

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
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One Day Leadership
Camp

New Student White
Belt Testing!

Third Annual
Marshall's ATA
Summer Picnic
at Denton
Waterworks
Park!
Inner School
Tournament

One Day Leadership Camp

Great Father's Day Testing

Congratulations! To all of our students who performed so well at the June Father's Day Belt testing. Three of our students; Summer Lopez, Jake Tanis & Matthew Pruett tested successfully for their recommended Black Belt and will soon be testing for their First Degree Decided Black Belt. Nicely Done!

One Day Leadership Camp

Thank you to the parents of all the attendees at our Marshall's ATA One Day Leadership Camp. We hosted our Camp on Tues, July 1st from 9:00am to 2:00pm. Although the name implied the camp was only for Leadership students, the camp was open to ALL Marshall's ATA students. We covered Weapons, Forms, Mixed Martial Arts, Point & Free Sparring and Tournament Protocol. The attendees were Andrew Castro, Christian Williams, Jake Tanis, Preston

Couch, Luke Hilton, Logan Currie, John Roberts, Kyle Gillispie & Ian Ivory. Thank you also to Mrs. Williams for the cookies. They were great.

Third Annual School Picnic

The Third Annual Marshall's ATA School Picnic will be held at the Denton Waterworks Park on Saturday July 12th starting at 10:30am. The park actually opens at 11:00am but we will be there at 10:30am and be escorted to our pavilion to set up our picnic before the rush is on. Everyone will receive a discount of 20% off the regular price of admission.

White Belt Testing

Marshall's ATA will conduct a white belt testing for our

NEW STUDENTS only on Friday July 18th starting at 6:00pm. Some new students were not quite ready for the Father's Day testing so this is a 'Special' testing for our new white belt students.

Marshall's July 2008 Calendar.

- **One Day Leadership Camp July 1st**
9:00am - 2:00pm.
- **Third Annual Marshall's ATA Summer Picnic at Denton Waterworks Parks**
Saturday July 12th @ 10:30am.
- **New Student White Belt Testing on Friday July 18th at 6:00pm.**
- **Inner School Tournament to be held over two days on Weds July 23rd & Thurs July 24th. Eight & under Juniors & TT's on Wed & Nine and over Juniors & Adults on Thurs.**

Special points of interest:

- **One Day Leadership Camp**
- **Summer Picnic**
- **New Student White Belt Testing**
- **Inner School Tournament**
- **July Birthdays**
- **Marshall's ATA Welcomes New Students**
- **Marshall's ATA Welcome New Members to Leadership Team.**

Tournaments:

World Championships Littlerock, AR	6/24 6/29
Allen, TX / A Master Sustaire	8/22 8/23
Katy, TX / A Mr. & Mrs. Frentz	9/12 9/13
Dallas, TX / B Mr. Pechacek	11/15
Fall Nationals / AA Orlando, FL	10/15 10/18



Stripe Requirements for New Students

Stripe requirements for newer students are as follows: (note: *Stripes are awarded in class*)

1st Stripe - Successful demonstration of basics of new form. Stances, Kicks, Strikes, Blocks.

2nd Stripe - Memorization and successful performance of your 'Form'. (*Great Attitude*)

3rd Stripe - Successful demonstration of Sparring

Combinations, One Steps & Self defense (*if required.*) Always know how many moves are in your form, Belt Meaning of your form. Location & technique of the kihaps.

The High Cost of Sleep Loss / Health Tip

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Contrary to popular belief, sleep is much more than a time of rest. Researchers from the University of Chicago have shown that chronic sleep loss affects the onset and severity of diabetes, high blood pressure, and obesity. Americans average 6 hours 57 minutes per night, a decrease of 38 percent from 1999. Lack of sleep can cause headaches, muscle pain, reduced attention, frequent mistakes, impaired ability to think quickly and slower response time when driving. What's so important about sleep? It's a dynamic time of regeneration and repair. We know lack of sleep decreases carbohydrate metabolism and blood sugar regulation leading to increased stores of fat. Sleep loss is associated with striking alterations in hor-

mone levels that regulate the appetite and may be a contributing factor to obesity. Just three days of poor sleep caused a 28 percent decline in immune function. Strategies for a good night's sleep.

Exercise regularly. Moderate exercise will burn off stress chemicals, regulate blood sugar and bring on sleep 15 minutes faster.

Wind down. Allow two hours of transition time to separate from the 'business' of life and begin to relax.

Avoid violent TV and upsetting conversations prior to bedtime.

Take a hot shower or bath. Sleep naturally follows a drop in body temperature.

Create a cave. The ideal sleep environment is cool, dark, and quiet. Be aware of

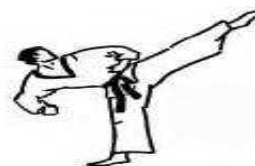
glowing clock dials, security system lights, ineffective drapes and restless pets.

Have a snack. Especially if you tend to wake between 2 and 4am, try a balanced snack about a half hour before bedtime.

Have a small serving of cereal and milk, fruit and cheese, a piece of turkey, or an ounce of nuts.

Avoid big offenders. Caffeine remains in the system from 4 to 12 hours. Smoking is a stimulant. Alcohol is a depressant that is metabolized quickly and can create rebound insomnia. A heavy meal or spicy fried foods can cause indigestion.

Trigger the relaxation response. Slow rhythmic breathing tells your body to relax. Quiet music, stretching, low lighting, Melatonin & valerian can be helpful.



