

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Closed for Thurs for
4th of July holiday
July Birthdays
Marshall's ATA will be
Closed Sat July 6th for
the School Summer
Picnic at Waterworks
Park
Songahm World
Championships 2013
July Leadership
Classes Sat July 20th
Black Belt Midterm July
16th & 18th.



Songahm World Championships 2013

Songahm World Championships 2013

The time has come for Songahm World Championships July 8th thru 14th, 2013. Mrs. Sandra Arcuri & Mrs. KayLynn Safar will be competing in Forms, Sparring, Weapons & Combat BME. Dr. Charles Kurtz will be competing in Creative Weapons. Mr. & Mrs. Marshall will be undergoing their official testing for 5th Degree Black Belt.

Marshall's ATA Closed for 4th of July

Marshall's ATA will be closed on Thurs July 4th in Observance of the 4th of July holiday.

Marshall's ATA Annual Summer Picnic

Marshall's ATA will again be Closed on Sat June 6th for our Annual Summer Picnic at Waterworks Park in Denton,

TX 2700 Long Road on Sat July 6th 11:00a - 2:30pm. There is a signup sheet at the front desk for those who would like to bring a dish.

Marshall's ATA Mid Summer Black Belt Midterm

Marshall's ATA will conduct our Mid Summer Black Belt Midterm on Tues & Thur July 16th & 18th from 6:45 to 7:30p during regular Black Belt class.

Marshall's ATA Weapons Camp

Marshall's ATA will conduct the second of our three annual Summer Camps the week of July 22nd thru July 26th. The times for the Camps are 8:00am to 12:00pm Mon thru Friday. Weapons Camp will officially end at 12:30pm on Friday.

Marshall's ATA Parent's Night Out

Marshall's ATA is planning a Mid Summer Parent's Night Out (PNO) at the school on Sat July 27th from 6:00 to 10:00pm. We have always had a raucous great time at our high energy Marshall's ATA Parent's Night Out. We will have food, fun, challenging games, prizes & movies. Everyone is welcomed so bring a friend to share in the well supervised, safe and cool confines at Marshall's ATA. The cost is only \$35.00 for Black Belt club members and only \$30.00 ea for Master Club members.

Marshall's ATA Summer Belt Testing

We are changing the way we conduct our color belt testings here at Marshall's ATA. Testings will be conducted during your regular class period with ALL students involved & active during the entire Testing.

Special points of interest:

- Songahm World Conference/Championships
- Marshall's ATA will be Closed Thurs for 4th of July holiday
- July Birthdays
- Marshall's ATA Closed for Annual Summer Picnic at Denton Waterworks Park on Saturday July 6th from 11:00a - 2:30pm
- Marshall's ATA Weapons Camp July 22nd thru 26th.
- Marshall's ATA Mid Summer Black Belt Midterm Tue & Thur July 16th & 18th from 6:45 to 7:30pm.
- Parent's Night Out July 27th

Tournaments:

2013 Songahm World Expo Championships	July 8th-14th, 2013
Smstr Mark Sustaire & Mstr Barbara Sustaire	Aug 9th & 10th, 2013

Please Wear Complete Set of Sparring Gear to Class

We are excited about the Possibilities in this training cycle. There will be changes to the current way that Marshall's students will be preparing our students for Testings. We are veering away from so much emphasis on memorization to a more "Reality" or "Attribute" based

curriculum. The Leadership Team has been briefed about the program and I would like to roll out this new training concept immediately in this cycle to begin this process, I'm asking all BBC & MC students training on White, Org & Yellow belt material to purchasing their Safety Gear NOW starting with the hand, foot &

head gear. All students will please begin wearing full safety gear to every class. We will begin target focus drills, bag work, cardio, free sparring, self-defense & board breaking that will emphasize our technique & precision sooner in our training experience. We need to evolve in order to create a better result with our curriculum integrating fitness, weapons, self-defense & self confidence in our forms & sparring.

Single Combat Weapons Sparring pt 1

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New Weapon of the Cycle

- We've been with the single Bahng Mahng Ee for over a year and now we will soon be moving to the **Single Combat Bahng Mahng Ee Sparring** for our 2013/14 Weapon of the Cycle. Combat, or weapon, sparring adds a weapon to the sparrer's regimen. The structure of a combat sparring match is much the same as that of a traditional sparring match, but there are four main differences:
- **Equipment:** Competitors use a special padded Bahng Mahng Ee with special gloves,
- **Targets:** The whole body (with a few exceptions) is a legal target, and
- **Points:** A strike can be

worth more points, and the maximum number of points needed to win a match is higher.

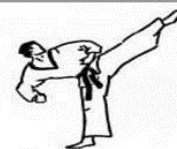
- **Striking:** All strikes must be made with the weapon. No punching or kicking is allowed.

The idea behind combat sparring is what you (and/or your opponent) might do if one (or both) of you had a stick or pipe in your hand.

