

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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Marshall's ATA  
State Champs  
2010

Summer Uniforms  
Summer Camps  
Leadership  
Classes

June Birthdays  
Grand Master Soon  
Ho Lee Announces  
Retirement in 2011  
World Champion-  
ships Little Rock

## Summer Uniforms Beginning June 2nd

### Summer Uniforms

School's Out! and Summer vacation is In! With the warm and sultry days of Summer almost upon us, it's now time to transition to our Summer uniforms. The Summer Uniform consists of our regular uniform bottoms and an authorized T-shirt or polo. Shirts must be a Marshall's ATA T-shirt (on sale now) or tournament T-shirt. See Mrs. Marshall to place an order for Otomix. Our regular dobok is always appropriate as well. The Otomix or other workout wear bottoms are only approved for wear during our Alternative Uniform Weeks such as Tournament Prep or School Testing Prep.

### Marshall's ATA Texas State Champions for 2010

Congratulations and well done! to our competition team students who worked so hard to win the crown of 2010 Texas State Champion. **Christian Williams** won Texas State Champion for Forms, Sparring, Traditional Weapons (for the 2nd

year in a row) and Creative Weapons. **Mr. Kevin Engel** won State Champ for Forms, Sparring & Weapons. He will also compete in the Tournament of Champions at World Championships in Littlerock, Ar as a Top 10 competitor. **Mrs. Cindy Engel** and **Carleigh Engel** won for Traditional Forms & Sparring. **Brandon Engel** who is a new Black Belt won for Traditional Forms. **Erin Engel** also a new Black Belt won for Sparring. **Mrs. Sharon Williams** is State Champ for Forms & Sparring.

### Marshall's ATA Summer Camps

We are conducting **Summer Camps** emphasizing single & Dbl weapons and the Katana Sword. **Rank Camp** will be an opportunity for color belts with the initiative to accelerate the learning of their new Belt Rank and test on the material at the conclusion of the week. We are also planning a **Fitness and Sparring Camp**.

### Fit & Sparring Camp

Mon June 7th - 11th Bring your gear and bring your

lunch for this challenging Fitness/Sparring Camp

### Weapons Camp

Mon Jun 14th - Jun 18th

### Next Level Rank Camp

Mon Jun 28th—Fri Jul 2nd

All Camps are \$200.00 and students will receive a \$50.00 discount if paid by June 2nd. All Camps are in session from 9:00am thru 1:00pm

### World Championships

Grand Master Soon Ho Lee 9th Degree Black Belt will host the 2010 World Championships at the Statehouse Convention Center in Littlerock, Ar from June 21st thru June 27th. Mr. Christian Williams & Mr. Kevin Engel will be competing for the title of World Champion in Forms, Sparring and Weapons for 2010. Next year will be Grand Master Lee's final time hosting the World Championships as he will be retiring as the leader of our organization at the conclusion of the tournament in 2011.

### Special points of interest:

- Marshall ATA Texas State Champs
- Summer Uniforms
- Marshall's ATA Summer Camps
- June Birthdays
- World Championships
- Leadership Classes on June 10th & 17th
- Grand Master Lee Announces Retirement in 2011
- Summer Picnic at Water Works Park in July

### Tournaments:

<b>World Championships in Littlerock, Ar</b>	6/21 To 6/27
<b>Smstr Mark Sustaire Allen, Texas</b>	8/6 to 8/7

### Respect

## New Marshall's ATA Word of the Cycle 'RESPECT'

The **Leadership** classes for June are scheduled for Thursday June 10th and 17th. The monthly theme for the Leadership class is 'RESPECT' How do we define the term 'respect' for AGES 3-6? "Respect means to admire and obey." How do

we define the term 'respect' for AGES 7-13? "Respect means to admire, appreciate and obey." How do we define the term 'respect' for AGES 14+? "Respect means to admire, appreciate, regard and

serve others." Why do all people and all things deserve our respect as well? They have intrinsic (natural, deep-seated) worth, though it is often unknown to us. On some level we are all one (connected). Leadership Classes begin at 7:30pm

"I'm not concerned with your liking or disliking me...All I ask is that you respect me as a human being." —Jackie Robinson

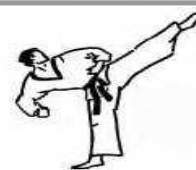
"Never take a person's dignity: it is worth everything to them, and nothing to you." —Frank Barron

## Family Friendly Martial Arts Movies

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The martial arts community is buzzing with excitement about the upcoming martial arts movies. The Karate Kid was originally released in (1984) and has been re-released in anticipation of The Karate Kid (2010) which is due to be in theaters on Friday June 11th. If you have never seen the original Karate Kid, I highly recommend it. It is the story of a young boy 'Daniel' and his mom move to California, where Daniel finds himself bullied by kids from a local karate school. A Japanese handyman/martial arts master named Miyagi agrees to teach Daniel karate and shows him that there is more to martial arts than fighting. Daniel picks up a few life lessons during the

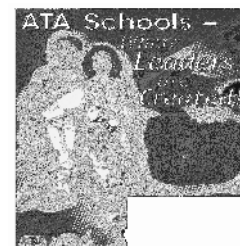
journey. The Karate Kid (2010) is a remake due to be released on June 11th. In this story of another young boy, 'Dre' and his mom move to China, where the boy is bullied by some local boys. He embraces kung fu. Dre's teacher (played by Jackie Chan) teaches him that kung fu is not just about punches and kicks, and Dre uses what he learns to face down those bullies. Another movie coming to theaters in July is 'The Last Air Bender'. This movie is directed by the celebrated director M. Night Shyamalan. It is based on a Nickelodeon animated series Avatar: The Last Air Bender. In the series, the main character, Aang, is a young boy who has the power to manipulate air, fire, water, and earth. Aang and his friends have to save the world by defeating the evil Fire Lord and ending the war with the Fire Nation. Each of the four nations in Aang's world is based on its own natural element—air, fire, water and earth—and each nation has a group of people that has the power to control that element. Each "bending" power is based on a different martial art. Aang's airbending power is based on Baguazhang, and his weapon is a bo-staff. We're excited because the lead actor in this movie is Noah Ringer who is a Taekwondo student & member of the ATA who was cast without any acting experience.



