

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
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DENTON, TX. 76210
(940) 271-4217
WWW.MARSHALLSATA.COM

Father's Day Belt
Testing!

World Championships Coming
soon June 28th &
29th.

2008 Student
Photo Shoot
June 21st

Father's Day Belt Testing at Marshall's ATA

Father's Day Testing

It's That time of year again when Summer is near and school is coming to a close. Vacation plans are being made in earnest and Father's Day is just around the corner. Marshall's ATA will be conducting the first of our two summer belt testings. We will call this one the Marshall's ATA Father's Day Belt testing. We will again be conducting the testing in two parts with the adults testing on Friday evening June 13th at 7:00pm. Monday evening June 16th at 6:00pm is reserved for the Tiny Tigers and Juniors eight years old and under.

Age Group Changes

With the inclusion of junior rank material for high rank Master Club students, Sparring and board break requirements for some of the adults testing, the increased time commitment during testing can be taxing to the patience of the younger juniors at the Jun-

iors and Adult testing.

Therefore, I've decided to reassign Juniors eight years old and under to test with the Tiny Tigers. Some of these young Juniors are high ranks and will serve as a great example to new and younger Tiny Tigers.

Level II Sword Clinic Attendees

Thank you to the following students for attending the Level II Sword Clinic on May 30th.

- Christian Williams
- Jake Tanis
- Preston Couch
- Luke Hilton
- Drew Gatlin



World Championships

The signature event of the ATA is the Songahm Taekwondo World Championships. They will be held later this month at the Sate house convention center in Littlerock, Arkansas. This is where our champions are made, our Masters are proven, and Instructors are trained. This is the event that signals the ending and beginning of the year in Songahm Taekwondo.

Marshall's June 2008 Calendar.

- Leadership Classes- Thurs 6/05 & 06/12. 7:00pm - 8:00pm
- Father's Day Testing 6/13 @ 7:00pm
- Tiny Tiger Testing 6/16 @ 6:00pm
- June Birthday Celebration Mon - 6/16. Immediately After TT Testing . No Classes.
- School Photo Day

Special points of interest:

- Father's Day Belt Testing!
- Summer Uniforms
- Student Photo Shoot
- World Championship
- Age Group Changes
- Sword Clinic Level II
- Marshall's ATA Welcomes New Students
- Marshall's ATA Welcome New Members to Leadership Team.
- School Picnic in July

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

Summer Uniforms are Now In Effect

Summer will soon be here! It will soon be getting hot, hot, hot! Therefore, as with every year, we will be going to Summer Uniforms. We will still have an OTOMIX Week during the week of June 9th, but on all

the other days you may wear your white uniform pants and an approved Marshall's ATA T-shirt. (approved means that you bought it here.) Note: Please do not enter the Do-

jang without wearing footwear. Bare feet can attract and bring dirt and debris to the mat from outside. Please be considerate of your classmates .

School Photo Day set for June 21st

The Marshall's ATA School Photo Day will be held on Saturday *June 21st* beginning at 9:00am. There are still some afternoon timeslots available for new students who haven't picked a time yet. No classes will be held.

One Day Leadership Camp in July.

Marshall's ATA will be conducting a One Day Leadership Camp. This camp will be conducted at the school from 9:00am to 2:00pm Tuesday *July 1st*. We will cover Weapons, Forms, Mixed Martial Arts (MMA), Point & Free Sparring. This will be excellent preparation for those who wish to participate in the Allen Tournament. Master Sustairste's

annual Allen tournament is a major tournament and is essential for regional competitors who hope to do well at Nationals in Orlando, Florida. The cost of the Leadership Camp will be \$50.00. A signup sheet will be available.

Inner-School Tournament In July.

Marshall's ATA is considering an Inner-School Tournament to be held in two parts on *Weds 7/23* for 8 and under Juniors and *Tiny Tigers & Thurs 7/24* for Adults. The tournament will comprise Forms, Weapons and/or Sparring/One Step competition. Again, this will be an excellent preparation for the Allen tournament and/or Nationals in Orlando. Let's maintain our skills at a razor

sharp level and challenge ourselves to do more and be more in our Taekwondo training this summer.

Birthday Parties.

Looking for a great place to host your next birthday party? Well look no further; You can host your next birthday party right here at the school. We have plenty of martial arts themed fun and games for your party and we will keep your raucous crowd happy and busy for a 90 minute fun fest. The birthday boy or girl will be an honorary black belt for a day and cut their cake with a real sword. Invite your buddies to your next birthday party at Marshall's ATA.



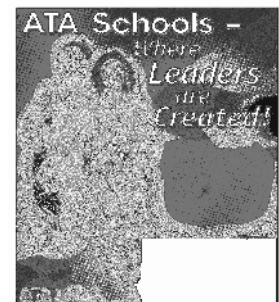
New Members

Marshall's ATA welcomes new members: Janet, Jade & Meili Kincaid. Trever, Trace, Ty & Olivia Tinkle. Jeff, Jeffrey & Kendall Kornfelder. John & Nash Truitt.

*****Note*****

Father's Day Testing

The Marshall's ATA Father's Day Testing will be held on Friday **June 13th** at 7:00pm for Adults & Monday **June 16th** at 6:00 for Juniors and Tiny Tigers eight years old & under.



Congratulations!

Jake Tanis, Matthew Pruitt & Nicholas Lohr have been accepted to the Marshall's ATA Junior Leadership Program.

