

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA Father's Day Belt Testing

Marshall's ATA Summer Uniforms Begin

Marshall's ATA students are now authorized to wear the summer uniform. The summer uniform consists of an authorized martial arts T-shirt/Polo and your uniform bottoms. The summer uniform is authorized for all in school activities however, the full traditional white dobok must be worn for tournaments and testings. This uniform will be authorized until October.

Songahm ATA South District Championships

Texas is in the South District which comprises New Mexico, Arkansas, Louisiana, Oklahoma & Texas. The date of the first ever District Championships event will be Sat June 8th, 2013 and will be hosted at the Hampton Inn & Suites Dallas/Mesquite 1700 Rodeo Dr. Mesquite, TX. Mrs. Sandra Arcuri & Mrs. KayLynn Safar will be competing in Forms, Sparring, Weapons & Combat BME. Dr. Charles Kurtz will be competing in Creative

Weapons & Mrs. Genevieve Forest will compete in Forms & Sparring.

Marshall's ATA June Leadership Class

The Marshall's ATA Leadership classes will be hosted on **June 22nd from 8:30 to 9:30am**. The theme for June is 'Attitude' and 'Class Teaching Presentation Skills'. Leadership Team please have these sections completed in your manuals and be ready to answer questions on our theme for the month. Be ready to teach a class segment using the 10 Class management principles and good presentation skills.

Marshall's ATA Father's Day Summer Belt Testing

Marshall's ATA will conduct our first belt testing of Summer 2013 on **Thursday/Friday June 13th & 14**. We will start with the board break testing on Wednesday June 12th for our Brown thru Black rec students. We will conduct the Father Day Testing in two parts starting on Thurs June 13th with the Tiny Tigers at 5:15pm. The W, O, Y Juniors/

Adults will start at 6:30pm. The Camo thru Blue belt students will Test on Friday June 14th starting at 5:15pm. The Brown thru Black rec will test starting at 6:30pm. Mr. Steven Sutton, Mrs. Donna Sutton, Mr. Jacob Sutton, Miss Cami Sutton, Mr. Dayton Knowles & Mr. Chance Coyle will be testing for their 1st Degree Decided Black Belt.

Marshall's ATA Fitness/Sparring Camp

Marshall's ATA will kick off our 5th annual Summer Camp Season with the **Fitness/Sparring Camp**. We will conduct the first of our three annual Summer Camps from **June 17th thru June 21st**. The times for the Camps are 8:00am to 3:00pm Mon thru Friday. Camp will officially end at 12:30pm on Friday.

Marshall's ATA Summer Picnic

Marshall's ATA will host our 2013 Summer Picnic at Water Works park in Denton. 2700 Long Road on Sat July 6th 11:00a - 2:30pm.

Special points of interest:

- Marshall's ATA Summer Uniforms Begin
- Marshall's ATA will be Closed for the Songahm ATA South District Championships June 8th, 2013
- June Birthdays
- Leadership Class Sat June 22nd & 29th 8:30 - 8:30am
- Father's Day Workout June 15th 2:00 - 4:00pm \$25.00
- Marshall's ATA Fitness/Sparring Camp June 17 thru 21st.
- Marshall's ATA Closed for Independence Day 7/4
- Marshall's Summer Picnic

Tournaments:

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

Marshall's ATA Best of Denton 2013

The readers of the **Denton Record Chronicle** have again voted Marshall's ATA 2nd Place 'Best of Denton' among all Denton Martial Arts schools. We are very pleased and consider this recognition to be a high honor especially consid-

ering that this recognition is not something that we actively launched a campaign to pursue. We thank all those who voted for us and we appreciate each one of our students and families. This is made pos-

sible because of you with your great attitudes and wonderful spirit. We will display the 2013 **Best of Denton** banner with gratitude and yet with pride to be a highly regarded business operating in the Denton Business Community since 2004.

