

# MARSHALL'S ATA BLACK BELT TIMES

**MARSHALL'S ATA BLACK BELT ACADEMY**  
4145 E. I 35 SOUTH # 108  
DENTON, TX. 76210  
(940) 271-4217

Stars & Stripes  
Tournament  
School Spring/  
Easter Testing  
Summer Programs

March Birthdays  
Master Rose Tourna-  
ment in April  
School Photo Shoot

## Marshall's ATA Hosts Spring Testing

### Marshall's ATA Hosts Spring Testing

The next school testing is rapidly approaching and will be held on Friday April 2nd at 6:00pm for the Tiny Tigers & Saturday April 3rd at 10:00am for the Adults & Juniors. Testing sign-up begins Mon Mar 8th & the final day for sign-up is 3/22.

### Black Belt Recommended Midterm

Marshall's ATA is privileged to have Miss Sophia Richardson midterm on her Black Belt recommended at the Spring Testing. She will be testing for her Black Belt decided at the June (School's Out!) testing.

### Henderson's Stars & Stripes 2010 Tournament

The following students participated in the Stars & Stripes tournament held by Mr. Kevin Henderson at the Humble Civic Center in suburban Houston:

Mr. Christian Williams

Mr. Kevin Engel

Mrs. Estrella Richardson

Mrs. Cindy Engel

Miss Erin Engel

Miss Sophia Richardson

Mr. Brandon Engel

Miss Llyleila Richardson

Miss Carleigh Engel

### Marshall's ATA Summer Programs

Now is the time to start planning for the school's Summer Programs. We are planning Intensive **Summer Camps** for June, July & Aug. We are planning a **Summer Weapons Camp** emphasizing single & Dbl weapons and the Sword (Broad Sword & Katana). The **Summer Rank Camp** will be an opportunity for those with the initiative to challenge themselves to learn a new Belt Rank and test on the material in one weeks time. We are also planning a **Summer Fitness Camp** emphasizing cardio, flexibility, MMA, XMA & strength. We are also planning a **Summer Sparring Camp**. The Camps will be held from 9:00am to 12:00pm on Mon - Fri. Bag gloves & T-shirts included.

### Texas IMPACT Tournament

Master Roses's Texas Impact Class "A" Martial Arts Championship will be hosted at the Forney Sports Center in Forney, Texas on April 16 - 17, 2010. Tournament Site

Forney Sports Center

12950 FM 1641

Forney, TX. 75126

Host Hotel

Best Western Christopher Inn & Suites

752 Pinson Road,

Forney, Texas 75126-9628

972-552-1412

Mention "ATA" by March 16 for discounted rate, (\$74.00)

All competitor will be there by 7:00am. Opening ceremonies are at 9:15am and Tiny Tiger competition begins at 9:00am. Parents please do not be late.

### Special points of interest:

- Master Kevin Rose's Texas Impact
- Spring/Easter School Testing
- Spring Nat'l's Las Vegas, NV
- March Birthdays
- Summer Programs
- Leadership Classes
- Unicorn Lake Demo
- Deadline to Sign up for Spring Testing

### Tournaments:

<b>Spring National Las Vegas, NV</b>	3/24 thru 3/27
<b>Master Kevin Rose Forney, Texas</b>	4/16 Thru 4/17

## Marshall's ATA School Photo Shoot April 17th, 2010

The Marshall's ATA Annual school photo shoot by Boster Studios has been scheduled for Saturday April 17th at 9:00am. The school's photo session date was scheduled last year at the completion of the 2009 school photo shoot. Unfortu-

nately there is a scheduling conflict currently with the Texas Impact tournament being held on the same date in Forney, Texas. I have contacted the photographers to set up an alternative date. This will be a

very special event and I want as many of our students as possible to have the opportunity to participate. I am awaiting a response from the studio for an alternative date and I am hopeful that they can accommodate our request for the date change.

**"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."**

- **Bruce Lee**

# Marshall's ATA Preview of Saturdays In April

Page 2

Saturday's in the upcoming month of April will be chock full of activities at Marshall's ATA and will unfortunately result in Saturday classes being pre-empted by other events.

Saturday April 3rd - School Spring/Easter Testing.

Saturday April 10th - Unicorn Lake Fun Run/School Demo.

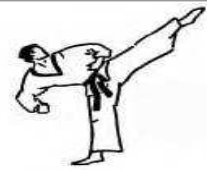
Saturday April 17th - Texas Impact Tournament in Forney.

