

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
2900 WIND RIVER, LANE SUITE #138  
DENTON, TX. 76210  
WWW.MARSHALLSATA.COM

Marshall's ATA  
Mid Summer Belt  
Testing  
Black Belt Candi-  
dates  
Summer Picnic  
Leadership

July Birthdays  
Parents Night Out  
World Champion-  
ships Little Rock

## Marshall's ATA Mid Summer Belt Testing

July is here! We hope you had a safe, happy and relaxing Independence Day holiday. Hopefully amid all the fireworks and festivities, you all had time for contemplation and reflection on this great Country of ours. I think you'll come to the same conclusion as I have that if the gates were suddenly opened to America, there would be more people wanting to get in than those wanting to get out. I would say that we have a pretty good thing going here. **Marshall's ATA** will be conducting our Mid Summer Belt Testing on Thursday evening July 22nd, commencing at 4:00pm for our Tiny Tigers and 5:30pm for our Juniors and Adults. The deadline to signup and pay for the testing is Thursday July 15th. All students must be on a program (official members of the ATA) in order to be eligible to participate in the testing. This will be a very exciting testing because we will witness two of our students testing for their First Degree Black Belt decided.

**Marshall's ATA Summer Camps** The month of June was crammed full of activities at the school. We started off the month with a very successful **Fitness & Sparring Camp**: Thanks to our participants:

Mr. Christian Williams  
Mr. Preston Couch  
Mr. Bailey Blackney &  
Mr. Jason Perry

I would also like to thank our **Weapons Camp** participants:

Mr. Brandon Engel,  
Miss Radlyn Barnes,  
Mr. Diego Duran,  
Mr. Ethan Grubke,  
Mrs. Alicia Creamer  
Miss Karen Creamer &  
L'il Miss Megan Creamer

And lastly but certainly not least, I would like to thank my participants in the **Rank Advancement Camp**:

Mr. Bailey Blackney,  
Mrs. Trish Hamilton,  
Mr. Zachary Davis &  
Mr. Gilbert Leal, Jr.

Pre-testing at the **Camp** were

Mr. Michael Kaiser,  
Mr. Othell Hamilton,  
Miss Melody Hamilton &

Miss Briana Hamilton.  
Dr. Wendy Middlemiss—  
Pre-tested for Black Rec-  
ommended.

### Marshall's ATA Results from the 2010 World Championships

We are extremely gratified to inform you of the results from the recent 2010 Word Championships in Little Rock, Ar.

Mr. Christian Williams is our World Champion as he won 1st place (gold) in the top 10 tournament of champions in Creative Weapons. Mr. Kevin Engel won 2nd place (**Silver**) in traditional Forms, Weapons & Sparring. Christian won 2nd place in Creative Weapons (**Silver**) at the Saturday competition and 3rd in Sparring (**Bronze**). Mrs. Cindy Engel won 3rd place sparring (**Bronze**), Miss Carleigh Engel 3rd place sparring (**Bronze**). Congratulations! to this extremely talented and hardworking competition team. Their performance represented this school & themselves admirably.

### Special points of interest:

- Marshall ATA Texas State Champs
- Summer Uniforms
- Marshall's ATA Summer Camps
- July Birthdays
- World Championships
- Leadership Classes on July 15th & 27th
- In-School Tournament
- Summer Picnic at Water Works Park in July

### Tournaments:

<b>Smstr Mark Sustaire Allen, Texas</b>	8/6 to 8/7
<b>Master J.D. Olford Lufkin, TX</b>	9/17 To 9/18

### Respect

## Marshall's ATA Leadership Classes & Theme for July

The **Leadership** classes for July are scheduled for Thursday July 15th & 22nd. The monthly theme for July is Developing Goals for Your Relationships. Setting goals means you want something and are willing to work hard for it.

We will also be learning the 9 Black Belt Attributes.

- #1) Black Belt Attitude,
- #2) Memorization,
- #3) Eye Contact/Focus,
- #4) Proper Technique,
- #5) Balance,
- #6) Speed,
- #7) Power,
- #8) Rhythm & Presentation,
- #9) Automatic Reflex.

"He who wants a rose must respect the thorn."  
Persian Proverb

"To be one, to be united is a great thing. But to respect the right to be different is maybe even greater."

