

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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Marshall's ATA  
Black Belt Induc-  
tion Ceremony

Marshall's ATA In-  
School Tourna-  
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Marshall's ATA  
Closed for MLK  
holiday

Marshall's ATA Offi-  
cial Board Break Test-  
ing on Wed Feb 6th  
Leadership Workout  
on Jan 12th & 26th  
Black Belt Midterm on  
Saturday Feb 16th,  
2013.  
Marshall's ATA will be  
Closed for the Martin  
Luther King, Jr. holiday

## Marshall's ATA Reopens on Wed Jan 2nd with New Schedule

### Marshall's ATA Reopens on Wed Jan 2nd, 2013 with New Class Schedule

We have made a revision to the current class schedule that will provide more training time for our White thru Yellow belt Juniors & Adults on Mondays & Wednesdays. The Camo thru Red class on Mon/Wed will begin 15 minutes earlier at 4:45pm instead of 5:00pm and thus ending 15 minutes earlier. This 15 minute time segment will then be added to the current Mon/Wed W, O, Y class which will now be 45 minutes instead of a 30 minute class from 5:30 to 6:15pm instead of 5:45 to 6:15pm. The Camo & Up Tiny Tigers will begin at 4:00pm instead of 4:30pm on Tue/Thur and will become a 45 minute class to facilitate more time for new Camo Belt Tiny Tigers to learn the confidence, control & comprehension required for sparring.

*"To accomplish great things, we must dream as well as act"* - [Anatole France](#)

### Marshall's ATA Black Belt Induction Ceremony

The Marshall's ATA Black Belt Induction Ceremony will take place on Fri Jan 11th, 2013 from 5:15 to 6:15pm. Any new 1st Degree Black Belt and Black Belt Recommended students that has not already experienced the ceremony may participate. You may also participate if you have received a NEW Black Belt rank since the last ceremony such as Second Degree Decided or Second Degree Recommended Black Belt.

### Marshall's ATA will Conduct an In-School Tournament

Saturday Jan 26th at 10:00am. We will conduct the Tiny Tiger portion of the Testing first from 9:30am to 10:30am on Saturday morning and then the Juniors/Adults from 10:45 to approximately 12:00pm. We will have traditional Forms, Sparring, Weapons as well as Creative Weapons. We will also have Combat Bahng Mahng Ee. The Tiny Tigers & Junior tournament participants not placing will

receive a Participant medal or trophy. This is a great opportunity to learn how to perform for an audience and/or conduct yourself at a Regional or National tournament event.

### Marshall's ATA Leadership Workouts

The Marshall's ATA Leadership classes will be held this month on Sat Jan 12th & 26th from 8:30am to 9:30am. The format of the meetings will be changing into more of a Leadership workout and Testing material class and will not have as much of a Lecture component. This new Leadership workout format will still facilitate coverage of our required physical material & allow for Q & A and dissemination of new school information & planning for the New Year 2013.

**Marshall's ATA will be Closed on Mon Jan 21st in observance of the Martin Luther King, Jr. holiday.**

### Special points of interest:

- **Marshall's ATA Reopens on Wed Jan 2nd, 2013 with a NEW class schedule.**
- Marshall's ATA Black Belt Induction Ceremony Friday Jan 11th, 2013 @ 5:15pm.
- January Leadership Workouts Sat Jan 12th & 26th 8:30 - 9:30am
- Marshall's ATA In-School Tournament Jan 26th, 2013
- Marshall's ATA will be Closed for the Martin Luther King, Jr holiday Mon Jan 21st, 2013.
- Marshall's ATA Official Board Break Testing will be held during class on Wed Feb 6th
- Marshall's ATA Belt Ceremony Presentation Feb 8th
- Black Belt Midterm on Feb 23rd at 12:45pm

### Tournaments:

|  |                      |
|--|----------------------|
| <b>Humble, TX</b><br><b>Master Kevin Henderson</b> | 03/01<br>&<br>03/02  |
| <b>Spring Nat'l's</b><br><b>Las Vegas</b>          | 3/13<br>Thru<br>3/16 |

## New Friday Night Sparring Classes for 2013

Another feature of the new class schedule for 2013 is the addition of Friday evening Sparring/Competition classes. The classes will be exclusively for Camouflage belts and up and will begin on Friday Jan 3rd, 2013. The inaugural class

will be a 4:30 - 5:15pm Camo & Up TT Sparring class. We will do drills and exercises designed to prepare newer and somewhat apprehensive Tiny Tiger students for actual sparring while wearing their com-

plete sparring gear. The next class will be from 5:30 - 6:30pm. We will work on distancing, countering, engaging, cardio, flexibility and developing a proper competition strategy. Come ready to have fun and learn. Full equipment required.

