

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
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WWW.MARSHALLSATA.COM

Welcome Back Everyone!!

Welcome Back Everyone!

I hope you all had a great Christmas and enjoyed the time with your families. Families are truly special. I love the holidays and find myself remembering my childhood and Christmas morning memories. I know all of you can remember waking up numerous times throughout the night, looking at the clock as you imagined what presents Santa brought you. Finally, when daylight appeared, you rushed to wake your mom and dad so you could hurry to see which gifts on your list made it under the tree. Now as adults if we're honest, we can still admit how excited we are on Christmas morning, but now our excitement is for a different reason. Now our excitement is less about the gifts we receive and more about the gifts we give. There is great joy in giving—especially to our children. Now that the holidays are over, it's time to look forward and adjust our attitudes to the New Year and

commit ourselves to the year ahead. Don't forget that each year is the birth of a fresh start. Make taking some time to find a way to serve others one of your goals this year. What better way to enter the new year than to purpose to make life a little easier for someone else? Time flies and belt testing will be here before you know it. We're calling the next belt testing **"The Leap Year Testing"** and it will be held in two parts with the **Tiny Tigers testing on Monday February 25th starting at 6:00 pm** and the **Juniors and Adults testing on Friday evening February 29th starting at 7:00pm.**



Junior Leader Classes Beginning Jan. '08

We will be offering Junior Leader classes on Friday evenings this month. The Junior Leadership program is designed to prepare 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. We will increase our knowledge of Human Anatomy, Joints & Pressure Points.

Welcome Back!

Marshall's ATA
Sword Seminar!

Friday Night Spar-
ring Classes!

Special points of interest:

- Welcome Back Everyone!
- Mr. Andrew CASTRO successfully tested for his First Degree Black Belt.
- January 2008 Calendar
- (Gumdo) Sword Seminar
- Friday Night Sparring Classes.
- New Junior Leaders, Summer Lopez, Preston Couch, Luke Hilton & Blake Haubold.
- January Birthdays!
- Junior Leader Classes

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

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

Congratulations!! Mr. Andrew Castro Successfully Tests for First Degree Black Belt!

Please join me in congratulating Mr. Andrew Castro for successfully testing last month at the December testing and earning his First Degree Black Belt. Mr. Castro overcame the disappointment from his first attempt at the October testing and fulfilled his commitment to himself to persevere and successfully achieve his goal of becoming a First Degree Black in the world's largest single system martial arts organization. Well done, Sir!

Marshall's ATA Official January 2008 Calendar.

- Sword Clinic 1/25/08
- Friday Night Sparring Classes 1/18/08
- New Students & Parents Orientation
- January Birthdays
- Junior Leader Class

Strength Training

Many martial artists scoff at the idea of strength training. The popular notion is that martial artists must focus on technique, not strength. Historically, martial artists felt that strength training causes decreased flexibility and/or loss of speed, ultimately having a negative impact on their martial art skills. However, more and more martial artists are questioning this commonly held bias against strength training. Martial artists are finding that they, too, can benefit from increased strength by taking part in isometric exercises, dynamic tension and calisthenics. One of the most significant benefits of strength training garnered by the martial artist is the improvement on force output capacity. A strength trained martial artists can

exert greater force, apply that force more quickly and also exhibit greater stamina over a series of efforts. As a result, if you have two competitors with equal technical and tactical ability, then the strongest competitor is the one who will win. Taekwondo is a striking art and it incorporates long sets of punches, kicks and combinations. Increasing strength in students of Taekwondo is necessary for working all the kinks out of the techniques and for ensuring that these techniques will work when fighters are tired or stressed. If the Taekwondo student does not have strong muscles like the hip flexors, or abdominal muscles they are subject to injury while doing powerful punches or kicks. For example, weak abdominal muscles can lead to lower

back strains. Those with weak lower back muscles and weak hip flexors cannot kick with great strength or kick repeatedly for a long period of time. Most serious martial artists will throw thousands of punches during their training. A professional martial artist will probably throw millions of punches. The continuous drilling of the technique of the punch will build a strong mind/body connection causing the ability to throw fast, accurate and effective punches to become habit. Unfortunately, all that repetitive training does very little to develop strength in the muscles used to throw that punch. So a martial artist would be well advised to incorporate some type of strength development into their training regimen.



Goals:

S - is for *Specific*. Write down exactly what you are going to do.

M - is for *Motivating*. Achieving a goal that excites and makes you happy.

A - is for *Achievable*. You have to believe that it's possible to reach your goal.

R - is for *Relevant*. You have to know WHY your goal is important to you.

T - is for *Trackable*. You have to track and measure your progress while working toward your goal.

Have You Set New Goals for 2008?

No matter how carefully you plan your goals, they will never be more than pipe dreams unless you pursue them with gusto. *W. Clement Stone.*

Obstacles are those frightful things you see when you take your eyes off your goal. *Henry Ford*

Outstanding people have one thing in common: An absolute sense of mission. *Zig Ziglar*

Remember, what you get by reaching your destination isn't nearly as important as what you become by reaching your goals - what you will become is the winner you were born to be! *Zig Ziglar*

Here is a test to find out whether your mission in life is compete. If you're alive, it isn't. *Richard Bach*



Congratulations!

