

# MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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ATA Black Belt Summit

Marshall's ATA Leap Year Testing in Feb

Humble TX Tournament

Marshall's ATA Leadership Classes Back on Saturday Mornings  
MLK Holiday Closing Date  
January Birthdays

## Marshalls Attending ATA Black Belt Summit in Jacksonville, FL

Mr. & Mrs. Marshall will be attending the upcoming ATA Summit in Jacksonville, FL. On Fri, Jan 13 & Sat Jan 14th, 2012.

### Featured Speakers:

- Grand Master In Ho Lee
- Chief Master William Clark
- Chief Master Al Dilegge
- Sr. Mstr Sergio Von Schmelling

We are looking forward to meeting the new Grand Master of the ATA; Grand Master In Ho Lee and bringing exciting new information and training material back to our school to kick off the new year.

### Congratulations to our New First Degree Black Belts

- Mr. Chuck Colburn
- Mrs. Kaylynn Safar
- Mr. Patrick Safar
- Cameron Colburn

**The Black Belt Induction Ceremony** will be held on Saturday Feb 18th at 5:30pm. The Black Belt Induction Ceremony is an ancient tradition that goes back thousands of years. It is a symbolic ceremony where students pass on a gift to their Instructor that reflects their feelings and sentiments about 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 Inductees state their New goals for their training and then sign the scroll. The ceremony itself is done all in candlelight. It is completely quiet except for the reading and for the sounding of the gong.

### January Leadership Classes

The January Leadership Classes will be moving back to Sat mornings in 2012. Sat Jan 7th & Jan 21st at 8:30am. We will discuss Goals for martial arts and defensive tactics for fending off multiple assailants using 360 degrees of awareness. This class is

being moved to Saturdays at 8:30am which is an hour prior to the W, O, Y Tiny Tiger class coming in. Leadership students can then assist with the Tiny Tigers for practical Leadership experience.

**Marshall's ATA will be closed** Jan 16th, 2011 in Observance of the Martin Luther King, Jr. holiday.

### Denton ISD's Policy Regarding weather procedures.

The decision to close schools due to inclement weather or bad weather is made when possible by 6:30am. School closings are reported on the Denton ISD website, the Denton Record Chronicle Online and one the major local television networks. Ch4 (KDFW), Ch5 (KXAS), Ch8(WFAA), Ch11 (KTVT), Ch 23 (KUVN), Ch 39 (KXTX). The major radio stations: FM 88.1 (KNTU), AM 820, (WBAP) AM 1080, (KRLD), and others. It is also announced on the district's main telephone line at (940) 369-0000.

### Special points of interest:

- Marshall's ATA Leap Year Testing coming in Feb 16th & 17th, 2012
- January Birthdays
- Marshall's Closed for Martin Luther King, Jr. holiday Jan 16th, 2012
- Leadership Classes Moving to Saturdays from 8:30 - 9:30am as scheduled
- ATA Black Belt Summit January 13th thru 14th, 2012
- Master Kevin Henderson's Class "A" Tournament in Humble, TX in Feb 2012

### Tournaments:

<b>Songahm Black Belt Summit, Jacksonville, FL</b>	Jan. 13th/14th, 2012
<b>Humble, TX Master Kevin Henderson</b>	Feb 24/25th, 2012

### Attitude

Attitude: It is your best friend or your worst enemy.  
- John C. Maxwell

Attitude is a little thing that makes a big difference. - Winston Churchill

If a person gets his attitude toward money straight it will straighten out almost every other area of his life. - Rev. Billie Graham

## Fitness Do's for Kicking off the New Year 2012

Do see your physician. The next time you receive a physical exam—and if you don't do this annually, now is a good time to start. Make sure to get medical clearance to exercise from your physician. It's important to identify any heart problems, high

blood pressure or any other medical conditions before beginning a fitness routine. Do see a professional fitness trainer. These experts will make sure you have the perfect individualized program as well as establish two or

three sessions of initial fitness and training education. A professional trainer will create a program based on your personal fitness goals that will include cardio and strength training. Do set a realistic goal. Exercise should be a normal routine in life. Do have fun with an activity that you enjoy.

## A Marshall's ATA Look Back at 2011

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Jan - Black Belt Nat'l's at the Dallas Hilton Anatole. Mr. Kaiser's Tai Chi Seminar. In-School Tournament. The Mon 4:00 - 4:45pm class becomes Master Club Junior/TT.

Feb - Valentines Day Color Belt Testing. Tai Chi Seminar. Parents Night Out. O Sung Do Sword Clinic. Level I Judging Seminar. Regional Tournament in Humble, TX.

March - ATA Songahm Spring Nat'l's in Las Vegas, NV. Sparring Class Juniors & Tiny Tigers. Anti Bullying Seminar. Ambassador Week.