## Relax and Rejuvenate

One of the hardest things to do when you're driven is to actually take time "off" from your mission. When doing something you love and are passionate about, it is often easy to work, work, work. My encouragement to you is to strive to take time away from work. Get a massage, take a yoga or meditation class. Set boundaries with your time. Schedule in your workouts and vacations into your calendar, discover a hobby, read a good book or even take a nap. Give yourself permission to pamper and take care of yourself. We all need to occasionally step away from the hustle & Bustle of everyday life. This will re-energize you and allow you to thrive in all

aspects of your life. I wouldn't ask an athlete or student to train with me 7 days per week as that would eventually injure them. If you are "running hard" 7 days per week, take a break and relax. As you work towards achieving balance and harmony in your life and business, remember the traits that champions use to stay hungry for success. These are some of the traits that I believe are critical to derive great results in your life. Keep your eye on the prize and stay focused on whatever it is you so desire. Regardless, I encourage you to keep balance in your own life and do all that you can to take care of yourself first, so that you can take care of others. After all, if you are hurt and on the sideline, you aren't going to be able to maximize your effectiveness. Let's face it. Many of us are under stress and striving for balance and harmony in our lives. The ability to focus and endure the tough times allows you to stand-out. You can achieve improved focus by concentrating on elements you can control and not spending time on those you can't. It is important that in your heart of hearts, you know that you are doing your absolute best and being honest with yourself. Fight the good fight and keep focused only on the things you can control. When you find yourself in a rut focus on climbing out.

**Congratulations** to Mr. Christian Williams for achieving the exalted goal of World Champion in Creative Forms. Mr. Williams will wear the coveted Red Letters of a World Champion on his new dobok. Congratulations to our Summer Campers. The Camps were intensive and the participants worked very hard on their goals. There was very little down time and short breaks. Much was accomplished in a short period.

## 2010 - The Year of Impossible Possibilities

**Monday July 3rd, Closed for Independence Day holiday**

**July 15th & 27th Leadership Meeting**

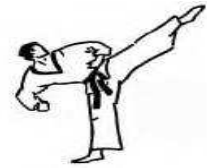
**July 21st, Official Board Break during Camo - Red/All Rank Jrs/Adults Class**

**July 22nd, Marshall's ATA Mid Summer Belt Testing**

**July 31st, Parent's Night Out!**

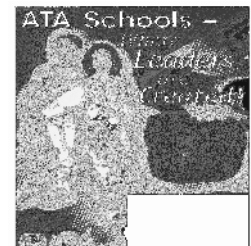
**Marshall's ATA Annual Summer Picnic at Waterworks Park To Be Announced!**

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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.



"There has never been a time in history when the need for positive people and strong leaders has been greater than it is now." Grand Master Soon Ho Lee

"Generosity is unselfish and noble. Be willing to share with others." Eternal Grand Master H.U. Lee

"Knowledge cannot help the world unless we share it with others." Eternal Grand Master H.U. Lee

"Proper planning, hard work and patience are key elements to accomplish goals." Grand Master Soon Ho Lee

# Mr. Robert W. Marshall Sr.,

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



**Sophia Richardson**



**Llyleila Richardson**



**Black Belt Candidate**

**Black Belt Candidate**

### **Knee Injuries in Female Athletes**

A few years ago, my daughter suffered a knee injury during a volleyball game that eventually required surgery to repair. The orthopedic surgeon told me that he sees injuries a lot more frequently in female athletes than male athletes. I wondered why and he told me a few interesting things that I wish I knew before the injury. He said that he worked with hundreds to female athletes and has seen the knocked knees, "straight up" running posture, tight ankles, interiorly tilted pelvis, inability to use glute muscles, and straight legged stopping technique. He stated that he once worked with a soccer team in which less than half the girls could do a body weight lunge. Logic would dictate that a problem would arise when you throw these girls onto a field with varied playing surface, running at full speed against an unpredictable opponent. They can't even demonstrate appropriate mastery over their body weight in a completely inert

Predictable environment. Due to a variety of factors, fair or not, females are at greater risk for ACL injuries than men. We need to accept that fact and apply some common sense to prevent these injuries. Here are a few prevalent theories with regard to ACL injuries in female athletes:

- Women's ACL's are smaller
- The connective softens in relations to a females menstrual cycle.
- An increase Q angle creates greater forces at the knees.
- 

- Many females lack development of the VMO muscle
- Because of biomechanical differences in ankle, hip and spine orientation, females tend to be quad dominant.
- Females tend to decelerate movement in a more risk-oriented manner.
- Females do not have the same lean muscle mass and strength as males.
- Overtraining causes mental and physical fatigue, reducing the neuromuscular system's ability to control the body.