Equipment

The same protective equipment is required for a combat sparring match as with a traditional sparring match: helmet, face shield, mouth guard, chest protector, kicks (foot pads), and male protective gear for the males. The difference is the gloves. For competition at regional, national, or world tournaments

competitors are required to wear special combat sparring gloves. These are predominantly white, have the word "combat" printed on the back, and other than the fingertips, little padding on the inside. This design allows a good grip of the weapon while providing ample padding on the outside of the hand. In class or in In-School tournaments I will allow the use of our traditional sparring gloves (pull out your fingers from the glove grips for a better hold on the handle) or "bag gloves" (an older style of gloves which were used primarily for bag work). Weapons sparring is done with a special bahng Mahng ee, normally colored blue. These are not the same ones that we train with in our weapons classes. These bahng Mahng ee's are padded and are longer so a moderate-strength hit to a legal non-padded body part will not cont-



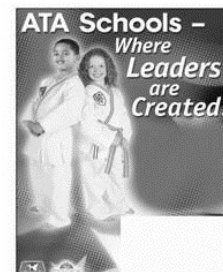
Protocol for Testing

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 Mr. Steven Sutton, Mrs. Donna Sutton, Mr. Jacob Sutton, Miss Camille Sutton, Mr. Chance Coyle & Mr. Dayton Knowles, & Mr. David Bustos on achieving their 1st Degree Decided Black Belt at the June 2013 Father's Day Belt Testing.

Congratulations: to Mrs. KayLynn Safar & Mr. Devin Hearvey on achieving their 2nd Degree recommended Black Belt.

Congratulations: Tajallii Baugher, Vahid Baugher, & Nabil Baugher, Everest Merki, Diego Febres & Carlos Febres on successfully completing their midterm for 1st Black Rec.



2013 - Think, Pray, Work, Sweat, Play & Be Grateful for Everyday

World Expo in Littlerock, Ar World Conference July 8th - 11th, World Champs 10 - 14th, Ceremony July 13th

Marshall's ATA will be Closed Thursday July 4th, 2013 in Observance of the 4th of July holiday

Marshall's ATA Closed for Annual School Summer Picnic Saturday July 6th, 2013 at Waterworks Park

Marshall's ATA Mid Summer Black Belt Midterm Tues & Thurs July 16th & 18th at 6:45 to 7:30pm

Marshall's ATA Weapon Camp July 22nd thru 26th 8:00am - 12:00pm

Marshall's ATA Parents' Night Out July 27th / Black Belt Midterm

Marshall's ATA is planning a Mid Summer Parent's Night Out (PNO) at the school on Sat July 27th from 6:00 to 10:00pm. We have always had a raucous great time at our high energy Marshall's ATA Parent's Night Out. We will have food, fun, challenging games, prizes & movies. Everyone is welcomed to bring a friend and share in the well supervised, safe and cool confines at Marshall's ATA. The cost is only \$35.00 for Black Belt club members and only \$30.00 ea for Master Club members.

We will be conducting the July Black Belt midterm in two parts during the regular Black Belt Class on Tues & Thurs July 16th & 18th from 6:45 to 7:30pm. **Part 1** of the midterm on Wed, we'll be covering **low ranking color belt forms, sparring combinations & Board Breaks**. We will then conduct **Part 2** on Thurs July 18th when we will be covering **Black Belt material**, i.e. Shimjun and/or Jung Yul, Sparring combinations, Weapons and/or protech requirements, sparring & Fitness. Please email me your requirements ASAP.

Single Combat Weapons Sparring pt 2

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cause serious injury. (If you try weapons sparring with a standard bahng mahge ee, it will hurt, so please don't try it). They're basically nylon-covered pool noodles on sticks. A combat sparring stick must be in good condition: it must have no tears or holes in the fabric, the padded part of the weapon should not move along the stick, and the supporting stick inside the padded portion should completely fill the padding.

Targets

Unlike in traditional sparring, where the chest and head are targets, the entire body (with a few exceptions) is a target. A competitor's arm, legs, back are all in play for points. Therefore, one should avoid using their body to block attacks by their opponent because it probably will result in point(s) for your opponent.

- The following are illegal targets in weapons sparring. The penalties in combat sparring for motions or strikes to illegal targets are the same as those for traditional sparring.
- All sides of the neck
- A horizontal strike to the eyes which might go through the hole in the sparring face shield.
- The groin

A direct strike on a blocking

body part would likely result in a point for the striker, a deflection does not count as a hit. For a strike to be deflected, the angle of the strike should not change appreciably. How much this is depends on the judges.

Points

The conditions which end a sparring match are the same as those which end a traditional match save one: The maximum number of points in a combat sparring match is 10 (It's 5 points in traditional sparring). As mentioned earlier, the entire body (with a few exceptions) is a legal target. Except for the following strikes, all other strikes are worth 1 point:

- Head: two points
- The forearm of the hand which contains the weapon: 2 points
- A stab to the front leg: 2 points

As with traditional sparring, jumping adds a point. For example, a jumping head shot is 3 points (2 for the head + 1 for the jump), a jump strike to the back is 2 points (1 for the strike + 1 for the jump).

