Juniors program they will be required to perform White belt material. Juniors (ages 6-12) demonstrate their own forms, one-steps and drills. They test just like the older children and adults do but at a Tiny Tigers Only Testing. Tiny Tigers may test with the

coaching and guidance of an instructor or assistant instructor without penalty. Juniors are promoted to their next white belt level. Juniors or 'Karate Kids' promotion criteria are based solely on demonstration of technique, not memorization. At instructor's discretion a Tiny Tiger may be given permission to enter the K4K program. K4K is divided into two groups. JR. K4K is for ages 7-8 and SR. K4K is for ages 9-12. . Our programs have all been developed for age appropriate classes.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. Caden Wallace is the second member of the Wallace Family to test for Black Belt in Taekwondo. He joins his brother Brennen who is a 1st Degree and his father Mr. Jim Wallace is training for his Black Belt as well. We are honored to have families train together on a journey of self discovery and self-defense with us here at Marshall's ATA. Caden is an outstanding student who is Perfectly Balanced and Fit to wear the Black Belt.

Mr. Caden Wallace 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Caden Wallace

Push ups	31
Sit ups	24
Punches	173
Kicks	50
Punches & Kicks	100
Total	378
Pct	75.60%

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

Mr. Caden Wallace

I am qualified to become a black belt because I've worked very hard learning Songahm to Choong-Jung, all the sparring combinations, one-steps, self-defenses, forms, and board breaks. Taekwondo has taught me how to be courteous, determined and loyal to my teachers, family, friends, and anyone that I meet. If I ever get in a situation where I have to protect myself then it helps because I know my self-defenses. That is what qualifies me to become a black belt.

Why do you want to become a Black Belt?

Mr. Caden Wallace

I want to be a black belt because I've worked hard even when I wanted to give up. I pushed my limits and reached new heights with my goals, and with my black belt I have reached those goals. When I tell my friends I am in Taekwondo they say "cool, what belt are you?" Then I answer "I am a red belt". My friends and I are very excited about me getting my black belt. These are reason why I want to become a black belt.

What new Training Goals have you set for after you achieve your Black Belt?

I would like to go to the next levels of a black belt. I want to continue on demo team and challenge myself to learn new things. I will continue to get stronger in my body and my mind.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Miss Holsomback is a very good martial arts student with excellent technique at such a young age. She learns fast and is a model student. I have no doubt that she will be a welcomed addition to our Black Belt class. We are honored that she chose to begin her journey of self discovery & self-defense with us here at Marshall's ATA. I pronounce that she is an outstanding individual. Perfectly Balanced and Fit for the rank of 1st Degree Black Belt.

Miss Sydney Holsomback 1st Degree Black Belt Candidate



Fitness Test Results for Miss Sydney Holsomback

Push ups	25
Sit ups	28
Punches	162
Kicks	59
Punches & Kicks	105
Total	379
Pct	75.80%

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

Miss Sydney Holsomback

I have trained very hard over the past 2 years. I have sacrificed many things to come to class so that I can learn and master all the forms, sparring combinations, self defense techniques and the belt knowledge. I have learned to show more respect for myself and to others.

Why do you want to become a Black Belt?

I had wanted to try karate for a long time. My dad had looked into other schools in Corinth but no one would call him back. Then my uncle had mentioned that Marshall's had a coupon and that we should check it out with him because he wanted my cousin to try it out also. I was signed up that same day because I was having so much fun, but my cousin was too scared. At first I really had no idea what I had to do to become a black belt but the more I learned about what I would have to do I started to understand how hard I would have to work to achieve my goal. But I was up to the "challenge". Each belt form I had to learn got harder and harder. This changed my "attitude" and "perspective" on how I would achieve my goal. Getting my black belt was not going to be easy. I had

"confidence" that my "preparation" and "resilience" would give me the "opportunity" to achieve "victory". I continued to push myself and on days that I wanted to stay home and play on my Wii or play games on my phone, my parents made me come to class because they knew if I didn't practice and did not become a black belt, I would be very disappointed in myself. They even made me do 2 classes a day sometimes, which was very hard on me, because I just wanted to stay home and relax. I told my mom the other day that I will be getting my black belt during the "Accomplishment" cycle. I thought this was interesting. I looked up the definition of accomplishment and it says "to succeed in reaching a stage in a progression". Getting my black belt would prove that I have "accomplished" my first goal, now I am on to the next stage of my challenge.

What new training goals have you set?

Become 2nd degree Black Belt

Help others achieve the Black Belt

Teach other people what I have learned at Marshall's

To learn new forms & the other half of the BMEE Form

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

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I Was Tired!

From an actual conversation I recently had with a woman: My first inspiration to start training in martial arts was The Karate Kid! I wanted to be like Daniel!! I will never be a champion like he was but that's ok, I didn't join MARTIAL ARTS to be a professional fighter--I joined to learn how to survive. My story may remind you of the movie Enough with Jennifer Lopez. (I know all of the guys know what I am talking about here!) That was a good movie but the problem with it is that she gets backhanded once or twice and then she gets out. Then she goes to martial arts class for 30 minutes and she is able to kill a man!?

