

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Anti-Bullying
Seminar

ATA Songahm
Spring Nat'l's, Las
Vegas, NV

March Birthdays

Marshall's ATA Level I
Judging Seminar

Marshall's ATA Lead-
ership Classes

ATA Regional Tourna-
ment in Humble TX

ATA Regional Tourna-
ment in North Richland
Hills, TX

Summer Camps 2011

Anti-Bullying Seminar at Marshall's ATA

Olweus Anti Bullying Seminar

Dr. Wendy Middlemiss, PhD in Educational Psychology will conduct an Olweus Anti Bullying seminar on Saturday Mar 12th, 2011 from 1:00pm to 3:00pm at Marshall's ATA in Denton. The cost will be \$25.00 per individual and \$35.00 for families. This will be the 2nd seminar Dr. Middlemiss has conducted at the school. In this seminar, she will discuss verbal self defense (words & tone of voice), establishing and assuming the correct posture and physical carriage in order to lessen the likelihood of being selected as a bullying target. She will also discuss ways of dealing with a bully or bullying situation once the bullying becomes physical or violent. If you want to learn more, please sign up for the seminar at the signup sheet on the front desk.

Marshall's ATA Level I Judging Clinic Marshall's ATA will be conducting a Level I judging Clinic in March. At the conclusion of the Clinic, the Leadership

Team member and/or Black Belt will know the rules and functions of a Corner Judge in a Color Belt ring at an ATA sanctioned tournament competition. The seminar will be conducted on March 19th, from 2:00 - 4:00pm. The cost of the Clinic is free. Those Black Belts wishing to obtain their Level I Judging Certification must be at least 14 years of age, they will complete the practical judging assignments and score at least an 80% on the written exam at the completion of the clinic. The cost of the Level I Judging Certification Chevron is \$8.00 cash or check.

Marshall's ATA March Leadership Classes

The Marshall's ATA Leadership theme for March is 'Loyalty' and the focus this month will be on Class Structure. Leadership Team please have these sections completed in your manuals and be ready to answer questions on our theme for the month such as 'How does Loyalty help us reach our goals? 'Why does self-sacrifice or 'paying a price'

for Loyalty give it meaning or value. Be ready to give two examples of how students can show Loyalty to their Family, Friends and to the martial arts.

ATA Songahm Spring Nationals in Las Vegas, NV

The Songham Taekwondo Spring Nationals tournament is being conducted at the Las Vegas Convention Center in Las Vegas, NV 3150 Paradise Road, Las Vegas, NV 89109 from March 2 thru the 5th, 2011. To see the schedule of events please go to ATA online.

Marshall's Competition Team in Humble, TX

There are five students from Marshall's ATA competing in the Stars and Stripes tournament hosted by Master Kevin Henderson in Humble, TX.

-Mr. Christian Williams

-Mr. Michael Kaiser

-Dr. Charles Kurtz

-Mr. Ethan Grubke

-Miss Kylie Hughes

Special points of interest:

- Marshall's ATA Anti-Bullying Seminar
- Marshall's ATA Level I Judging Seminar
- March Birthdays
- Leadership Class Sat Mar 19th & 26th 9:00 - 9:30am
- ATA Spring Nat'l's AA Tournament Las Vegas, NV Mar 2nd thru 5th, 2011
- Marshall's ATA Summer Camps coming up in June.
- Marshall's ATA School Photo Shoot on April 21st.
- North Richland Hill, TX Class B Tournament April

Tournaments:

**Spring Nat'l's
Las Vegas, NV
Class 'AA'**

Mar
2nd -
5th

**North Rich-
land Hills, TX
Mr. Don May**

April
15 &
16th

Acceptance

"Once we accept our limits,
we go beyond them." *Brendan Francis*

You have to accept whatever comes and the only thing important is that you meet it with courage and the best that you have to give."
Eleanor Roosevelt

Marshall's ATA Summer 2011 Camps in June

Marshall's ATA will be conducting our 3rd Annual Summer Camp here at the school. We will have our Fitness/Sparring Camp from June 6th thru the 10th. Weapons Camp from June 13th thru the 17th. Our Rank Acceleration/Advancement Camp

from June 27th thru July 1st and our Leadership Camp from July 11th thru the 15th. The Camps will be in session daily from 9:00am to 1:00pm. During the Fitness/Sparring Camp, we will run and bike around the lake, we will bowl

and play laser tag and have a workout in the park. We will also work on cardio, strength training, flexibility and discuss the importance of diet and nutrition and obtaining adequate amounts of sleep. We will have signup sheets at the front desk. Discounts for those signing up by May 2nd.

What Does 100 Calories Look Like?

A five-year old learned to count to 100 recently. One of the ways he learned what 100 looked like was to put 100 Legos on a board. When he finished he exclaimed, "That's 100? Wow!"

