

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Rank Advance-
ment Camp Belt
Testing

Marshall's Closed
for July 4th holi-
day Wknd

Marshall's ATA An-
nual Summer Picnic

Summer Marshall's
ATA July Birthdays

Marshall's ATA Official
Board Break Testing

Marshall's ATA Mid
Summer Belt Testing

4th of July Parade in
Denton July 4th 9:00am

Marshall's ATA Rank Advancement Camp Belt Testing!

Marshall's ATA Rank Advancement Camp Belt Testing

It's time for the Marshall's ATA Rank Advancement Camp Belt Testing! This is our third and final (?) Summer Camp of the year. We are excited to share with you just how impressive our Tiny Tiger, Junior and Adult students can be at testing with faithful practice and sincere effort in just one short 'intense' but fun week. The Testing will be Friday July 1st at 12:00 noon. We will be performing Forms, Weapons, Sparring, Board Breaks and Self-defense techniques. Please come and be a part of it. If you would like to be a board holder, please let me know as soon as possible before Friday.

Marshall's ATA at World Championships

We would like to say thank you to everyone who travelled to the Inaugural World Championships with us this year in Littlerock, Ar. The Hughes Family (*Angela, Kylie & Maddi*); The Safars

(*KayLynn & Patrick*), *Dr. Audrey Whitright*, *Dr. Charles Kurtz & Dr. Wendy Middlemiss*, The Marshalls (*Mr. & Mrs. Marshall, Stephani & Leila*), the Grubkes (*Ted, Angela & Ethan*), The Williams (*Don, Sharon, Christian*). The Ghengis Mongolian Grill was also a new experience and it was fun, interesting and delicious. What did you all think of Brown's? Down home cooking so good that it makes you homesick for 'Mama Nems'. Let's do it again sometime?

Marshall's ATA 2011 Summer Camps

The Sparring/Fitness Camp began on Monday June 6th and is now completed. The Weapons Camp began the following week June 13th thru 17th & the Rank Advancement/Acceleration Camp began immediately following World Championships from June 27th to July 1st and is currently underway as of the writing of this newsletter.

Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held on

July 16th & 23rd from 9:00 to 9:30am The theme for July is 'Goals for Relationships' and 'Teaching the Black Belt Attributes'. Leadership Team please have these sections completed in your manuals this month and be ready to answer questions on our theme for the month such as "Which one Attribute makes all the difference in martial arts and in Life".

Marshall's ATA Annual Summer Picnic

will be hosted again this year at Waterworks Park in Denton on Sat July 9th beginning at 11:00am. There is a signup sheet on the front desk for those bringing food and drinks. This will be great fun for everyone. 'Come on in; the water's fine!'

Mid Summer Belt Testing

The Mid Summer Belt Testing will be held on Friday July 29th beginning at 5:15pm for the W,O,Y Juniors & Adults. Mon Aug 1st for Tiny Tigers at 5:15pm for W, O, Y & 6:30pm for Camo & Up.

Special points of interest:

- Marshall's ATA Rank Advancement Camp Belt Testing
- Marshall's Closed for July 4th holiday Wknd
- July Birthdays
- Marshall's ATA Summer Camp Photos
- Leadership Classes Sat July 16th & July 23rd from 9:00 - 9:30am
- Sustaire's Texas Twister Tournament
- 4th of July Parade

Tournaments:

Allen, TX Smstr Sustaire	Aug 5th & 6th
Mesquite, TX Mrs. Christy Jackson	Sep 23 & 24

Perspective

2011 Songahm World Championships July 21st - 26th

The 2011 Songahm World Championships was hosted this year in Littlerock at the Statehouse Convention Center. This World Championships was historic because we bore witness to the inauguration of the new Grand Master of the

ATA. Grand Master Soon Ho Lee conferred the title of Grand Master and rank of 9th degree black belt upon the NEW Grand Master, In Ho Lee. This was the first time a living Grand Master has bestowed this title upon

his successor. Grand Master In Ho Lee is only the 3rd Grand Master of the ATA. This exciting Inaugural Ceremony occurred at the Verizon Arena in Little-rock, Ar. On June 25, 2011. The Morning-Star Korean Cultural Center Performed beautifully.

