

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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Marshall's ATA  
Early Bird Dead-  
line for Summer  
Camps

Marshall's ATA  
will conduct our  
Annual Summer  
Camps June thru  
August 2013

Marshall's ATA Lead-  
ership Class

March Birthdays

Marshall's ATA In-  
School Tournament

Spring Nationals  
Las Vegas, NV

Daylight Savings Time  
March 10th, 2013

Marshall's ATA Annual  
School Photo Shoot

## Marshall's ATA In-School Tournament

### Marshall's ATA In-School Tournament

Marshall's ATA will conduct our Second In-School tournament of this tournament year on Saturday March 23rd. We will have traditional Forms, Sparring & Weapons competition. We will also have Creative forms & Weapons competition as well as Combat Bahng Mahng Ee Sparring & XMA. We will have the signup sheet out shortly and the cost is just \$35.00 per competitor for all events. Come and join in.

### Marshall's ATA Black Belt Midterm

Marshall's ATA conducted our Official Black Belt Midterm on Saturday Feb 23rd, 2013 at 12:45pm. We are thankful to all the Black Belts who participated and are striving to increase their skill and improve their knowledge as Black Belts of Songahm Taekwondo.

### Master Kevin Henderson of the Humble, TX School

Master Kevin Henderson of the Humble, TX school will

conduct a Class 'A' Regional tournament on Friday & Saturday March 1st & 2nd. Mrs. KayLynn Safar & Mrs. Sandra Arcuri will be travelling to Humble this weekend to represent Marshall's ATA.

### March Leadership Class

March's Theme will be Loyalty and Class Structure. We will discuss the purpose of the stars on the floor and why and/or when to line up by height. What to look for during uniform inspections When students recite the correct oath, what benefits are they getting? Why is Loyalty necessary for trusting others and being trusted? Mar 9, 2013.

### Songahm Spring Nationals Las Vegas, NV

The Songahm Spring Nat'l's will be held at the Las Vegas Convention Center in Las Vegas, NV. From March 13th thru the 16th. Mrs. Sandra Arcuri will be travelling to Las Vegas and representing Marshall's ATA.

### Marshall's ATA Post-Test

Marshall's ATA conducted a Post Testing for students who

were unable to participate in the Testing for the 'Accomplishment' Cycle due to previous commitments. This was also the final opportunity for color belts who's training was interrupted due to illness or other condition who did not feel quite confident enough to be included in the formal school Testing. The new White Belt students who have signed up onto a program were given the opportunity to Test on March 18th during our Presidents' Day class.

### Marshall's ATA 2013 School Photo Shoot

Boster Studios will be here on Thur & Fri April 18th & 19th for our School Photo shoot. I will have the session sign up package shortly and will have sign up sheets at the front desk. Please be sure to sign up early as all the choicest time slots will be taken up quickly. There is no obligation to purchase a photo package. Students must be on a program to participate in the photo shoot.

### Special points of interest:

- March Birthdays
- First Deadline to Signup for Summer Camps 2013 at Marshall's ATA. March 1st
- March Leadership Class on Saturday March 9th
- Daylight Savings Time Begins Sunday March 10th. Spring Forward 1 Hour
- Songahm Spring Nationals in Las Vegas, NV. Mar 13 - 16th
- Marshall's ATA Second In-School Tournament on Saturday, March 23rd
- Marshall's ATA School Photo Shoot Coming April 18th & 19th 2013.

### Tournaments:

<b>Humble, TX Master Kevin Henderson (A)</b>	March 1st & 2nd, 2013
<b>Songahm 2013 Spring Nat'l's Las Vegas, NV</b>	March 13th thru 16th

### Vision

"An artist is not paid for his labor but for his vision" - James Whistler."

"A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown. - Denis Waitley

## Parental Interactions with Students During Class

This is a reminder to the parents & grandparents of students of Marshall's ATA. Please help us to maintain a positive learning environment by keeping conversations quiet during class. We of course don't mind positive

affirmations and support of the students efforts in class. Please do not interfere with the instructors' teaching the class by distracting, attempting to correct, converse with or call out to any student while they are in

class. Students are expected to be able to listen, pay attention to and follow the instructions of their instructor conducting class. If a parent is attempting to communicate with their child during class, this causes confusion & subverts class structure.