Endurance

"The first virtue of a soldier is endurance of fatigue; courage is only the second virtue." - *Napoleon Bonaparte*

"Prolonged endurance tames the bold." - *Lord Byron*

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-



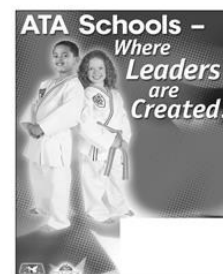
Protocol for Testing

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 will be testing for 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: to Mr. Justin Kolba on his acceptance to the **Junior National Honor Society**
Congratulations: to 8th grader Miss Erica Gervacio on being accelerated to 9th grade math.



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

Songahm ATA South District Championships June 8th, at Mesquite Convention Center

Marshall's ATA Father's Day / Summer Belt Testing June 13th & 14th

June Leadership Classes June 22nd & 29th Theme is 'Attitude' & 'Class Teaching Skills'

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

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

Marshall's ATA In-School Tournament Coming July 27th

Marshall's ATA is planning an **In-School Tournament** on Sat July 27th, 2013. This tournament will be an excellent opportunity for students at Marshall's ATA to have an authentic tournament experience without the travel and expense of attending and competing in a Regional, National or World tournament. We will of course observe and utilize all of the protocols of the ATA tournaments at our In-School tournament. This is also an excellent tune up and preparation opportunity for those

Interested in competing in **Senior Master Mark Sustaire** and Master Barbara Sustaire's annual **Texas Twister 'Class A'** tournament at the Allen Events Center in Allen, TX on **August 8th and 9th**. This will be our biggest regional tournament locally immediately following the World Expo in Littlerock, Ar on July 8th thru the 14th. We will place the signup sheets at the front desk in plenty of time to have an overwhelming response for good matchups & judges competitive ring assignments.

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

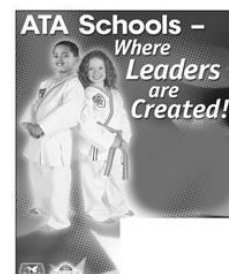
Safety first always,

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 is in the planning stages for 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](#)

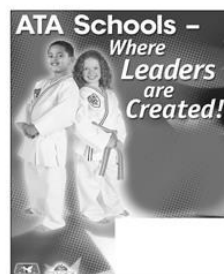
"You are here for but an instant, and you mustn't take yourself too seriously"
— [Edgar Rice Burroughs, The Land That Time Forgot](#)

"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."



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



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:
When I think of Mrs. Donna Sutton, I think of is how talented she is with her knitting / crocheting. I then think of the strength she shows every time she comes to class and works out with her family at Marshall's ATA. She once shared with me the story of her physical disability with her knees and I was left wondering how she was going to reach this goal. She has shown such heart during this journey and refused to 'take it easy' like I've told her so often. She is a role model of perseverance & dedication.

Mrs. Donna Sutton
1st Degree Black Belt Candidate



Fitness Test Results for

Mrs. Donna Sutton

Push ups	60
Sit ups	30
Punches	145
Kicks	71
Punches & Kicks	145
Total	432

Why do you want to become a Black Belt?

Mrs. Donna Sutton

I have never, ever participated in sports in my life. In fact, I am the least athletic person I know! But watching my son, Andrew, work toward his dream of becoming a "ninja" and being encouraged by Mrs. Marshall, I felt compelled to try and just see what would happen. A year before I started at ATA, I had major right knee surgery and had so many restrictions placed on me by the doctor: no running, no stairs, no bending my knee further than 60 degrees, no jumping, lose a LOT of weight, and strengthen my legs. Then I had this huge brace placed on my leg and was told 'there is nothing more the doctors can do', I need to wear this brace for the next seven years. I was devastated. I initially thought I would never succeed at the ATA because of all my restrictions. Throughout my training, my knee has continued to deteriorate, I suffered shin splints, two inflamed bursas, and two strained IT bands in my legs. My left knee has started to severely deteriorate and I am facing another major surgery and yet another brace probably later this year. But through all my struggling and special needs everyone at the ATA has helped me, cheered me on, and even asked for my knowledge and leadership. That has made a huge difference in me. I want to be a Black Belt to help, motivate and cheer on others with physical limitations. I want to help the person who comes in every day in pain and help them to find the best in themselves as well. I want to be able to help other people who come to the ATA be able to say "even when I thought it could not be done, look what I did!"