"If you don't like something change it; if you can't change it, change the way you think about it. - Mary Engelbreit

Introducing Grand Master In Ho Lee

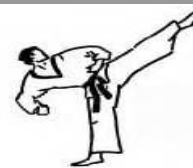
Page 2



Chief Master In Ho Lee, now the **Grand Master**, has been an inspiring and instrumental force in continuing the vision of his older brother Eternal Grand Master H.U. He has also been key in helping the ATA grow and prosper over several decades. Grand Master In Ho Lee was born in

Seoul City, Korea two years after the end of the Korean War. He is the 44th generation of the Lees and the fifth son in a large, traditional family. He began to study and practice Taekwondo as a boy, often with his cousins and brothers. In 1976, following his year of military service, he joined Eternal Grand Master in the United States. As his training intensified, he soon joined several of his brothers in a successful cross-country demonstration tour that led to the ATA's early growth. American audiences loved the "Flying Lee Brothers," and

Chief Master In Ho Lee became known for his jump round kick and lightning speed. After the tour ended in 1977, Chief Master In Ho Lee moved to Little Rock, Arkansas shortly after Eternal Grand Master relocated ATA headquarters there. He has run multiple ATA schools (in Arkansas and Missouri), performed multiple leadership roles at headquarters and even served as CEO. Considering his breadth of talent, energy and experience, it is little wonder that the Masters Council nominated Chief Master In Ho Lee to become only the third Grand Master of Songahm Taekwondo in ATA history.



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 Dr. Charles Kurtz; he earned World Top 10 for traditional Forms and he also Won 2011 Texas State Champ in traditional Forms. Dr. Wendy Middlemiss earned a place in World Top 10 for Sparring.

Marshall's ATA students will be marching in the City of Denton's 4th of July Parade on Monday morning July 4th 2011. **Our students will meet at the Wells Fargo parking lot at 8:00am. The Parade will start at 9:00am and end at the Civic Center at 10:00am.** Students will wear their uniform or summer T-shirt. Please bring your weapon if you would like to do a demo.



2011 - The Year of Miracles, Signs & Wonders

Marshall's ATA Rank Advancement Summer Camp Belt Testing Jul 1, 2011

Marshall's ATA 2011 Leadership Classes Sat July 16th & July 23rd. Theme is 'Goals for Relationships'

Marshall's ATA will be Closed for the July 4th holiday Weekend Reopening Tues July 5th

Marshall's ATA Annual Picnic at Waterworks Park July 9th, 2011 at 11:00am

Marshall's ATA Mid Summer Belt testing Jul 29th & Aug 1st

Marshall's ATA will be marching in the City of Denton's 4th of July Parade on Mon July 4th. Meet at 8:00am

Ms. Stephani Marshall and Mr. Michael Kaiser

Dr. Charles Kurtz

Congratulations to Ms. Stephani Marshall and Mr. Michael Kaiser. They have successfully completed their examination and are now welcomed by the ATA/STF/WTTU as Certified Instructors of Songahm Taekwondo. They may now wear the 1 inch Black Collar stripe reserved for Certified Instructors and will now be referred to as Sahbumnim.

Dr. Charles Kurtz has successfully completed Level One of the Trainee Certification Program. He is now a Certified Trainer in the ATA/STF/WTTU (a Red/Black) collar. He is also the 2011 Texas State Champ in traditional Forms. Dr. Kurtz placed 3rd at Songahm World Championships this year in traditional weapons using the Oh Sung Do (Broad Sword).

Mr. Michael Kaiser
1st Degree Black Belt Certified Instructor



Dr. Charles Kurtz
1st Degree Black Belt Certified Trainer



Ms. Stephani C. Marshall
3rd Degree Black Belt Certified Instructor



Mrs. KayLynn Safar
Red Belt Certified Trainee Instructor Program



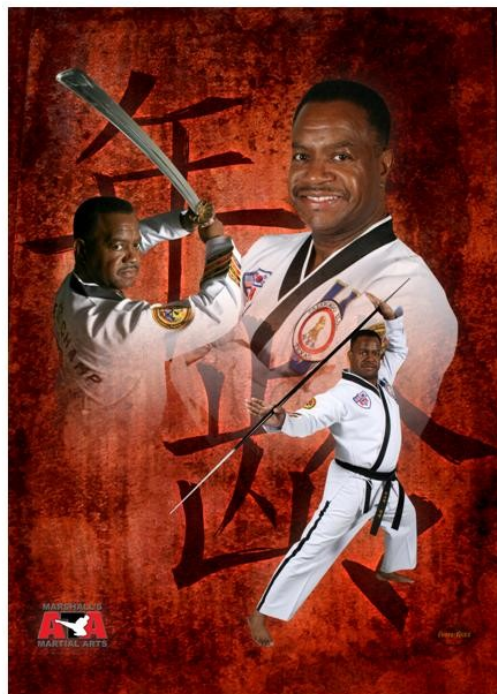
Dr. Wendy Middlemiss
Specialty Certified Trainer