# Marshall's ATA Summer Camps in June - Aug

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Marshall's ATA will be conducting our Summer Camps in June, July & Aug 2013. Our Fitness/Sparring Camp will be conducted from June 17th thru 21st from 8:00a - 3:00p. The Weapons Camp begins after World Championships from July 22nd thru 26th. The Rank Advancement Camp will be held in Aug from the 19th thru 23rd. You can reserve your place in the Camps at an early bird special price of \$175.00 from now until March 1st. From March 2nd thru May 1st, the cost will be \$200.00 and from May 2nd until the start of the Sparring/Fitness Camp on June 17th, the cost will be \$250.00. Two Camps can be purchased for \$300.00 ending May 1st. There's no discount for the Rank Adv Camp Aug 19th - 23rd. The price is \$250.00 & it includes the fee for the testing on Friday. The signup sheets are now at the front desk.

## In-School Tournament

Marshall's ATA will be conducting our second In-School tournament of the 2012/13 tournament year on Saturday March 23rd (St. Patrick's Week). There will be competition in Traditional Forms, Weapons & Sparring. We will also have a division for Creative & XMA Forms, Weapons and Combat Bahng Mahng Ee sparring. We will have the Tiny Tigers competition first and then we will have the Juniors/Adults competition. The cost is only \$35.00 to participate in all categories. This event will be an opportunity for our Leadership & CIT students who have been competing and earning points toward a District or World Champ title in preparation for World Championships in Little Rock in July.

## Marshall's ATA Demo Team

The Marshall's ATA Demo Team (D3MO) is training on Fridays at Achiever's Gymnastics for the next 8 weeks from 5:30 - 6:30pm. They are working on enhancing their strength, agility and building the skill sets that will further enhance their capabilities as a talented and up and coming martial arts Demo Team. I am very excited for what the future portends for the Demo Team as a result of their experience at Achiever's Gymnastics.

## Health and Safety Policy

Spring is just around the corner, and I feel it is especially necessary to reiterate the school Safety policy concerning footwear or the lack thereof. Please do not enter or leave Marshall's ATA without wearing shoes. Shoes must cover the entire foot, so flip flops are not adequate.



## 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

**Congratulations** to Mr. Caden Wallace, Miss Sydney Holsomback, Mr. Ajay Lumani, & Mr. James Bobo on their successful testing for their 1st Degree Decided Black Belt at the Valentine's Testing.

**Congratulations** to Miss Erica Gervacio, Mr. David Bustos & Miss Madilyn Gunn on their successful midterm on their 1st Degree Recommended Black Belt. **Congratulations** to Mr. Steven Sutton, Mrs. Donna Sutton & Mr. Jacob Sutton. Mr. Nabil, Mr. Vahid & Miss Tajalli Baugher, Mr. Chance Coyle & Mr. Dayton Knowles on achieving their 1st Degree Black Belt Recommended Belt.



## 2013 - Think, Pray, Work, Sweat & Play... Everyday

**Marshall's ATA March Leadership Class on March 9th, 2013**

**Daylights Savings Time Begins Sun March 10th, 2013**

**Spring Nationals Las Vegas, NV March 13th thru 16th, 2013**

**Marshall's ATA will Conduct our Second In-School Tournament on Sat March 23rd, 2013**

**Marshall's ATA will conduct our Annual School Photo Shoot on Thu/Fri April 18th & 19th, 2013**

**Marshall's ATA will Conduct our Summer Camps from June thru Aug, 2013**

## A Letter from a Student of Marshall's ATA

I was recently handed an unusual letter in my office from one of my Yellow belt students. After reading it, I thought it was such a revelation; a snap shot if you will of the Stream of consciousness thoughts into the mind of a young student as she progresses through her training with us here at Marshall's ATA. I usually ask for an essay from the students when they are on the verge of completing their color belt training and testing for Black Belt but this was a rare and unsolicited glimpse from an intelligent,

articulate and enthusiastic student who is just starting out: There are no sentences, punctuations or paragraphs; just words written randomly all over a single sheet of paper.