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

Mrs. Donna Sutton

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

As I contemplate the answer to this question, I initially thought 'I am not qualified to become a Black Belt'. I have struggled and have had to have so many modifications due to physical limitations. But the more I thought about becoming a Black Belt, the more I have realized that being a Black Belt was not so much about the belt, but the attitude behind the belt. I have taken each word of each cycle and have tried to focus, even on my worst day, to persevere, to have self control, to have courage, to have a vision. Every day I have worked toward the goal of Black Belt was a day that I pushed myself to be more than I thought I could be and challenged myself to believe in ME! Attaining Black Belt for me is about proving to myself that I am stronger than I thought, I am more motivated than I thought and I am willing to fight and invest in ME. Seeing myself in a different light, a better light, is what qualifies me to wear a black belt.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. Sutton is leading the Sutton family by example during his training. He trains with his wife Mrs. Donna Sutton and their three children: Jacob, Camille and Andrew. All but their youngest, Andrew will be testing for their Black Belt at this June Father's Day Testing. When I was thinking of a theme for this testing, it became very easy due to the proximity of Father's Day to the testing, and Mr. Sutton is the embodiment of a father who walks the walk not just talk the talk.

Mr. Steven Sutton 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Steven Sutton

Push ups	32
Sit ups	24
Punches	62
Kicks	52
Punches & Kicks	62
Total	320
Pct.	64%

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

Mr. Steven Sutton

I have worked hard to improve myself both physically and mentally. I first came in to Marshall's ATA in desperate need of some focus in my life and a need to strengthen both my mind and body. I found that the forms and exercises we perform in Taekwondo helped me to grow in both areas. I worked hard to be the best "me" I could be. As I advanced through the ranks, I found opportunity to help those coming up behind me. Being part of the "family" that is Marshall's ATA, I learned that it is the responsibility of the higher ranked students to help the lower ranks along in achieving their goals. I feel that the training and coaching I have received along the way from my instructors and senior students have helped shape me into the person I am today. It is with gratitude to those who passed this way before me that I feel I am qualified to become a black belt today.

Why do you want to become a Black Belt?

Mr. Steven Sutton

I want to become a black belt to fulfill the training I have received up to this point. When I was younger, I dropped out of Boy Scouts just one badge and a project away from reaching Eagle Scout. I can never go back and complete that goal. At the time, it didn't matter much to me. Now that I look back, I realize that working so hard to finish short of an achievement is a deep regret I have in my life. Completing the task of my colored belt training and truly earning my First Degree Black belt will be an achievement that I can hold on to. I feel that becoming a black belt also shows those who are coming up behind me that goals CAN be reached, the training and hard work DOES pay off, and that a person can improve themselves through Songahm Taekwondo! I am indebted to every black belt before me who has shown me so much about how the principles of Taekwondo can improve a person's life in many ways. I want to become a black belt to continue that tradition of excellence and help others to see that goals can be reached!

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

When I think of Jacob Sutton, I think of untapped potential. Mr. Jacob Sutton is a college student and the oldest of the Sutton children. He aspires to be an EMT, so the physical fitness and determination he is showing in his training to complete his black belt only confirms that he will be successful in pursuing and achieving whatever goals he sets for himself in life. I do also wonder what would happen if he decided to 'Pour it on!' as a Black Belt.

