

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY  
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DENTON, TX. 76210  
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Black Belt Nat'l's  
School Testing  
Black Belt Candi-  
dates  
Summer Programs

January Birthdays  
Humble tournament  
Schedule Revisions

## The Second Annual Black Belt Nationals in Dallas

**The American Taekwondo Association** will host the second Annual Black Belt Nationals tournament in Dallas, TX. The tournament will be hosted at the Hilton Anatole hotel 2201 Stemmons Fwy Dallas, TX. 75207 from January 14th -16th, 2010. Mr. Christian Williams, Mr. Kevin Engel, Mr. Drew Gatlin & Mr. Preston Couch will be representing Marshall's ATA at the tournament. **This competition is open to all Black Belts First Degree Decided and Above.** This is a AA point event. We wish for them a challenging, safe and successful competition. Marshall's ATA will be closed on Saturday due to the tournament.

### School Testing

We will be hosting the New Year Testing 2010 at Marshall's ATA. The testing will commence as usual with the Tiny Tigers on Friday Jan 29th beginning at 6:00pm. Due to the large number of Black Belt candidates testing this time, the Juniors

and Adults testing will be held the next day on Saturday January 30th at 10:00am instead of the usual following Monday at 6:00pm.

### Black Belt Candidates

Marshall's ATA is privileged to have a large class of Black Belt Candidates and Midterm candidates testing at the upcoming New Years Testing.

Drew Gatlin - 2nd Degree

Dewey M. Kurtz - 2nd Degree

Jade Kincaid - 1st Degree

Meili Kincaid - 1st Degree

Tanner Garmon - 1st Degree

John Roberts - 1st Degree

Erin Engel - 1st rec Midterm

Brandon - 1st rec Midterm

Sophia Richardson - 1st rec

### Leadership Class

The first Leadership Class will be held on Wednesday Jan 13th at 7:00pm. Please ensure that you have your manuals so that we can cover our monthly material as well as your safety gear.

Ethan Gatlin - 1st rec

### Humble Texas Tourney

Mr. Kevin Henderson 6th Degree will be hosting his annual Class A tournament in Humble, Texas on February 26th & 27th, 2010.

### Marshall's ATA Summer Programs

The beginning of the New Year 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.

### Special points of interest:

- Black Belt Nationals
- School Testing
- Black Belt Candidates
- Humble TX Tournament
- January Birthdays
- Summer Programs
- Leadership Classes
- Master Club Junior Class
- CIT Members

### Tournaments:

<b>Black Belt Nationals Dallas Anatole Hotel</b>	1/14 thru 1-16
<b>Humble, Texas Mr. Kevin Henderson</b>	2/26 thru 2/27

## Master Club Juniors & Junior Leadership Class

We have initiated a Master Club Juniors class held on Wednesdays from 4:00 to 4:45pm. This class was designed as a transitional class for high ranked Master Club *Tiny Tigers* (Camo & Above) to facilitate their transition to the

Juniors & Junior Leadership Class. As of the December 4th testing, this class has become a Master Club only with a minimum age for students at 6 years old. This is a true MC Juniors class and exceptions to the mini-

mum age requirement will be evaluated by the Marshalls on a case by case basis. The students will be expected to be able to perform their rank material independently prior to being elevated to the Juniors class.

### Generosity-

readiness or liberality in giving. Freedom from meanness or smallness of mind or character. A generous act: We thanked him for his generous act. Largeness or fullness; amplitude.

## Marshall's ATA New Parent/Student Orientation

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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 American Taekwondo Association in general and with Marshall's ATA in particular. In the past we have hosted a New Parent/Student Orientation class in order to answer questions and learn some of the habits, policies and traditions of our school. In the orientation class we will learn about some of the more common Korean terminology we use. We learn how to tie our belt. We learn about testing and school/class etiquette, code of conduct, proper martial arts values, uniforms and

appearance standards, rank and testing policies, goal setting, school safety in general (sparring, weapons), tournament competition, financial policies, Merit Awards, program differences, positive Can-Do attitude, School Leadership Chain of Command. We will attempt to answer any and all questions so please come with your questions at the ready.

### Marshall's Weather Policy

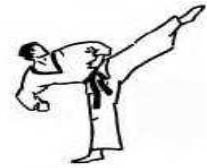
In the event of inclement or dangerous weather conditions such as icing, Marshall's ATA will follow the dictates of the Denton Independent School District (DISD). If your local school is closed, Mar-

shall's ATA will follow suit and close as well. We want all of our parents, students and instructors to be safe and healthy this New Year and not risk injury traveling on I-35 to get to class.