### 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. Kevin Engel & Mr. Preston Couch on achieving the exalted rank of 2nd Degree Black Belt in the ATA. Congratulations as well to Miss Erin Engel & Brandon Engel for achieving the coveted rank of 1st Degree Black Belt in the ATA. Mr. Luke Hilton and Llyleila Richardson successfully midtermed on their 2nd and 1st degree recommended black belts respectively and will test for decided at next testing.



## 2010 - The Year of Impossible Possibilities

**Monday June 1st, Closed for Memorial Day holiday**

**June 7th thru 11th Fitness/Sparring Camp**

**June 10th & 17th, Leadership Class**

**June 14th thru 18th Weapons Camp**

**June 21st thru 27th Songahm World Championships in Littlerock, Ar**

**June 28th thru July 2nd Rank Advancement Camp**

**July 2nd, Parent's Night Out!**

**Marshall's ATA Annual Summer Picnic at Waterworks Park Coming in July**

**The story of the Smoothie King** It was the late 1960's. Trying to remedy his allergies and low blood sugar, Steve Kuhnau began experimenting with mixing real fruit, nutrients and proteins in a blender at home. A little of this, a little of that, and soon enough, his concoctions began to have a huge impact on his health. And that's how he came to create the original nutritional smoothie. In 1973, Steve opened a health food store selling vitamins along with his healthful drinks, and Smoothie King was born. That was just the beginning. Since then Smoothie King has grown to over 600 locations operating in the continental US and Seoul, Korea. What makes it so successful? A genuine commitment to helping people live healthier lives through nutrition. Since 1989, Smoothie King has been named #1 franchise in their category 16 times (Entrepreneur Magazine). It has expanded its reign to include a wide selection of healthy snacks and high quality nutritional products. Trim down/Build up.

# Mr. Robert W. Marshall Sr.,

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Grand Master Lee Announces Retirement

Grand Master Soon Ho Lee, who assumed his position in 2001 after the passing of Eternal Grand Master H.U. Lee, announced during ATA Spring Nationals that he will retire as of the 2011 World Championships. In 2000, confronted with the news of Eternal Grand Master's terminal illness, Grand Master Lee accepted with a heavy heart the ATA's nomination to succeed his older brother. He moved his family to Arkansas and began the demanding nine month training process that culminated in his 2001 ascension to 9th Degree Black Belt and appointment as Grand Master. Grand Master Lee will have served for a decade during a time of significant growth and innovation for the ATA. In his announcement to a large group of Masters at Spring Nationals, Grand Master Lee said, "During my years as Grand Master, we reached many milestones in Songahm Taekwondo...such as extreme martial arts, new weapons curricula a child safety program and a Leadership program that helps to meet the Needs of Our World. We have touched more than one million lives! I am extremely proud of the work that we've accomplished...we truly have changed the world, one black belt at a time!"



**Erin & Brandon Engel Achieve Black Belt**

### What qualifies you to attain this goal of becoming a Black Belt?

**Brandon Engel** - I should be a black belt because I have trained hard for months. And during those months I have done all the forms, sparring combinations and self defense. I have helped higher ranks who do not know them. I have gone to so many tournaments and have done well. I beat Mason Stanley the NV state champ in forms with a perfect score. I beat Scott Green the MO state champ in forms and I also beat Drake Morrison the TN state champ in sparring. In the last four tournaments my sparring improved with three first place and a 3rd place finish. Three masters have asked me where I train. I came to ATA with courtesy, focus, discipline and respect. Over the last year I demonstrated perseverance, self-control and confidence. When a boy took a swing at me during school, I was able to evade the punch and resolve without having to fight. **Why do you want to become a Black Belt?** A black belt will lead to a scholarship. It will help me get through everyday life. I know I can do it and it feels good to be able to do Taekwondo with my family.

### What qualifies you to attain this goal of becoming a Black Belt?

**Erin Engel** - When I first joined my goal was to become a black belt. I decided to go further and test my ability. I have been going for state champion and have had to give up or put aside other goals to gain this one. I am still in many other respectable groups, such as in National Junior Honor Society, athletics, band and all of these things had to take a back seat to a bigger goal. I volunteer at events like Special Olympics, animal shelters, athletic events, tiny tiger classes, and tutoring in my spare time. While going to tournaments and volunteering, I am able to keep an "A" average in all of my classes, even the Pre AP ones. I've represented Marshall's ATA well in **OVER** 25 tournaments, in 10 different states against the best of the best. I have persevered through many injuries and stood tall when facing some of the best in the ATA. I have met some of the highest ranking men and women in the ATA and have shown courtesy and respect to each. I have shown self-control when sparring younger or less steady than me. I hope I have pleased you in my actions. **Why do you want to become a Black Belt?** When I joined I wanted to get in shape, work on balance, strength, agility and confidence. Plus I wanted to finish the task I had started almost two years ago. When confronted I always say the truth, and sometimes people didn't like the truth. I needed something extra to put behind my words so I wouldn't be picked on. Martial Arts was my answer. I have found everything, plus more, that I wanted. I am now one of the most coordinated girls in my athletics class. I can stay more alert in my classes and I am more enjoyed by my teachers.