There is one more way that points can be scored: dropping the weapon. However, this works against you. That is, if you drop your weapon,

it gives 1 point to your opponent. This is in addition to any points they might get from a strike they made on you. For example, a jump with a strike to your opponent's weapon forearm which cause them to drop their weapon will result in your earning 4 points: 2 for the hit to the weapon forearm + 1 for the jump + 1 for their weapon drop.

Penalties

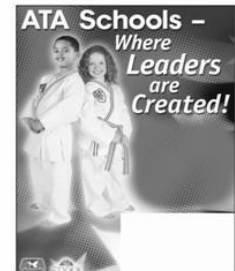
Safety first always,

Warnings can (and often will) be issued to a competitor who uses excessive power, repeatedly runs out of the ring to escape an opponent's attack, or feints or contacts an illegal target. This latter action (illegal contact) will likely result in a point for the other competitor. If contact to an illegal area is thought to be incidental and an attempt was made to avoid it, an oral warning might be given with an explanation; it's likely no penalty point will be issued. For more blatant illegal moves, whether intentional or not, the first occurrence can result in an oral warning, unless contact was made, in which case a point will be awarded to the other competitor. The second occurrence of any illegal move is a point for the other competitor (or disqualification if a point has been awarded already). The third occurrence in a match will cause that competitor to be disqualified.



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Marshall's ATA Annual Summer Picnic at Water Works Park

Marshall's ATA will host our 2013 annual Summer Picnic at Denton Water Works Park 2700 Long Road, Denton, TX. 76207 ph # (940) 349-8800 Our annual trip to the Water Park is one of our most highly anticipated events of the year. We will have a signup sheet out so that the families can coordinate what they will bring (i.e. Food, drinks, paper plates/towels, etc.) **Park admission: 48 inches and taller - \$11; under 48 inches - \$7; under age 2 - Free; Non-swimming guests - \$5.

To download and print your \$2 - off coupon, go to: <http://www.cityofdenton.com/departments-services/departments-g-p/parks-recreation/water-works-park/passes-and-rates>

It's going to be a blast!

Quotes by - Edgar Rice Burroughs

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"I do not understand exactly what you mean by fear," said Tarzan. "Like lions, fear is a different thing in different men, but to me the only pleasure in the hunt is the knowledge that the hunted thing has power to harm me as much as I have to harm him. If I went out with a couple of rifles and a gun bearer, and twenty or thirty beaters, to hunt a lion, I should not feel that the lion had much chance, and so the pleasure of the hunt would be lessened in proportion to the increased safety which I felt."

"Then I am to take it that Monsieur Tarzan would prefer to go naked into the jungle, armed only with a jackknife, to kill the king of beasts," laughed the other good naturedly, but with the merest touch of sarcasm in his tone.

"And a piece of rope," added Tarzan. "
— [Edgar Rice Burroughs, Tarzan of the Apes](#)

"If I had followed my better judgment always, my life would have been a very dull one."
— [Edgar Rice Burroughs](#)

"It is a characteristic of the weak and criminal to attribute to others the misfortunes that are the result of their own wickedness."
— [Edgar Rice Burroughs, The Son of Tarzan](#)

"I do not believe that I am made of the stuff which constitutes heroes, because, in all of the hundreds of instances that my voluntary acts have placed me face to face with death, I cannot recall a single one where any alternative step to that I took occurred to me until many hours later."
— [Edgar Rice Burroughs, A Princess of Mars](#)

"I got this story from someone who had no business in the telling of it."
— [Edgar Rice Burroughs, Tarzan of the Apes](#)

"I shall have to believe even though I cannot understand."
— [Edgar Rice Burroughs, A Princess of Mars](#)

"We are, all of us, creatures of habit, and when the seeming necessity for schooling ourselves in new ways ceases to exist, we fall naturally and easily into the manner and customs which long usage has implanted ineradicably within us."
— [Edgar Rice Burroughs, The Beasts of Tarzan](#)

"In that little party there was not one who would desert another; yet we were of different countries, different colours, different races, different religions--and one of us was of a different world."
— [Edgar Rice Burroughs, The Gods of Mars](#)

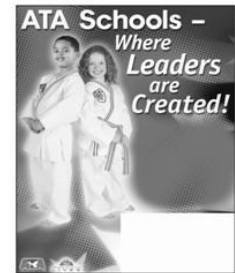
"You are here for but an instant, and you mustn't take yourself too seriously"
— [Edgar Rice Burroughs, The Land That Time Forgot](#)

"As the body rolled to the ground Tarzan of the Apes placed his foot upon the neck of his lifelong enemy and, raising his eyes to the full moon, threw back his fierce young head and voiced the wild and terrible cry of his people."
— [Edgar Rice Burroughs](#)



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