

# MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY  
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WWW.MARSHALLSATA.COM

Leap Year Testing!

Welcome Triston  
Hyman to Leader-  
ship Team!

Tournament Prep  
Sparring Classes!

## Congratulations to all Leap Year Testers!

**Congratulations** to all our belt testers at last week's Leap Year Belt Testings. I was very pleased at your performance and am already looking forward to the **April 25th** testing where we will emphasize *weapons and self-defense* in addition to our new *forms, sparring combos & One Steps*.

### School Closed for Election

#### Day March 4th.

Marshall's ATA will be closed on **Tuesday March 4th** so that everyone (especially those of you who haven't exercised your early voting privilege) can go out and perform your civic duty and vote in this years' Texas Primary and Caucuses on Tuesday evening (The Texas Two Step). See you Wednesday.

### April Southlake Tournament

Now that the Leap Year testing is in the history books, we can turn our sights to and prepare for a new challenge coming up

in April. Master Kevin Rose, the new owner of the ATA School in Southlake is hosting a Tournament. The Tournament (Texas Impact 5) will be at the Southlake Carroll High School gymnasium, (home of the Carroll Dragons.) This is the last regional tournament in our area (Region 112) prior to World Championships in June. Mr. Marshall would like to support this tournament with a big showing of our most eager competitors. For those of you who would like to get in on the fun, thrill and excitement of an official ATA tournament, the signup sheet is on the front counter. You can exercise your preference to participate in the Forms, Sparring or Weapons competitions. We will have a tournament prep class this

month to go over the tournament rules, protocol & critique our forms, weapons and sparring techniques.

### Congratulations!! Mr.

**Triston Hyman.** Please join me in welcoming Triston Hyman to the Marshall's ATA Leadership Team.

### Marshall's March 2008 Calendar.

- **Closed for Election Day - Tue 3/4.**
- **Tournament Prep Forms & Sparring Class - Thurs 3/13.**
- **Marshall's In-School Tournament Wed-3/19 (Tigers) &-Thurs 3/20 @ 6:00 (Juniors & Adults)**
- **March Birthday Celebration Mon - 3/24 @ 6:00pm**
- **Weapons & Self - Defense Seminar- Sat 3/29 @ 12:00pm**
- **Leadership Class- Thurs 3/27.**



### Special points of interest:

- **School Closed for Election Day.**
- **Marshall's ATA Celebrates March Birthdays.**
- **Tournament Prep Forms & Sparring Class.**
- **Marshall's ATA In-School Tournament.**
- **Marshall's ATA Welcomes Triston Hyman to our Leadership Team.**
- **Weapons & Self Defense Seminar**

### Tournaments:

Southlake, TX / A Master Kevin Rose	4 / 18 4 / 19
World Championships Little Rock, AR	6 / 23 6 / 29
Allen, TX Mater Sustaire	8 / 22 8 / 23
Katy, TX / A Mr. & Mrs. Frentx	9 / 12 9 / 13
Dallas, TX / B Mr. Eric Pechacek	11 / 15

## Inner School Tournament

Marshall's ATA will hold an Inner School tournament this month. We will hold the tournament in two parts (sort of like the testing). The Tiny Tigers will have their tournament on **Wednesday 3/19 at**

**6:00pm** and the Juniors and Adults will have their tournament the next day **March 20th at 6:00pm** also. I am looking for parents to volunteer and assist with judging duties, helping young-

sters get ready for their competitions, organizing medals, etc. This will be an excellent warm-up for the Southlake Tournament.

## A Solution, Not a Resolution

Well, here we are in March already. I hope you are still working hard at your Goals for 2008. Whether you are already physically active or you have made the decision to take that first step into becoming physically fit, the bottom line is that we must all decide to put our health as a main priority on the "list of daily life." You don't have to spend hours in the gym daily, or even go to a gym, in order to be fit and healthy. Many people exercise at home because of convenience and time, while others are more motivated at a fitness facility. Either way putting forth the time and effort to be fit and healthy is worth the quality of life. The key to achieving fitness goals is consistency throughout the year. Participate in activities you enjoy, such as tennis, other

sports or dancing. Group exercise classes such as a Martial Arts classes can be very motivating and educational. Whatever you choose, health and fitness goals should be realistic. Recommendations are to be physically active all or most days of the week. If your time and responsibilities allow for only the minimum exercise requirements of cardio three times per week and strength two times per week, then go get fit. For those with more time on their plate, set new goals for yourself that will be challenging, yet attainable. For those of you already participating in an exercise program, adding interval training and a variety of cardiovascular activities is important for overall conditioning and reducing the risk of repetitive inju-