In the real world it's a nightmare that does not end and he does not hit you once. He attacks you mentally, physically, emotionally, verbally and financially. If you ever get brave enough to hit him back he will laugh at you and then send you to the hospital for your insubordinate behavior. He will do everything in his power to control you and keep you living in fear.

I can honestly say that the only reason why I am free and alive today is because my abuser died. (I know what you are thinking! No I did not kill him!)

I came to martial arts because I was tired! I was tired of being beaten by a man who was 6'2" and three times as strong as me. I finally left him when he almost killed our 5 year old daughter with the car. The violence escalated from slapping me to pulling me up the stairs by my hair, kicking me in the stomach when I was pregnant with his child, choking me until I would pass out and pulling guns on me and threatening to kill me. I still have a bullet in my ceiling from one of his escapades. I was tired of being attacked and it was time that I learned how to protect myself and my children. I finally had to come to a point where I decided that I had enough!

Most of the people that you will see in a kickboxing class are big strong men. You don't expect to walk in and see a woman in the middle of all these men who are training to be fighters. We as women need to learn how to defend ourselves. Our motto needs to be "I win!" when it comes to the lives of ourselves and our children. As a parent we would do anything to protect our children and we need to know that we are just as important as our children and we should also keep in mind the fact that we have a much greater chance of being attacked by someone that we know and trust rather than a stranger.

I have a horrific history of abuse from when I was 5 years old beginning with my parents and my mother's boyfriends. I have been through more trauma and abuse in my life than most people can even comprehend. Every last one of my abusers and attackers were people that I knew and trusted.

Most of them were people that I loved and looked up to for protection. When you think of being attacked you think of a dark parking lot in the middle of nowhere with a mean looking man coming towards you dressed all in black and holding a gun. (Now why you decided to park there in the first place is beyond me!?) You don't visualize your attacker to be Mom or Dad or someone that you love.

I work at a battered women's shelter and I have seen women who have been shot and stabbed and beaten beyond recognition. I believe that every woman needs to know how to defend herself. Physically men are stronger than women and some of them take advantage of that fact.

I have been a student of martial arts for over three years now. I travel for two hours every Monday and Wednesday to go to class and I have had people ask me why I don't go to a school that would be closer? My answer to them is that it is unimaginable and unacceptable! My family is here learning martial arts. I have always been accepted as part of the family and I have always received nothing but respect! The students and teachers are patient with me because they know that I am not as powerful as they are and I will never be a "natural athlete" like some of them! I look forward to class because it is always fun and we never have to do the same old routine twice!

Besides the fact that I receive excellent training by amazing teachers I have also received something much more. I have been taught that I am worth something and that I do not deserve to be abused and that I matter as a person. The mental training is as excellent as the physical training. The teachers care about you as an individual and believe that we all deserve respect I will be training in martial arts until I get too old and they tell me that I can't come to class with my walker anymore! Until then I will stay here with my family enjoying my training!

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



What are the Primary Colors?

Number 5 of the 10 Classroom Management Principles states that an Instructor should give thoughtful feedback to his students questions. A Tiny Tiger student of mine asked me if I could explain to him what the Primary colors are? Without taking up too much class time, I attempted to answer this non-taekwondo related question. This piqued my curiosity as well.

If you hold up a glass prism to a beam of sunlight, you'll see the light form a rainbow of colors. This is called the spectrum. It consists of all the colors that make up "white" light.

Now, although you might be able to see six or seven colors in the spectrum, the white light is really made up of three basic colors. These are called the primary colors, because they cannot be made from any other colors.

The primary colors of light are orange-red, green and violet-blue.

The other colors you see in the rainbow or spectrum are made by a mixture of the primary colors. When the naked eye looks at the spectrum, it can see three mixed colors, which are called secondary colors. The secondary colors in light are green-blue, yellow and magenta-red. You can produce these colors by mixing the primary colors in certain combinations.

But remember, we are talking about light. Paint colors are substances, and are exactly the opposite from light colors! The secondary colors in light are the primary colors in paint. This means that in paint the primary colors are yellow, green-blue, and magenta-red. And with these three colors, you can mix any colors in paint.

There are many ways we can classify colors. A color that is brilliant and has no black or white paint in it is called a hue. Yellow, red, blue, and green are called hues. A color that is mixed from hue and black is called a shade. Deep brown is a shade. A color that is made with a hue and a white is a tint. Pink and ivory are tints. A color that is a mixture of pure hue, black, and white is a tone. Tan, beige, and gray are tones.

Here is an interesting fact about color. How do you think red paint looks before the can is opened? It doesn't look red. It actually looks black! That's because where there is no light, there is no color. In a dark room, there is no such thing as color.