So I thought it would be fun to see what you would say if I showed you what 100 calories looks like for different foods. Here goes:

¼ of a large bagel
2 slices American cheese
1 ounce pretzels
¼ cup premium ice cream
¾ can of regular soda
2/3 of single serving bag of potato chips
2/5 of small bag of regular M&Ms
1/32 of an apple pie (or ¼ of a regular slice)

4 ounce glass of wine
1.4 ounces of hard liquor
¾ bottle of beer
2 regular Oreo cookies
2 cups strawberries
4 cups cherry tomatoes
2 cups chopped peppers
2 cups diced watermelon
7 cups celery
1 medium apple
4 cups cauliflower
3 cups air-popped popcorn

So, did you exclaim, "That's 100 calories?!?" You were probably surprised how little 100 calories is of each of the top list foods and how much 100 calories is for the foods in the bottom list. The top list is of foods that are high in fat, sugar and/or alcohol – and rela-

tively few nutrients. The bottom list shows foods that are high in fiber, water, and nutrients. Why does 100 calories matter? Eating just 100 calories more than you burn each day can add up to more than 10 pounds of extra weight in one year. These lists show that you need to be especially careful to keep your portions in check when eating most snack foods. (Beware about the downside of the 100-calorie snack packs.) But you can eat lots of the good stuff – vegetables and many fruits – for just 100 calories. Which list will you be eating from more often?

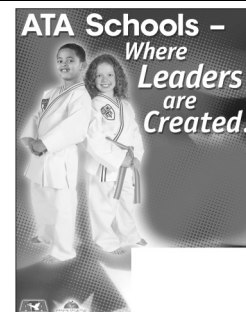
"It is the mark of an educated mind to be able to entertain a thought without accepting it."

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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 Mrs. Dawn M. Kaiser on her promotion to 1st Degree Dec Black Belt

Congratulations to Owen White, Casey Ehler, Kylie Hughes & Halee Rollins on being accepted to the Leadership Team

Congratulations to Rachel Newland, Gilbert Leal, Reid Wilshire, Desire Rose Gonzales and Vanessa Bristow on accepting the challenge of the Master Club.

2011 - The Year of Miracles, Signs & Wonders

ATA Songahm Spring Nationals at the Las Vegas Convention Center Las Vegas, NV March 2nd thru 5th

Marshall's ATA Anti-Bullying Seminar March 12th from 1:00 - 3:00pm

Marshall's ATA Level I Judging Clinic March 19th from 2:00 - 4:00pm

Marshall's ATA March Leadership Classes March 19th & 26th Theme is Loyalty & Class Structure

Marshall's ATA 2011 School Photo Coming up on April 21st

Marshall's ATA 2011 Summer Camps Coming up in June. Don't miss out, sign up today

Results from the Humble, TX Tournament

- Christian Williams - 1st place Forms, 1st Weapons, 1st Sparring, 1st Creative Weapons
- Dr. Charles Kurtz - 3rd place Forms & 3rd place sparring
- Ethan Grubke - 2nd place XMA Creative Weapons, 2nd place sparring
- Kyli Hughes - 1st place Forms. 9.9, 9.9, 9.8 Wow!

Wendy Middlemiss to Conduct Anti-Bullying Seminar

Marshall's ATA will be conducting a **Anti Bullying** seminar on Saturday Mar 12th. Bullying is a form of abuse that consists of three basic types, emotional, verbal and physical. Dr. Wendy Middlemiss, PhD will conduct the seminar and discuss the effects of bullying on those who are targeted and ways to deal with bullying if a child or adult becomes the target or victim of bullying behavior and the bullying becomes physical or violent. Bullying and coercive behavior has received much attention in the media lately. Sign up for the seminar and become more capable of recognizing and addressing bullying behavior.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt Candidate

Mr. Ethan Grubke



I go to class regularly, even if I am tired or not feeling up to it. Once I get there I always have a good time. I really love to learn new skills. The butterfly kick was a skill that seemed hard at first, but after I kept practicing I was able to do it on both sides. I promise to keep trying my best when I become a black belt.



Mr. Marshall - *What qualifies you to attain this goal of becoming a Black Belt?*

Ethan Grubke - I feel that I am qualified to be a black belt because I have practiced in the spirit of Taekwondo to the best of my ability. I believe that black belts should behave as leaders. I behave as a leader by helping other students earn stripes or a high five during their class. Black belts should also be good students. During class, I listen to my instructors and always do what they ask me to do. I am also a good student in my second grade class at Hawk Elementary School. I work hard to get good grades and to practice good behavior. You also must have perseverance to become a black belt.

Mr. Marshall - *Why do you want to become a Black Belt?*

Ethan Grubke - I want to become a black belt because I have fun learning new things. On my way to becoming a black belt, I have learned new skills, forms, and knowledge about the ATA. I look up to the other students who have earned their black belts. When I went to the Black Belt Nationals, I watched as they did their forms and moves very sharp. That made me come back to class and try harder, and to do my forms better. I want to become a black belt and have others look up to me as a leader. Hopefully one day I will also compete in the Black Belt National Tournament.