April - Run to the House 5k and 1 Mile Walk. Spring/Easter Belt Testing. New Student Parent Orientation. NRH Class B Regional Tournament. Student Photo Shoot. Class C In-School Tournament.

May - Mother's Day. Stephani Marshall, Dr. Middlemiss & Mr. Kaiser at Regional Instructor Certification Camp. Black Belt Midterm. Mrs. Marshall's Bday.

School Closed for Memorial Day.

June - Summer uniforms begin. The Marshalls attend Carrollton ATA School RAT Camp, Sparring/Fitness Camp, Summer Belt Testing, Weapons Camp, Two hour AHA CPR Certification Class, Songahm World Championships in Little Rock, Ar, Inaugural Ceremony, Rank Advancement Camp.

July - School Closed for 4th of July, holiday Wknd, School Annual Picnic at Waterworks Park, Buddy Day, Leadership Classes.

Aug - School Closed for Texas Twister Tournament in Allen, The Marshalls Family Reunion vacation, Noon Class Cancelled, Back-to-School Belt Testing, Black Belt Midterm Cancelled, Mr. Marshall's Bday, Leadership Class.

Sep - School Closed for Labor Day holiday Wknd, Leadership Class, Marshalls in Montana but reg class sched, School closed for Texas Classic Regional Tournament in Mesquite, TX.

Oct - Breast Cancer Awareness Month, Back to wearing full uniforms, Marshalls at RAT Camp in Katy, TX. Wed Leadership Class, Marshalls in Montana reg sched, Songahm Fall Nat'l's, Fall Belt Testing, Fall Harvest Festival & Costume Party.

Nov - Dr. Middlemiss' Anti Bullying Seminar, In-School Tournament postponed, Dallas Duel tournament reg class sched, Leadership Class, Marshalls in Montana reg sched, Buddy Day Anti Bullying Self-Defense, Marshall's ATA Closed for Thanksgiving Day holiday, Two Day Thanksgiving Day Holiday Camp.

Dec - Leadership Class, Midterm, Mr. Marshall's Anti Bullying Self-Defense Seminar, In-School Tournament, Annual Christmas Party, Christmas Belt Testing & Leadership Testing and Black Belt Midterm. Marshall's ATA Closed for Christmas Break and New Years Holiday. Marshall's ATA Two Day Winter Break Holiday Camp.

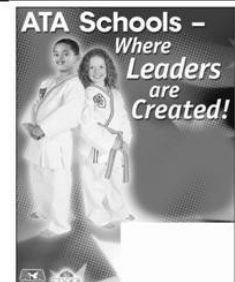


### Protocol for Testing

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 Brienne Chan, Mr. Brian Chan, and Mr. Casey Ehler on having a successful midterm on their 1st Degree Black Recommended Belt. Next stop with hard work & dedication is 1st Degree Black Belt Decided at the Leap Year Testing.

**Congratulations** to Mr. Paul Desjardins, Mrs. Kelly Desjardins, Miss Destini Gil, Miss Ciara Gil, Mr. Ethan Desjardins & Mr. Christian Ubanii on achieving their Black Belt Recommended Belt.



## 2012 - Think, Pray, Work, Sweat & Play... Everyday

**Marshalls Attending Black Belt Summit in Jacksonville, FL. Jan 13th & 14th, 2012**

**Marshall's ATA Will be Closed for the Martin Luther King, Jr. Holiday Mon Jan 16th, 2012**

**Leadership Classes on Saturday Jan 7th & 21st, 2012 from 8:30 - 9:30am**

**Master Kevin Henderson's Tournament in Humble, TX. Feb 25, 2012**

**Marshall's ATA Black Belt Induction Ceremony February 18th, 2012 at 5:30pm**

**Marshall's ATA Spring Break Camp March 20th & 21st, 2012 from 8:00 - 3:30pm**

## Fitness Don'ts for Kicking off the New Year 2012

Don't ignore pain. When you constantly feel a sharp pain in your muscles or joints after working out, don't disregard it. A professional trainer can help you work around the pain and recover after you see a medical specialist for diagnosis.

Don't overdo it. If you're new to fitness, one of the best pieces of advice is to start small and stay consistent. If you've been exercising and are well-trained, make sure to alternate high-to-low intensity activity. For example try high-intensive interval training on Monday and Wednesday and lighter cardio

Training on Tuesday and Thursday. Don't be repetitive with your workouts. If you don't enjoy repetitive and mundane routines in general, don't allow them to influence your workouts! It's good to have balance and variety. Try different classes throughout the week and different machines or strength training routines. An added benefit of changing up your routine is that you'll lessen the risk of injury as you're not always focusing on the same muscles. Don't give up always remember that any activity is better than no activity.