Mr. Jacob Sutton 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Jacob Sutton

Push ups	34
Sit ups	37
Punches	98
Kicks	75
Punches & Kicks	98
Total	345
Pct.	69%

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

Mr. Jacob Sutton

Nothing qualifies me to become a black belt because taekwondo is something I do as a family activity. I do not practice as hard or as often as I should to make me the best taekwondo student. However, when I am in class I do everything I can to try to understand the material and push this material into long term memory. Each and every class I am helped by amazing instructors that want to see me succeed. So it is not what I think qualifies me to be a black belt, but it is the encouragement of peers, the help from instructors, and my peers hopes of me succeeding that qualifies me to be a black belt. Without my peers wanting me to succeed I would not be qualified to be a black belt.

Why do you want to become a Black Belt?

Mr. Jacob Sutton

Becoming a black belt is a symbol of accomplishment and perseverance through the long journey of taekwondo. I want my black belt because I want to show myself that giving up is not an option; giving up is for the weak. I do not want to waste the time of my peers and instructors, the time they gave up in order to teach me. I do not want to disappoint those who have singled me out to help me; the people who wanted to see me succeed. When I put on that black belt I want people to be impressed that I have gotten that much closer to mastering something. All in all I do not want to have wasted my precious time on this earth just to quit before black belt, go strong or go home.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Instructors' Note:

Miss Cami Sutton appears to me to be a very cerebral student and is rather quiet in class. She goes steadily about her training in a very non flamboyant manner. She is very artistic, a member of the marching band at school and has received lots of admiration for her drawings and sculpture. I often wondered if she was enjoying her training and I wondered if taekwondo would be something that would compel her to tap into her physical abilities.

Miss Cami Sutton 1st Degree Black Belt Candidate



Fitness Test Results for

Miss Cami Sutton

Push ups	25
Sit ups	29
Punches	135
Kicks	46
Punches & Kicks	75
Total	310
Pct.	62%

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

Miss Cami Sutton

The only reason why I started Tae Kwon Do was because everyone else in my family was doing it, and I was tired of sitting on the sidelines and watching. I did not expect to stick with it, or even enjoy it as much as I have. I found myself making time to go to classes and work on my material at home, despite having an intense band schedule and difficult school classes. I agreed to go to a rank advancement camp to catch up with the rest of my family. I have found that Tae Kwon Do boosts my confidence and gives me a way to stay active. I believe that I am qualified to become a Black Belt due to the endurance and effort that I have put into Tae Kwon Do.

Why do you want to become a Black Belt?

Miss Cami Sutton

I have never been athletically inclined. I was always the last person picked for any sort of sport. It took me three years to get in the show for marching band, and that was mostly due to luck. I get winded just going to classes at school. The thought of me joining a martial art seemed preposterous; yet here I am. One of the reasons why I want to be a black belt is because I want to prove to myself that I can do something athletic and succeed. I have persevered this far, so I want to be able to accomplish the goal of becoming a black belt.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. Chance Coyle seems to be one of those students who just seems to do everything well. He has brought amazing report cards to class & shared them with us. He works hard in class to learn his material and is not easily distracted or taken off task. Chance is very young (just 9 years old) at this time and I am excited to see what the future holds for this young man. I've often told him that 'his future is going to be so bright, he'll need sunglasses at night.' Black Belt is a new chapter, one requiring self-reliance.

Mr. Chance Coyle 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Chance Coyle

Push ups	16
Sit ups	27
Punches	150
Kicks	46
Punches & Kicks	105
Total	344
Pct.	68.8%

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

Mr. Chance Coyle

I learned all my required forms, sparring combinations, one-steps, self-defense, board breaks, and knowledge. I have come to training two or three times a week for the past eighteen months and worked very hard to qualify to test for a Black Belt. It has taught me to have good manners, be respectful and honest to my family, teachers, coaches and instructors.

Why do you want to become a Black Belt?

I am 9 years old and in 3rd grade at Hawk elementary. I make good grades in school and in addition to taekwondo, I play academy soccer for FC Dallas and recreational baseball in Highland Village. I recently tried out and was selected for the 9U All-Star baseball team. I'm going to have a very busy summer testing for my Black Belt, attending weapons camp in July, baseball tournaments and soccer training and camp at FC Dallas. But I am up for the challenge!