Saturday April 24th - The Marshalls midterm toward their 5th degree at the Carrollton ATA School Testing.

A Review of Marshall's ATA School Etiquette

Respect is the attribute that is the cornerstone of the ATA. It is woven into the very fabric of our Doboks. Due to the individualistic nature of the western mind, showing respect to others is not taught in the same way here as it is in many Asian cultures. Many new students have stated "I didn't grow up saying Yes Ma'am / Yes Sir, not even to my parents and teachers." In the ATA we show respect to our Juniors and Seniors because it is a part of the protocol or way of behaving in our organization. We show respect by asking permission when we

must use the restroom during class and asking permission if we desire to work on a form or technique of any rank higher than our own. We ask permission if we want to instruct, correct or assist another student in Taekwondo training. We show respect to our instructors by asking permission if we plan to attend any non Songahm Taekwondo school or club tournament. We ask permission if we want to attempt to break boards practice with martial arts weapons and/or desire to learn martial arts forms or techniques outside of Songahm Taekwondo. We show respect for our school, instructors and ourselves by not chewing



## Deadline for Testing Sign-up

Sign-up for the Spring/Easter Testing starts on Mon Mar 8th and the cut off to pay for your Testing is Mon Mar 22nd. We need ample time to prepare for our School Testing. Students must be on a program in order to be eligible to test. Please see Mr. or Mrs. Marshall if you have any questions.

**Congratulations** to Mr. Chuck Colburn, Mrs. Alicia Creamer, Megan Creamer, Karen Creamer and Ms. Mareikura Winiata. These students have successfully tested for their Orange belts and what a great job they did on their testing material! They are working diligently on their Orange belt material as the upcoming Spring Testing is fast approaching.



## 2010 - The Year of Impossible Possibilities

I want to thank Mr. Kevin Engel for ably handling the duties and accepting our request to cover the late classes for us so that we could attend our son's Senior Day recognition program and basketball game on Tue Feb 16th (they won big!). Mr. Engel also covered the late classes for us again on Thur Feb 18th, so that we could attend our son's Mr. Mustang fund raiser Talent Show contest (he won Mr. Mustang 2010) with an ATA martial arts Bo Staff Weapons demonstration.

**Thursday March 11th & 25th 2010, Leadership Class**

**March 14th thru 20th, Marshall's ATA T-Shirt Week**

**March 17th, St. Patrick's Buddy Day! Wear Your Favorite Green T-Shirt**

**March 29th thru April 1st - Otomix Week Prep for Spring Testing**

## New Marshall's ATA Board Break Policy

Marshall's ATA will conduct an official **Board Break Testing** on Thursday April 1st. We are making an official policy change to the way we currently conduct the board break portion of our school testings. All brown belts and above will be required to break boards at the official board break test which will be held the Thursday prior to the school testing. This will be the official board break portion of your testing and all the board break protocols will apply. The student will select the appropriate board break options and choose his/her boards. They will be allowed *Three Official Attempts* to break their boards. If the student is successful, he/she will be awarded their 3rd stripe indicating that they are authorized to take part in the school testing. If the student is not successful on their 3rd attempt they will not be awarded their third stripe.

# Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



## Nine Elements to Keep In Mind As You Train

- **Positive Mental Attitude** - You have to first believe that you can do it
- **Memorization** - mentally know what you are doing before you try to accomplish it
- **Eye Contact** - Always look in the direction of your technique
- **Proper Execution** - make sure that the technique is technically correct before attempting to increase its speed or power

- **Balance** - develop your literal balance as well as your ability to execute techniques on the left and right sides equally
- **Speed** - become so quick they will never see you coming
- **Power** - make every technique an effective one
- **Rhythm** - make sure everything flows together as one unit
- **Automatic Reflexes** - develop your instinct for self defense

By working on these qualities of technique, you become a better martial artist and worthy of your next level of black belt.

## Vision

It's easy to see, hard to foresee. - Benjamin Franklin

Vision is the art of seeing what is invisible to others. - Jonathan Swift

You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'. - the Serpent in George Bernard Shaw's play Back to Methuselah

## Private Lessons

We offer private lessons by appointment. These sessions enable students to receive intensive one-on-one instruction. They are a great way to prepare for an upcoming graduation or tournament, or simply to improve your skills. You can select an area of focus – forms, one-steps, sparring, weapons, kicks, blocks, self-defense, etc. – or we can choose for you. The cost is \$25 per half hour of instruction. You may schedule a private lesson by calling Mr. or Mrs. Marshall at 940-271-4217.