### Cancellation of Private Lessons

If you are unable to attend a previously scheduled private lesson, please provide at least a 24 hour notice of cancellation. There will be a 50% cancellation fee without prior notification

## Marshall's ATA Will Change Testing Policy in 2013

Starting with this new "Accomplishment" cycle, we will implement a procedural change to the way we currently conduct our school Belt Testings. In order to create more efficiency and streamline the amount of time our school Belt Testings currently occupy, we are making some practical common sense changes that will be apparent at our next Marshall's ATA Belt Testing on February 8th 2013. A redundancy that we currently have is actually having a students' Form, Sparring, Weapons proficiency and Board Break be observed and critiqued in class before their fellow students at a final Mock Testing that is usually held a week prior to the actual school Belt Testing. The students usually have all three knowledge stripes during this process. The higher ranked students

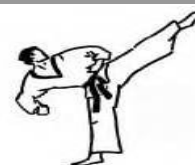
who are at least Brown Belt level will earn their third stripe only at their Board Break Testing. This is the way it works currently and if a student has earned three stripes, he/she will then be eligible to test before the Judges for their next level at the school Belt Testing. This is essentially a formality since they have already demonstrated proficiency with their required material or else they would not have the required three stripes for Testing. We will no longer require non Leadership students to perform their material at a formal Belt Testing since they have sufficiently demonstrated their material in class. The Belt Testing will henceforth be known as the Belt Presentation Ceremony where the students will receive their new Belts but not

perform their Rank material. Black Belt Rec, Decided & Leadership students will however be required to perform their material at a Formal Testing in order to demonstrate the Leadership attributes of Confidence, Control & Comprehension before an audience.

### Black Belt Midterm Participants

- Mr. Preston Couch
- Mr. Devin Hearvey
- Mr. Daniel Febres
- Miss Mel Brianne Chan
- Mr. Brian Chan
- Mrs. KayLynn Safar
- Mr. Ulises Murillo
- Mr. Hunter Lamb
- Mr. Dylan Lamb
- Mrs. Victoria Lamb

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### 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** and all the best to Mrs. Sandra Arcuri, Miss Madisyn Welborn, Mr. Justin Kolba, Mr. Brennen Wallace, & Miss Brianne Walsh on their 1st Degree Decided Black Belt at the Marshall's ATA Christmas/Winter Belt Testing.

**Congratulations** to Mr. Jim Wallace, Caden Wallace, Sydney Holsomback, Ajet Lumani & James Bobo. They have completed their midterm on their Black Rec and will test at the Ceremony in Feb.

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

**The Marshall's ATA Leadership Workout will be held in Jan on Sat Jan 12th & 26th from 8:30 to 9:30am**

**Marshall's ATA will be conducting our Black Belt Induction Ceremony on Fri Jan 11th from 5:15pm to 6:15pm**

**Marshall's ATA will be conducting our In-School Tournament on Sat Jan 26th @ 10:00am**

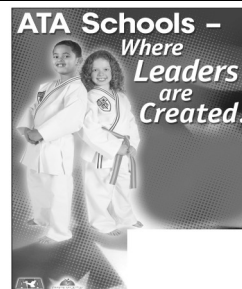
**The Marshall's ATA Belt Presentation Ceremony & Leadership Testing will be held on Thur & Fri, Feb 7th & 8th**