Marshall's ATA Summer Picnic in July

The annual Marshall's ATA School Picnic is in the primary planning phases and is tentatively scheduled to be held during the second week of July perhaps Tuesday *July 8th*. The annual picnic was held last year at Denton Waterworks Park 2400 Long Road (940) 349-8800. I will be contacting the park next week to obtain the appropriate group rate. I am hoping for an overwhelming response and tremendous student and family turnout. I will inform you of the details as they are worked out and an alternative picnic date should the weather become an issue.

Private Lessons

For those of you who would like to get the most out of your Taekwondo training and strive for that little extra in your rather ordinary performance, private lessons are a must. If you've been out for a while and would like to get back on track or if you would like to 'kick' your training up another level, a few one on one sessions to critique your performance and/or refine new material may be just the thing you need to achieve that added edge of excellence or realize your goals in competition (State or World Championship) or simply for testing successfully. **Please see Mr. or Mrs. Marshall** to set up a time. Private lessons are \$25.00 per half hour session for **Forms, Sparring or Weapons training**. Come; Let's see how good you can really be.

Parents Night Out

Some parents have expressed an interest in another Parents Night Out at Marshall's ATA. . We have hosted several very successful Parents Night Outs here at the school. Would you be interested in depositing your little one in the supervised safety of Marshall's ATA from 6:00pm to 10:00pm so you can have a Parent's Night Out? The kids will play games with their friends, eat pizza, popcorn, have soft drinks and watch (G) rated cartoons and movies. If so, please inform Mrs. Marshall or Mrs. Williams so we can set up an appropriate date. A special date night or just a few hours to yourself is always a great idea.



**MARSHALL'S ATA MARTIAL
ARTS**

▶ Every kid's a winner
Every kid's special

June 2008 Next Testing Aug 8th/11th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Summer Uniforms Begin	3	4	5 Leadership class 7-8pm	6	7
8	9	10	11	12 Leadership class 7-8pm	13 Jrs./Adults Belt Testing 7:00 P.M.	14
15 Father's Day	16 no classes Tiny Tiger Testing 6:00pm B-day Celebra- tion for June	17	18	19	20	21 no classes School Photo Shoot Starts 9:00am
22	23	24	25	26	27	28
World Championships Littlerock, AR						
29	30	1 One Day Leadership Camp 9am-2 pm				

Happy Birthday

Luke Hilton 6/27

Katelynn Pearson 6/4

Emily Williamson 6/30

Trace Tinkle 6/15

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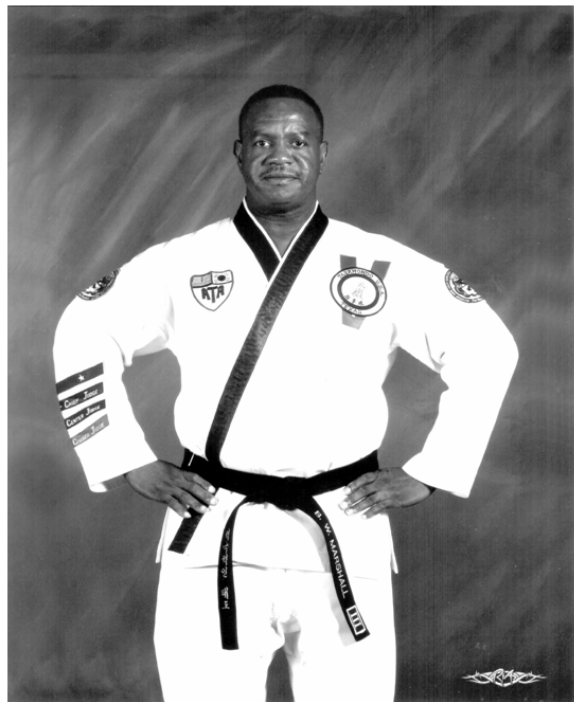
E-mail:

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Mr. Robert W. Marshall Sr,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



The average adult class is around 45 minutes to an hour long and falls into several segments. They are as follows:

1. You'll start with the opening bow in 'facing the flags' and repeating the Songahm Spirit of Taekwondo.
2. Then you'll do warm-up exercises such as push ups, sit ups, jumping jacks, punching & kicking drills, a few laps of running for cardio, stretching and exercises for each muscle group.
3. Then we move on to the learning segment of class. You will practice the basic techniques required for your next belt promotion, and you'll learn your kicks, punches and forms.
4. Some classes have a period of special instruction. This can include things like self-defense, board-break, or special drills to work on particular skills like balance or power.
5. Sparring practice is usually held toward the end of class (White, Orange, Yellow belts do not spar).
6. Often a period of endurance exercise is included, such as push-ups, sit-ups, or other exercises.
7. Finally, it's back to the etiquette of the closing ceremony with bows to the flags, the closing Songahm Spirit of Taekwondo and thank yous.

In the old days, kids and adults worked out together. Today however, most schools have specific classes just for children. Many are only 30 to 45 minutes long and they include more fun and games. Still, this is martial arts, and discipline and respect is required at all times. Remember looks count. Sure, you can't judge a book by it's cover, but sometimes you can judge a person's attitude by how he/she keeps him/herself. A soiled sloppy appearance doesn't say much for how a person views themselves and does say volumes about their pride and discipline. If nothing else, as an honored representative of your school and the ATA, you should take pride in how you look in your uniform for the sake of your fellow students and instructors. Besides, just wearing a sharp-looking martial arts uniform gets you in a psychological frame of mind to do your best kicks and punches.



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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.

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Marshall's Personal Training
www.marshallsata.com

Robert Marshall, CI-PT
"Put Your Back Into Your Future"



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