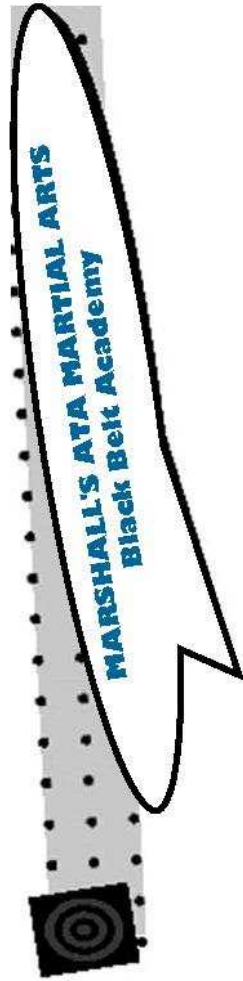
Congratulations, Mr. Castro. You tested successfully for your First Degree Black Belt. We're proud of you.

Class Schedule Changes

In order to better accommodate our students & parents, we will be making some adjustments to our current class schedule. We will be adding Sparring classes to Friday nights and also creating a new class for 3 & 4 yr old Tiny Tigers. We will be adding an additional 15 minutes onto our

Junior and Adults classes. We will be adding an additional Saturday morning class for 3 & 4 yr olds. With our younger Tiny Tigers, we will be emphasizing Gross & fine motor skill development, listening, courtesy, social skills and following directions. Our older (Intermediate) Tiny Tigers will emphasize physical skill

development, basic techniques, memory & concentration as well as life skills with an eye toward independent forms, weapons & sparring presentation and preparation for the Juniors class. Neurological instead of chronological age will be a factor in determining appropriate class placement of Tiny Tigers.



Next testing February 25th, Tiny Tigers 6:00p.m. * Juniors and Adults February 29th, 7:00p.m.

January 2008



Birthdays!

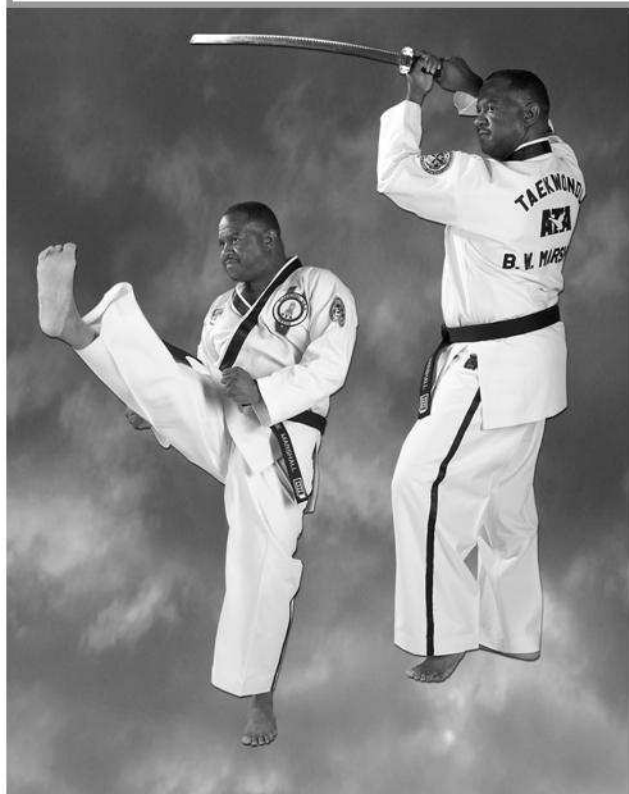
Arias, Gus 1/8
Brown, Nora 1/24
Cox, Emily 1/20
Gil, Ciara 1/29
Jones, Kody 1/23
King, Zachary 1/4
Modrow, Anna 1/6
Ochoa, Carson 1/1
Ochoa, Vincent 1/1
Williams, Christian 1/8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Word of the Cycle GOALS	1	2	3	4	5
6 Week 1	7	8	9	10	11	12
13 Week 2	14	15	16	17	18 Leadership Class 5:00-6:00pm Sparring class 6:00-7:00pm	19 New Student & Parent Orientation 12:00pm
20 Week 3	21 January Birthday Celebration	22	23	24	25 Sword Clinic 5:30-7:00pm	26
27 Week 4	28	29	30	31		



BLACK BELT ACADEMY
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Website: marshallata.com

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



SWORD CLINIC

JANUARY 25, 2008

**FRIDAY
5:30 P.M –7:00 P.M.**

\$50.00

(Includes Sword)

Registration Deadline
Thursday, January 24, 2008

Participants will receive a free
Marshall's ATA T-Shirt

NEW STUDENT & PARENT Orientation!

Saturday Jan.19th ,12:00 P.M.

JANUARY BIRTHDAY CELEBRATION MONDAY, JAN.21ST

See Mrs. Marshall for more info.

Kevin Boyd

Referring Travel Agent

Corinth,TX 76210

Bald Guy Travel

Phone (940)453-2726

To Book www.BaldGuyTravel.com



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