I want to become a black belt because I set a goal and challenged myself throughout all my training and belt testing. I learned how to focus, be loyal, respectful, and have self-control. All the training really helps with my fitness for the other sports I play. My training has helped me have more confidence in school and all my other activities. I like taekwondo a lot and it is different than playing team sports where teammates are around to help you. I am proud of myself that I have done well in this individual activity with the help of my instructors and other students.

I got inspired to start martial arts training a couple of years ago when I watched a television show that had martial arts in it. I picked Marshall's ATA because two friends of mine had trained there before. I will continue to train so I will get stronger mentally and physically.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mr. Dayton Knowles is a dare devil. He rides/races dirt bikes. Dayton trains and rides with his mom Mrs. Miranda Knowles. He is a respected member of our Marshall's ATA Demo Team which is made up of our best young black belts and highly ranked color belt students. Dayton has accepted the challenge and has displayed the resilience, determination, respect and strength that I was looking to see in a new Black Belt. I am looking forward to seeing Dayton as a Black Belt.

Mr. Dayton Knowles 1st Degree Black Belt Candidate



Fitness Test Results for

Mr. Dayton Knowles

Push ups	40
Sit ups	34
Punches	115
Kicks	56
Punches & Kicks	60
Total	305
Pct.	61%

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

Mr. Dayton Knowles

I think what qualifies me to be a Black Belt is that I am very obedient and respectful to others. Also, I think I am fit and thought to be a Black Belt. Over the past two years, I practiced and learned a lot.

Why do you want to become a Black Belt?

Mr. Dayton Knowles: The reason I want to become a Black Belt is not to show off but learn more and learn how to best defend myself in certain situations that without Taekwondo I would not have been able to do. Before I joined Taekwondo, I thought I was going to master it quickly and get my Black Belt easily without any challenges. I soon realized that I was wrong and I underestimated the work I needed to put into it to become a Black Belt. Since I have joined Taekwondo, I have learned obedience, self-control, and how to be physically and mentally strong. I have made friends and had the opportunity to meet a lot of people that I look up to now. I would like to be a Black Belt so I could continue my journey that I have started two years ago. I know there is a lot more that Taekwondo can teach me and I believe I can do this.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



ATA SUMMER CAMP

Don't Miss This Camp!

**MAKE NEW FRIENDS!
HAVE FUN! WORK-OUT!**



DATE

June 17 - 21, 2013

TIME

8:00 am - 3:00pm

COST

\$250.00 / \$200.00 Early

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



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Advancement Camp

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

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What is Martial Arts?

A Guide For Parents

Is it about fighting or is there more? Is there a psychological or spiritual part to martial arts that makes it an art? Or if someone teaches self-defense, does that mean they are teaching martial arts?

In the current sense of the word, a martial art teaches self-defense. The word 'Martial' comes from the word 'Mars' who was the Roman god of war. But it also involves a code of conduct. This code, in the form of rules that stipulate how a person is to act, is what separates a martial art from a fighting system. Herein lies the value.

Three tests for a martial art.

Test one - Physical Component

This includes improving strength, endurance, reaction time, flexibility and technical skill. It's the part we

See on the outside

Test two – Psychological Component.

This is mental strength. It's the ability to think under pressure and stress. To control your emotions.

Test three - Spiritual Component.

This is the real test of a martial arts academy. It comprises a code of conduct and a series of lessons delivered by an instructor to make sure that a student is a better person.

The test for the consumer is if the instructor passes all three levels.

How it Works

Most schools pass level 1 with flying colors. The instructor trains the students to defend themselves in a real life or competitive field. This is relatively obvious by simply observing a class.