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Taking Care of Number One

Making decisions that are the right ones for you can be very difficult if your friends or classmates are making some not-so-good choices themselves. Suppose you want to eat healthy foods, but your friends are "snack-a-holics," consuming junk food at lunch and for snacks. Do you do the same, so you don't stick out? What if your friends are taking illegal drugs, smoking cigarettes or drinking beer or other types of alcohol? You know these activities are risky, but you don't want to be left out or teased. What do you do? Sometimes, you may forget to take care of yourself because you're feeling stressed out or pressured by friends. Even if you know you should eat right

or avoid unhealthy activities, you may tell yourself it's easier to just go along with what your friends and other people your age are doing. At other times, you may be talked into stuff because you're tired of disagreeing. And at still other times, you may simply be curious about trying something you haven't tried before—especially if your friends are talking about how "cool" it is. Take smoking as an example. What if your friends are doing it, and you start to think they're cooler or more grown-up than you are? Maybe you see lots of advertisements that show smokers looking healthy and sophisticated, and you want to look the same way. Perhaps you've seen your favorite movie star smoking, and you think having a cigarette may make you more like the person you admire. Should you give in? No way! Before kids who smoke took their first puff, they all had the chance to make a decision—a healthy one or an unhealthy one. Give yourself time to check out all the facts. Contrary to what you may have heard, smoking doesn't help you lose weight, feel more energetic, reduce stress, or relax you. Like other drugs, nicotine is addictive and you'll be a lot healthier without it. Almost all people who started smoking when they were in middle school wish they hadn't gotten into the habit—just ask them. Taking care of yourself—putting yourself first—means doing what's

best for your body and for your emotions, such as:

- Eating right and exercising
- Avoiding unhealthy habits (like cigarettes, alcohol, and drugs)
- Making positive decisions
- Being with friends who respect your values and positive choices
- Making an effort to manage your time and your schoolwork
- Keeping a good relationship with your family
- Holding on to your self-esteem

Doing things you don't want to do or giving in to negative peer pressure or media messages means you're putting yourself *last*. Learn how to stick up for yourself and be assertive. Peer pressure is very intense during the middle-school years and being "different" can be hard. But taking care of number one may mean saying no to the bad decisions your friends and peers are making. The truth is, most kids really admire people who are able to stand up for themselves and make decisions that show self-respect. If you're having a hard time making healthy decisions, talk to family members, cont....

or other trusted adults. Getting the advice of people who care about you can help you make smarter choices. Plus, people who are older than you have made lots of different decisions in their lives (probably some of the same ones you're facing) and their experiences—both good and bad—are worth learning from. If your friends continue to pressure you to do things you don't want to do or if they're a bad influence in your life, you've got some decisions to make. What are your options? You might:

- Dump your friends
- go along with your friends, so you won't have to argue
- Try to get your friends to stop doing what they're doing
- Stick up for your beliefs and values

Each of these choices has pros and cons, but the final choice, sticking up for yourself, is the very best one. Can you see why?

"If you have the 'right' friends, they aren't going to pressure you to do the wrong things—like drugs." Jesse 14

"A boy in my class is always talking about smoking, like it's a really big deal. But I think he's just trying to get attention." Julie 11

Check It Out!

Most schools offer information about the dangers of smoking, drinking, or taking illegal drugs. Have you talked to a parent about these issues? Having a conversation about these activities can be really difficult for parents. Although they want to protect you and keep you healthy and strong, they may not know what to say or how to say it. Even though talking about these issues can be uncomfortable, it's important to know your family's feelings and values. And talking only to your friends can give you lots of misinformation. To find out more, check out the following resources:

1-800-662-HELP, or **1-800-662-4357**, connects you to the center for substance abuse treatment (CSAT) of the Substance Abuse and Mental Health Services Administration. You'll need a Touch-Tone phone.

1-800-788-6686 is an information line for the National Clearinghouse for Alcohol and Drug Information (NCADI). This federal organization provides free information on

Drug and alcohol abuse. You can call Monday through Friday, 8 am to 7 p.m EST (except on government holidays) Online go to : www.health.org/links/reglink.htm

1-800-788-2800 will connect you to all federal alcohol and drug clearinghouses for free on all aspects of alcohol and drugs. You'll get a recording that will provide options for reaching other information and help lines. Call from Touch-Tone phone.

Al-Anon and Alateen

www.Al-Anon-Alateen.org/

This site provides information on Al-Anon, a worldwide organization designed to support families and friends of alcoholics, and Alateen (for younger members).

Kickbutt

www.kickbutt.org

This site is sponsored by Washington DOC (Doctors Ought to Care) and was created to give kids and teens accurate information about the effects of smoking. You'll find advice on quitting, tips for fighting cigarette advertising, ways to get involved in anti-tobacco activism, links to other sites, and more.

"I just finished middle school, but I know I still have some more growing up to do. I'm curious about what's going to happen to me in high school. I know I'll have more freedom, but who knows what else is out there for me? I guess I'll eventually find out!"
Rob 14



Marshall's ATA Sparring/Fitness & Weapons Camp 2011

Preston Couch Sparring Fitness Camper of the Week / Gilbert Gonzales Weapons Camper of the Week



Marshall's ATA Rank Advancement Camp 2011/ Gilbert Leal, Jr. Camper of the Week



Mrs. Marshall's Surprise Birthday Party at Marshall's ATA