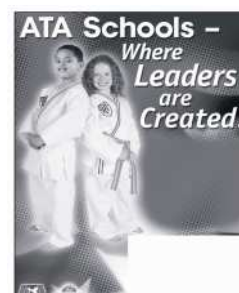
ries. Strength training programs should be changed up on a regular basis to enhance joint stability, neuromuscular balance, and functional movement. Working with a qualified personal trainer is crucial for improving overall muscle and joint function. If you haven't exercised in a long time or have never exercised before, don't jump into it full force and get overwhelmed or injured. Start out slowly, such as walking briskly or biking for 10 minutes three times per week, then increase 5 minutes per week until you reach 30 minutes. Walking and stretching are activities you can do at home or at a gym. There is growing evidence that obesity and low levels of cardiovascular fitness may contribute to cancer mortality. Sedentary individuals should strive to become at least moderately fit.



### New Black Belt Club Members

Marshall's welcomes new Black Belt Club members.

Matt Wooten, (Yellow)  
 Kyle Gillispie, (Yellow)  
 Ashton Boliver, (Yellow)  
 Logan Landers, (Yellow)  
 Renee Landers, (Orange)  
 Kyle Williamson, (Yellow)  
 Jennifer Williamson, (Yell)  
 John Roberts (Orange)  
 Logan Currie, (Orange)  
 Johtaye Nesty (Orange)  
 Madolyn McPhail (Camo)



### Congratulations!

**Congratulations, Triston on your new status. I know you will make an excellent addition to our Leadership Team.**

## Where Would We Be Without Courtesy?

The whole of heraldry and chivalry is in courtesy. A man of fine manners shall pronounce your name with all the ornament that titles of nobility could ever add. - *Ralph Waldo Emerson*.

How sweet and gracious, even in common speech, is that fine sense which men call Courtesy! Wholesome as air and genial as the light, Welcome in every clime as breath of flowers, it transmutes aliens into trusting friends, And gives over its passport round the globe.- *James Thomas Fields*.

To speak kindly does not hurt the tongue. (*Proverb*)

You can stand tall without standing on someone. You can be a victor without having victims. - *Harriet Woods*.

Without courtesy, civilization itself would be impossible. *Unknown*

## Weapons and Self-Defense Seminar

For those of you who would like to add weapons training and spontaneous self-defense to your repertoire of skills, Marshall's ATA will conduct a seminar on **Saturday 3/29 at 12:00pm**. We will not only work on tournament techniques but real world disarms and self defense. Taek-

wondo as well as other martial arts are used to help us achieve Self Protection as well as Self Perfection. We practice the ancient arts of war as a form of exercise that if performed consistently and diligently will enhance our physical skills and eye hand coordination. Our strength and flexibility as well as our sense of

balance and focus are also enhanced. Becoming more skilled at a martial art puts us in a calmer less erratic and more serene frame of mind. Our daily fight is with our own limitations and weaknesses. Taking the time to focus on your own breathing and calming yourself to live and exist in the moment is a healthy activity.

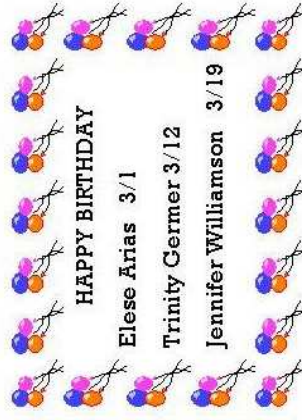


MARSHALL'S ATA MARTIAL ARTS  
BLACK BELT ACADEMY

Next Testing Date April 25th 7:00 p.m.

Every Kid is A Winner  
Every Kid is Special

## MARCH 2008



HAPPY BIRTHDAY

Elise Arias 3/1

Trinity Germer 3/12

Jennifer Williamson 3/19

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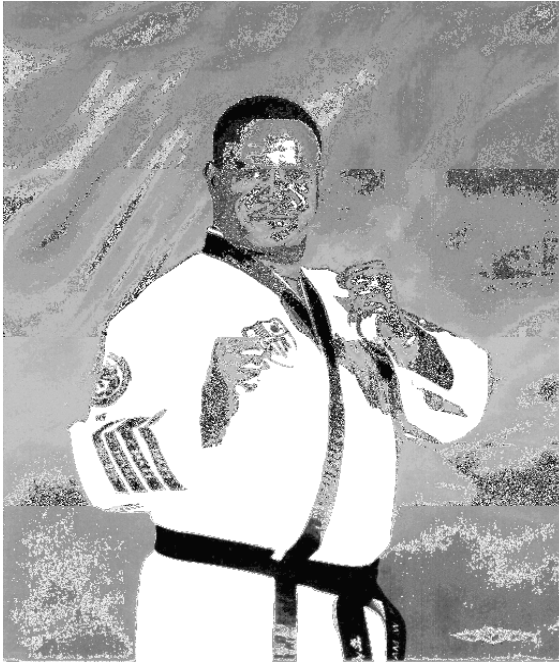
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
Week 1		School Closed				
		Election Day				
9	10	11	12	13	14	15
Time change				Tournament	Preparation class	
Spring Forward						
16	17	18	19	20	21	22
Week 3			Tiny Tigers	Jr./Adult	In school	
			In school			
Otomix Week			Tournament	Tournament		
23	24	25	26	27	28	29
Week 4	Celebrate					Pressure Point
	March Birthdays			Leadership	Weapons Seminar	
	6:00 p.m.			Class 6:00pm		12:00-1:30pm
30						
Week 5						



# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Skills for Success

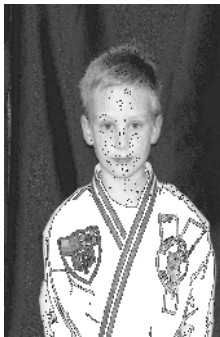
A destination marks the end of a journey, but like the origin, it is only one point. Reaching a place or a goal is important, but just as significant is the journey itself. It's the *growing* that matters! The finish line *and* the hurdles make up the track. It's the gold medal *and* the years of practice and gallons of sweat leading up to it. Success is more than Point A versus Point B - it's the experience of going the distance. Winning means having victory, but finding the strength to win means success. Songahm Taekwondo embodies philosophy as well as martial arts to prepare students physically, mentally and emotionally for their success. Leadership skills help us reach goals in all areas of life. On one level they are basically tactics for affecting change, tools for getting things done. They are also good habits we consciously develop. They are the values we allow to color our perceptions and work as a guide for our actions and reactions toward some end. We first learn and understand them, then we practice until we assume them. The life skills we teach are a powerful force for leadership and success. The physical skills and life skills work together to enhance each other. Regular practice of both increases our leadership abilities exponentially. Though applied in this program specifically to the Taekwondo classroom, the teaching abilities you will develop as an Instructor Trainee are leadership skills you will also find useful in working with people and pursuing goals elsewhere. The following is a list of life skills, teaching skills and physical skills taught in the Instructor Trainee Program. In-depth information about each can be located in the monthly program booklets.

Courtesy Attitude (Spirit) Goals Respect Honor

Perseverance Loyalty Self-Control Integrity

### *Teaching Skills: Connecting with Control*

#### Preston Couch, Junior Leader



Preston is one of the newest members of the Marshall's ATA Leadership Team.

Preston is a bright young boy who takes his position as a leader seriously.

He is transitioning from a Tiny Tiger to a Karate for Kid.

He loves coming in and training hard.

Preston loves assisting Mr. and Mrs. Marshall with the Tiny Tiger Class.

The Marshall's are very Proud of Preston and we are honored to have him on our Leadership Team.

We would like to share Preston's Parent Letter with all of you. Thank You Mr. and Mrs. Couch for sharing your story of Preston's Amazing Transformation

#### An Amazing Transformation

When Preston started attending Marshall's ATA in May of 2005, he was a very shy, timid 4 year old. The first day, he would not join the class on the mat. He wanted to watch while sitting on my lap. Once he did decide to join Mrs. Marshall and the rest of the Tiny Tigers, he did not like to be the center of attention. His "Ki-haps" were inaudible. During testing, Preston would always ensure he was hiding behind Mrs. Marshall so the parents could not see him. One time when his form required him to face the parents, he froze and had that "Deer in the headlights" look. Mrs. Marshall knew she had to block his view from the parents so she slowly moved in front of Preston and got him focused back on his form.

Fast Forward 18 months and Preston is now a Blue Belt and has joined the Junior Leadership Program. When Preston found out he would have to help teach classes he wasn't so sure he wanted to do it; he knew he would have to stand in front of the class and all the students would be staring at him. However, the prospect of having a uniform with his name on the back really motivated him.

Preston assisted with the Tiny Tiger classes a couple times after becoming a Junior Leader, but he would bow in with the rest of the class. By the fourth class he assisted with, Mrs. Marshall and I watched with tears in our eyes as he asked Mr. Marshall if he could stand next to him at the head of the class. We both knew what a HUGE accomplishment this was.

I cannot thank Mr. and Mrs. Marshall enough for their assistance in transforming Preston from a shy little boy to a confident Junior Leader. They never made him feel embarrassed but they always knew just how far to push him. They saw his potential and waited and worked with him to bring it out. I have watched them with many Tiny Tigers and the kids just love them.

Sincerely,

Sylvia Couch