Level 2 is usually automatic as you grow mentally stronger to handle the physical regime. But the caveat is that the training be difficult. If the training is easy, the student doesn't have to grow. Growth only comes from difficulty, like in life. You experience suffering and work out how to handle it. The instructor must be able to explain the process.

Level 3 is where most martial arts schools fail. If they don't teach character development they become fight gyms. The reason for this is that an instructor must have learned a skill to teach it. Control of your character doesn't come easy. It has nothing to do with

Physical toughness.

Often, difficulty in mastering a skill is what creates a resilient attitude. That is why natural athletes don't usually make good coaches. They have never struggled with a skill so they can't empathize with a student who struggles.

How to Choose

Level 1 and 2 is now obvious from watching a class. Strength of character isn't something that is obvious in the first meeting. Nonetheless, it can be measured by how the instructor looks and acts. As children are very impressionable, they will imitate someone they look up to. They will copy language, image and movement. This will make many instructors nervous to read this. But it shouldn't. They need to live up to the expectations of their students ... in all areas of life.

You can't perform well on the training mat and break the law outside.

You can't be calm on the mat and lose your temper in the traffic.

You can't talk about principles then do a 'behind closed doors' money deal with one student.

Character doesn't have an off switch or a neutral gear. Either you have it or you don't.

"How will you make my child a better person?"

This is the final question that a real instructor should be able to answer in detail. If the response is only about physical skill and winning, he is not teaching a martial art. He is teaching a skill.

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What is Martial Arts?

Our Kids, Our Future

Kids in our society need a strong character to avoid the problems we have. Thinking our way out of a problem can't happen if we use old methods. Children need thinking skills that include depth, forethought, common sense and compassion. We need to instill in our youth the ability to work a way out of a problem by intelligence and compassion for the other person.

To combat violence with intelligence and understanding and not a swift physical reaction.

But to think clearly in a volatile situation a child must have refined that quality in a controlled atmosphere.

Hence the need for physical skill in the first place. It all starts there.

Physical skill, psychological control

and spiritual depth. All three must be taught in a real martial arts academy for it to be valuable. The result is that one day when a stressful situation occurs and you, as a parent, are not there as protector and advisor, your child will survive and thrive. Maybe even change lives.

What type of Learner are You and Does it Matter?

We learn new things every day, whether we admit it or not. Some of us are lifelong learners, always hungry for more knowledge and experience, while others are content where they are and just ride the status quo. Either way, every day presents an opportunity, or forces us to learn new things. What many of us may not know, however, is that the way in which we learn can vary widely from person to person, and can have an incredible impact on our own chances of learning new skills or lessons effectively. Knowing your preferred learning style can go a long way toward helping you reach whatever goal you have in mind. One caveat here, though, is not to use these to label yourself or others. The human mind and body is very complex, and while these serve as interesting guides, that is precisely what they are, guides.

The Visual Learner

Learns by seeing things.

The Auditory Learner

This style plays into our sense of hearing and comprehending what is being said, or presented

through sound, like music, language, noise patterns, and the like. People who prefer this learning style often do well by hearing information presented, such as in a lecture or podcast.

The Kinesthetic Learner

These people learn primarily by doing that which is being taught. They need to be "hands-on". Think of woodshop or home economics classes. These classes have you actually doing the work, physically.

A Mix of All Styles

Though there are some people who strongly favor one style over all else, many of us use a healthy mix of learning styles. We might learn how to operate certain software programs by first listening to someone explain why we need to use the software, then watch them use it, and finally use it ourselves.

Does This Matter?

There is a growing body of educational psychologists who think that these classifications are not necessarily indicative of how we learn, and are too simplistic in nature to accurately describe the learning process. Humans have evolved to use all of our senses together to learn and to operate in the material world, therefore, it might be unwise to put too simplistic a classification on how we learn best. Using these styles as a guide for educational development might also backfire in that it may label children and classify them into different groups of learners, thereby limiting their education. If something helps you evolve, then use it mindfully. If knowledge of learning styles helps you learn something new, use it.