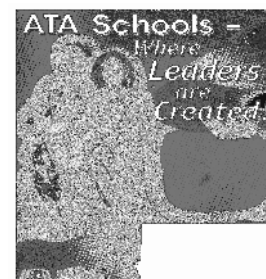
New Members

Marshall's ATA welcomes new members: Mr. & Mrs. Kelvin & Alicia Buckner, Kelvin, Jr., Dorothy, Malcolm & Kaytlen. Jason, Cassidy & Kiley Stone

*****Note*****

Seminars

Upcoming Weapons, Sparring, Self-defense Seminars, Camps and Workshops will be announced via email or signups sheets will be posted in the school. Thank you to our One Day Leadership Camp attendees. You all showed great attitudes while becoming better martial artists.



Congratulations!

Mr. Logan Currie & Mr. Ian Ivory have been accepted in the Marshall's ATA Leadership Program.

What Does Organic Mean?

Organic certification by the United States Department of Agriculture (USDA) is a process certification and not a product certification. It does not have to do with the quality of the product, it's nutritional value, or it's safety. Organic foods differ from conventionally produced foods in the way they are grown, handled and processed. Certified organic means no use of synthetic pesticides, hormones, synthetic fertilizers, bioengineering or irradiation. Animals are raised on 100 percent organic feed and do not receive antibiotics and growth hormones. There is no nutritional difference between regular and organic milk. They both contain the same amount of nine essential nutrients including protein, calcium, and vitamin D. Strict government standards ensure that regular milk is just as safe, pure and nutritious as organic. Regarding processed foods, the more processed a food is, the more it's original healthful nutrients are taken away. Furthermore, an organic product still might contain high amounts of saturated fat, sugar, sodium and calories. It's important to read labels. Keep in mind that just because something is labeled organic, if it was junk food before, it is still junk food. The USDA has not developed organic certification standards for fish. Although a producer may claim the fish is organic it doesn't mean anything.

The Word of the Cycle is Preparation

Success is where preparation and opportunity meet. *Bobby Unser*

The best preparation for tomorrow is doing your best today. *H. Jackson Brown, Jr.*

There are no secrets to success. It is the result of preparation, hard work, and learning from failure. *Colin Powell*

If I am to speak for ten minutes, I need a week for preparation; if fifteen minutes, 3 days; if half an hour, 2 days; if an hour, I am ready now. *Woodrow T. Wilson American 28th President.*



MARSHALL'S ATA MARTIAL ARTS

Every kid's a Winner
Every kid's special

July 2008 Next Testing Aug8th/11th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Leadership Camp 9-2pm	2	3	4	5
6	7	8	9	10	11	12 School Picnic at Water park July 8-days
13	14	15	16	17	18 White Belt Testing 6:00pm	19
20	21	22	23In-school Tournament Tiny Tigers 8 & under	24 In-school Tournament Jrs/Adults	25	26
27	28	29	30	31		

HAPPY BIRTHDAY

KELLY CHRISTIANSEN 7/28

LOGAN LANDERS 7/11

SUMMER LOPEZ 7/1

JOHN ROBERTS 7/14

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Mr. Robert W. Marshall Sr,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Has joined efforts with
Marshall's Ata & Karate For Kids

To help you keep your family active!!!
940-808-1407

For your children, we offer:
Door to door service (prearranged locations)
GPS tracking devices on all shuttles

One Way, Day/Weekly/Monthly Service available

Electronic notification to parent upon delivery

To make a reservation, please visit Mykidshuttle.com
Let us help you create new possibilities for your family!

My Kid Shuttle, Inc. was formed to provide a unique, reliable and safe transportation service for our children in the Denton County area. We are fully licensed and insured and are ready to help you. Our objective is to get your child to school, daycare, after school programs, soccer practice, music lessons or wherever your child's schedule demands. We are committed to your family's success. Consider an alternative to make your life easier.

With all the recent talk of contaminated tomatoes, I did some checking on food safety for the most and least contaminated foods according to the USDA.

The 12 most contaminated (The Dirty Dozen)

Peaches, Apples, Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Imported grapes, Spinach, Lettuce, Potatoes.

The 12 least contaminated (The "Consistently Clean")

Onions, Avocado, frozen sweet corn, Pineapples, mango, asparagus, frozen sweet peas, kiwi, bananas, cabbage, broccoli, papaya.

Be careful, some words and statements mean very little. For example.

Free Range - No official definition. It only means that there is access to the outdoors. There is no guarantee that the animal or poultry is actually going outside.

Natural or "All Natural" - Also no official definition except in regard to meat and poultry products. The USDA defines natural as not containing any artificial, flavoring, coloring or chemical preservatives, or synthetic ingredients.. But unlike the organic program, there is no independent verification of these claims.

Hormone Free - Since all animals produce their own hormones, this is an illegal claim.

Farm Raised - Means little on the label. All poultry, for example, are raised on farms.

References:

USDA National Organic Program:www.ams.usda.gov/nop/

Environmental Working Group:www.foodnews.org

Organic Trade Association:www.ota.com

Centers for Disease Control and Prevention:www.cdc.gov

Private Lessons

We offer private lessons by appointment. These sessions enable students to receive intensive one-on-one instruction. They are a great way to prepare for an upcoming graduation or tournament, or simply to improve your skills. You can select an area of focus – forms, one-steps, sparring, weapons, kicks, blocks, self-defense, etc. – or we can choose for you. The cost is \$25 per half hour of instruction. You may schedule a private lesson by calling Mr. or Ms. Marshall at 940-271-4217.