The color of an object depends on the material of the object and the light in which the object is seen. For instance, an orange-red sweater looks orange-red because the dye in the wool reflects the orange-red part of the light. The violet-blue and green parts of light are absorbed by the sweater. Only the orange-red is reflected for you to see.

"Where I was born and where and how I have lived is unimportant. It is what I have done with where I have been that should be of interest."
— Georgia O'Keeffe

"Write down 10 things you would do in your life if you had absolutely no fear. Then pick one of them and do it."
— Steve Chandler, Reinventing Yourself: How to Become the Person You've Always Wanted to Be

"As Aristotle said, 'Excellence is a habit.' I would say furthermore that excellence is made constant through the feeling that comes right after one has completed a work which he himself finds undeniably awe-inspiring. He only wants to relax until he's ready to renew such a feeling all over again because to him, all else has become absolutely trivial."
— Criss Jami

"Imagine in vibrant, wonderful detail your heart's desire; a reality only you can envision, an adventure only you can direct.

Then cradle your creation. Caress it. Mold it. Coddle it until it comes to life. And when your precious treasure grows so grand as to steal your breath away, set it free for all the world to experience. For that is how you live your dreams."

— Richelle E. Goodrich, Eena, The Curse of Wanyaka Cave

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Hannukkah

Hanukkah: Earliest Observance, Palestine, 165 B.C.E

Number 5 of the 10 Classroom Management Principles states that an Instructor should give thoughtful feedback to his students questions. A young Yellow belt student asked me over the recent holidays if I could explain to her what the Jewish holiday of Hannukkah is? Although it was a non-taekwondo related question, As a non-Jewish person I answered her as best I could and I will attempt to expand further here.

When OBSERVED: For eight days, beginning on the twenty-fifth day of the lunar month of Kislev (November/December). Commemorates: The Rededication of the Second Temple of Jerusalem. Also called the Feast of Lights, or Feast of the Maccabees, Hannukkah commemorates the rededication in 165 B.C.E of the Second Temple of Jerusalem, which had been desecrated

three years earlier by Syrian king Antiochus IV Epiphanes in his efforts to wipe out the Jewish religion. One of the chief sources of information about this period is the collection of Jewish writings known as the Apocrypha, containing the Books of the Maccabees, which recount some of the historical background of Hannukkah. Antiochus IV was an ambitious monarch, who sought to establish political and religious uniformity within his vast empire. Which included Palestine. In short, he wanted to "Hellenize" the Jews totally, from their attire and customs to their religious belief to outlawing circumcision. Many Jews caved in under pressure.

The most outrageous violation of Jewish custom occurred when Antiochus decreed that the Temple of Jerusalem was to become a temple of the Greek god Zeus—outright desecration. Altar statues of the deity were erected, bearing the likeness of the emperor himself, who, adopting the surname Epiphanes ("God manifest"), proclaimed himself the incarnation of the god. A band of rebellious Jews, lead of Judas Maccabeus, eventually won the so-called Maccabean War against Antiochus, and saved the Jewish religion from extinction.

The story of the Maccabees stresses that the Syrian king was able to get as far as he did in his Hellenization campaign because of the laxity and neglect on the part of the Jewish community; and because of a desire of many Jews to assimilate. Thus, Hannukkah stands for the continual dedication of the people to the practices and ideals that bind them together as a distinctive community.

Although modern Israel tends to emphasize the military victory of Judas Maccabeus, the solemn ritual of lighting the multi-branched candelabrum—the menorah—has a spiritual meaning and represents the inextinguishable faith of God.

The ceremony also recalls the Talmudic story of how a small, one-day supply of non-desecrated oil miraculously burned in the Temple for eight full days until new oil could be obtained.

The customs of Hanukkah have become like those of the Christian Christmas, which falls in the same season: giving gifts, lighting candles, decorating the home, and enjoying a festive meal. Whereas Christians hang up a Star of Bethlehem and decorate in red and green, Jews hang a Star of David and wrap their gifts in paper of blue and white.

One special symbol of Hanukkah is the elephant, because of the trained elephants used by the Syrian armies. Another is the hammer, in commemoration of the dogged leader Judas Maccabeus, called Judah the Hammerer."

"Satisfaction in life doesn't jump on you, you work for it, you earn it. You will not sit in a place, fold your hands and expect to be satisfied with life."
— Jaachynma N.E. Agu, The Best Option

"Spiritual literature can be a great aid to an aspirant, or it can be a terrible hindrance. If it is used to inspire practice, motivate compassion, and nourish devotion, it serves a very valuable purpose. If scriptural study is used for mere intellectual understanding, for pride of accomplishment, or as a substitute for actual practice, then one is taking in too much mental food, which is sure to result in intellectual indigestion. (152)"

— Prem Prakash, The Yoga of Spiritual Devotion A Modern Translation of the Narada Bhakti Sutras