**New Goals for 2010? Which one fits YOU?**

- 1) Quit Smoking
- 2) Quit Drinking
- 3) Lose Weight
- 4) Join Gym
- 5) Go Back to School
- 6) Pay Off Debts
- 7) Find New Job
- 8) Get Organized

Don't forget to set some new goals for your training as well. Remember to make yourself your highest priority and don't forget that you are on a constant self improvement project.



### **Marshall's ATA**

#### **Welcomes**

Megan Creamer  
Karen Creamer  
Michael Plog  
Andy Plog  
Elijah Plog  
Tyler Snow  
Trenton Hopkins  
The Colburn Family  
Jacob Gillette  
The Lester Family

### **Congratulations**

to Miss Summer Lopez and Mr. Jake Tanis for achieving the exalted rank of 2nd Degree decided Black Belt.

**Note - This week will be an Otomix week for Black Belts due to Black Belt Nat'l's.**

## **2010 - The Year of Impossible Possibilities**

I would like to congratulate Mr. Kevin Engel, Dr. Wendy Middlemiss, Mr. Michael Kaiser, Mr. Dewey Middlemiss-Kurtz & Miss Erin Engel for accepting the challenge, responsibility and privilege of the Certified Instructor Training Program CIT. They are now on the path to becoming Certified Instructors.

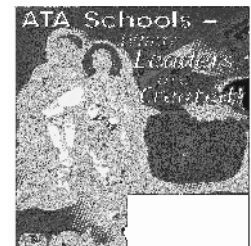
Thursday - Saturday Jan 14th -16th, 2010 Black Belt National Dallas Hilton Anatole

Wednesday January 13th & 27th, 2010 - Leadership Class at 7:00pm

The Cupboard Natural Foods Store Health Fair Jan 23rd & 24th

Friday January 29th, 2010 - Tiny Tigers Belt Testing at 6:00pm

Saturday January 30th, 2010 - Juniors and Adults White thru Black Belt Testing at 10:00am



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



## *Marshall's ATA Black Belt Candidates*

**John Roberts**



**Meili Kincaid**



**Jade Kincaid**



**Tanner Garmon**



# Mr. Robert W. Marshall Sr,

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### To Every Thing There Is A Season

All cultures and people can relate to this simple and profound passage. A celebration of the seasons of human existence- the mysterious ebb and flow of happiness and pain that is ultimately beyond our control. Yet no matter what our experience, we always return to the idea that there is a time and a purpose to our lives and to the world around us. Although these words were first written over two thousand years ago, they encompass the full range of human emotion and experience, from the wonders of birth to the unanswered questions of death. Scores of generations have quoted these verses at weddings, funerals, graduations, birth celebrations, and religious

Ceremonies; they have also been popularized in songs, books, theater and motion pictures.

To Every Thing There Is A Season, And A Time To Every Purpose Under The Heaven:

A Time TO BE BORN,  
AND A TIME TO DIE;  
A TIME TO PLANT,  
AND A TIME TO PLUCK UP THAT WHICH IS PLANTED;  
A TIME TO KILL,  
AND A TIME TO HEAL;  
A TIME TO BREAK DOWN,  
AND A TIME TO BUILD UP;  
A TIME TO WEEP,  
AND A TIME TO LAUGH;  
A TIME TO MOURN,  
AND A TIME TO DANCE;  
A TIME TO CAST AWAY STONES,  
AND A TIME TO GATHER STONES TOGETHER;  
A TIME TO EMBRACE,  
AND A TIME TO REFRAIN FROM EMBRACING;  
A TIME TO GET,  
AND A TIME TO LOSE;  
A TIME TO KEEP,  
AND A TIME TO CAST AWAY;  
A TIME TO REND,  
AND A TIME TO SEW;  
A TIME TO KEEP SILENCE,  
AND A TIME TO SPEAK;  
A TIME TO LOVE,  
AND A TIME TO HATE;  
A TIME OF WAR,  
AND A TIME OF PEACE.  
ONE YEAR PASSES AWAY AND ANOTHER ONE COMES;  
BUT LIFE ABIDES FOR EVER.

"Hope smiles on the threshold of the year to come, whispering that it will be happier." Alfred, Lord Tennyson

"Hope is that which makes us live today as if tomorrow were yesterday."

"Hope is the feeling that you will succeed tomorrow in what you failed at today."

"As long as you live, keep learning how to live." Seneca