*Speed. Courtesy. Complete. Punch. Sir. Jump front kick. Instructor. Mrs. Marshall. Self-Control. Actions. Loyalty. Mrs. Lamb. Round kick. Loyalty. Back fist. Mrs. Sandy. God. Honesty. Perseverance. Faith. Kick. Side kick. Respect. Front kick. Honor. Spirit. Vision. Knowledge. Mr. Marshall. Energy. Kindness. Integrity. Love. ATA. :-)*

- Thank you

**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 / \$175.00 Early

**Mr. Robert W. Marshall, Sr.**

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



# ATA SUMMER WEAPONS CAMP

**Master Your Favorite Weapon**  
Hands-On Training • Learn New Techniques

**Sign-up Before It's Too Late!**



**DATE**

July 22 - 26, 2013

**TIME**

8:00am - 12:00pm

**COST**

\$250.00 / \$175.00 early



**Mr. Robert W. Marshall, Sr.**

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



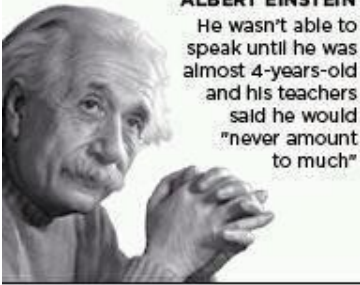
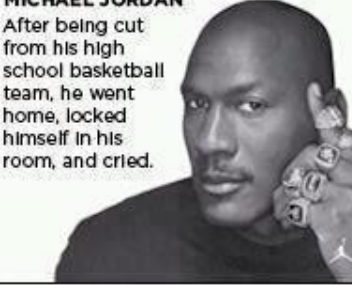

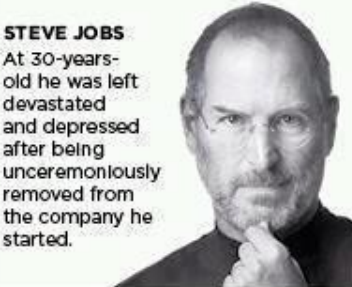


# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Fitness Trainer, Cooper Institute



### FAMOUS FAILURES

 <p><b>ALBERT EINSTEIN</b> He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p>	 <p><b>MICHAEL JORDAN</b> After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p>
 <p><b>WALT DISNEY</b> Fired from a newspaper for "lacking imagination" and "having no original ideas."</p>	 <p><b>STEVE JOBS</b> At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p>
 <p><b>OPRAH WINFREY</b> Was demoted from her job as a news anchor because she "wasn't fit for television."</p>	 <p><b>THE BEATLES</b> Rejected by Decca Recording Studios, who said "We don't like their sound—they have no future in show business."</p>

**IF YOU'VE NEVER FAILED,  
YOU'VE NEVER TRIED ANYTHING NEW**

### Vision

Just because a man lacks the use of his eyes doesn't mean he lacks vision. - *Stevie Wonder*

The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn, the bird waits in the egg, and the highest vision of the soul a walking angel stirs. Dreams are the seedlings of realities. - *James Allen*

### A Funny Thing Happened at Harvard

This is an email letter I received from Deann Smith. She is the mom of one of my soon to be returning students Breann Smith. - *Mr. Marshall*

Recently my daughter Breann went to Harvard University in Boston, Massachusetts to attend the Harvard University Debate Tournament this past weekend. I was a little hesitant about her going away so far without me but I knew she was going to be well chaperoned and this was an experience I did not want her to miss. Upon her arrival home, she said "Mom and Dad, I have got to tell you what happened at Harvard" and started laughing hysterically. This is the story she told us.

"Okay, I was coming back from the grocery store which is right across the street from the hotel. I had a bag of water and some cokes in one hand and a water bottle with Crystal Light in the other. I went to the hotel and got on the elevator. You have to put your card in the elevator to go up, so I put my card in when some guy wearing black camo pants, a tank shirt with an X on it (she said he had big muscles), with a bandana over his face that showed teeth painted on it and sunglasses came into my elevator, grab my bag of sodas and water and my drink, pushed all the buttons on the elevator and tried to leave with my stuff. (this is the part where she start laughing hysterically). Mom and Dad, I just round house kicked him in the leg and he fell down groaning and all of my crystal light water drink spilled all over him. He crawled out of the elevator and the elevator doors kept opening and closing on him. Everyone in the lobby was laughing hysterically at him and taking videos and pictures as the janitor handed him a mop. I stayed in the elevator, took my bags, and went up to my room."

Of course this was all a college prank gone bad but I have never been more proud of my daughter. It is because of the training she received at Marshall's ATA she was able to defend herself. She may not understand what she just did, but we do and am eternally grateful to you and your instructors. Breann is now more than ever excited to get back to training this summer!

Forgot the part where Breann is only 14 years old years old and a freshman at Liberty Christian School. With much appreciation,

Wayne & Deann Smith