**Marshall's ATA will be Closed for the MLK, Jr. holidays on Mon Jan 21st, 2013**

## Marshall's ATA Black Belt Induction Ceremony January 11th, 2013

Marshall's will conduct our Annual Black Belt Induction Ceremony on Friday evening January 11, 2013. The Induction Ceremony is a long tradition that has gone back thousands of years. It is a symbolic ceremony, where students pass on a gift to their Instructor that reflects 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 ceremony itself is done all in candlelight. It is completely quiet except for the Ringing of the Gong and the Reading of the Scrolls of Songahm. Students will be given two symbolic gifts from their Instructor. The students will then sign their names on the Scrolls to be remembered for all time. On the day of the ceremony you will need to be in full

uniform. Bring a 3x5 index card that explains what your gift is and what it represents. You then stand and read your index card at the appropriate time and present your gift to your Instructors at the ceremony. Remember, your gift does not have to be expensive; it should be symbolic and representative of your training or your relationship with your Instructor; Mr. Marshall & Mrs. Marshall. Please invite family/friends and make sure you reserve your spot now for an event that will surely be a highlight of this season. The event should last less than an hour. *Any Black Belt and Black Belt Recommended student that has not already experienced the ceremony may participate. You may also participate if you have received a NEW Black Belt rank since the last ceremony such as 2d or 2r.*



# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Marshall's 2012 Year in Review

**Jan** - Mr. & Mrs. Marshall attended the ATA Black Belt Summit in Jacksonville, Fl. On Fri, Jan 13 & Sat Jan 14th, 2012. Announced Summer Camps for 2012.

**Feb** - Conducted our Leap Year Belt Testing on Thu & Fri Feb 16th & 17th. Conducted our Black Belt Induction Ceremony on Feb 18th, 2012 at sunset.

**Mar** - Official Black Belt Midterm on March 10th, 2012 at 12:00pm. Conducted In-School tournament on Saturday March 17th. Conducted our first annual Spring Break Camp on March 21st & 22nd from 8:00 to 3:00pm.

**Apr** - Conducted Spring/Easter Belt testing on Thur & Fri April 12th & 13th. Marshall's ATA hosted our 2012 School Photo Shoot hosted by Boster Studios on Thursday & Friday April 19th & 20th.

**May** - Marshall's ATA conducted a Single Bahng Ee clinic on Friday May 4th, 2012 from 5:30 - 7:00pm. Marshall's ATA conducted a 'Board Break' Clinic on Friday May 18th

**June** - 'The Marshall's ATA Fitness/Sparring Summer Camp began on Monday June 4th at 8:00am. Father's Day' Belt Testing on June 14th & 15th. Songahm World Championships was held in Little Rock, Ar at the State-house Convention Center June 18th thru the 24th. The Marshalls tested for their 5th Degree Black Belt at World Championships in Little Rock, Ar on Thursday June 21st

**July** - Marshall's ATA hosted our annual Summer Picnic at Waterworks Park, 2400 Long Road in Denton, TX on July 7th. Weapons Camp hosted at the school from Monday thru Fri July 9th to 13th. Marshall's ATA was invited by GE & United Way to perform a Demo at Cowboys Stadium in Arlington, TX. Date: July 19th, 2012 from 1-5pm for Community Engagement Day. Marshall's ATA hosted our In-School Tournament at the school on Friday July 27th,

**Aug** - Marshall's ATA was Closed Saturday Aug 4th for the Texas Twister Tournament in Allen, Texas. Conducted Back-to-School Belt Testing at the school from Wed to Fri. Aug 8th to 10th. Marshalls fly to Montana on Aug 30th.

**Sep** - Marshall's ATA Closed for Labor Day Wknd Sep 1st & 3rd. Took several students to a Combat Bahng Mahng Ee Clinic at Chf Mstr Robert Allemier's School in Rockwall, TX on Sep 8th

**Oct** - Conducted Fall Harvest Belt Testing on Thurs & Fri Oct 27th & 28th. Participated in 4th Annual Trick or Treat at Unicorn Lake on Wed, Oct 31st 2012 from 4pm to 7pm at Unicorn Lake. Hosted our Fall Harvest Festival & Costume Party on Sat Oct 27th from 6:00 - 9:00pm.

**Nov** - Marshall's ATA hosted our annual 'Karate Kamp' on Friday Nov 23rd from 8:00am to 2:30pm.

Mrs. Kaylynn Safar & Mrs. Sandra Arcuri attended the Region 112 Instructor Certification Camp and competed in the Regional Class A tournament hosted by Master Gerald Frenz in Katy, TX on Saturday Nov 3rd.

**Dec** - The Official Board Break segment of the Christmas/Winter Belt Testing Extravaganza was conducted on Wednesday Dec 5th. Marshall's ATA conduct our Christmas/Winter Belt Testing on Thursday & Friday Dec 6th & 7th. The Marshall's ATA Annual Christmas Party was hosted on the patio of the Pour House Sports Grill at Unicorn Lake on Sat Dec 8th, 2012 from 6:00 to 9:00pm. The Marshalls agreed to participate in the Annual Marine Corp 'Toys for Tots' toy drive. Our final Black Belt Midterm of the year was conducted on Sat Dec 15th at 12:45pm. Marshall's ATA announced a minor class schedule modification to take effect in Jan 2013.

The First Marshall's ATA School event of the New Year 2013 is our Annual Black Belt Induction Ceremony to be conducted on Friday evening January 11, 2013 at (sundown) 5:15pm.

"Do it badly; do it slowly; do it fearfully; do it any way you have to, but do it."

— [Steve Chandler, Reinventing Yourself: How to Become the Person You've Always Wanted to Be](#)

"If you can't accomplish something all at once, just take it little by little. That way you only spend a small part of each day not accomplishing anything, and you can take the rest of the day off."

— [Benson Bruno, Evergreens Are Prudish](#)



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### 2012 Year in Review

US Presidential Election  
 Superbowl XLVI  
 Death of Whitney Houston  
 Superstorm Sandy  
 London 2012 Olympics  
 Death of Trayvon Martin  
 Facebook IPO  
 Aurora Shootings/Newtown Connecticut  
 Death of Dick Clark  
 Obama's Endorsement of Gay Marriage  
 TBH (to be honest)  
 YOLO (you only live once)  
 KONY  
 One-word Comment  
 Gangnam Style  
 Cinnamon Challenge  
 Cray

SMH (shaking my head)

Big Bird

Linsanity

Barack Obama

Mitt Romney

Voted

Four More Years

Paul Ryan

Rick Santorum

Gay Marriage

Obamacare

The Polls

DNC

Most Talked About

1. The Hunger Games
2. The Avengers
3. The Walking Dead
4. The Death of Whitney Houston
5. Mitt Romney
6. Kony 2012
7. London 2012 Olympics
8. Magic Mike
9. Gangnam Style
10. Fifty Shades of Grey

Songs

1. Nothing But The Beat - David Guetta
2. What Makes You Beautiful - One Direction
3. Summer Paradise - Simple Plan
4. Somebody That I Used To Know (feat. Kimbra) - Gotye
5. Bangarang (feat. Sirah) - Skrillex
6. Whistle - Flo Rida
7. Payphone - Maroon 5
8. Rolling In The Deep - Adele
9. Call Me Maybe - Carly Rae Jepsen
10. Where Them Girls At (feat. Nicki Minaj & Flo Rida) - David Guetta

Movies

The Hunger Games

The Avengers

Magic Mike

The Vow

Twilight Saga: Breaking Dawn Part 2

21 Jump Street

The Dark Knight Rises

Dr. Seuss' The Lorax

Skyfall

Prometheus

Technology

Instagram

Timeline

Pinterest

Draw Something

iPhone 5

Kindle Fire

SOPA

News Feed

Siri

SongPop

The Hunger Games (The Hunger Games, #1) - Suzanne Collins

Catching Fire (The Hunger Games, #2) - Suzanne Collins

Mockingjay (The Hunger Games, #3) - Suzanne Collins

Fifty Shades of Grey (Fifty Shades, #1) - E.L. James

Harry Potter and the Sorcerer's Stone (Harry Potter, #1) - J.K. Rowling

The Help - Kathryn Stockett

Twilight (Twilight, #1) - Stephenie Meyer

To Kill a Mockingbird - Harper Lee

The Great Gatsby - F. Scott Fitzgerald

Water for Elephants - Sara Gruen