

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Black Belt Mid-
term

Marshall's ATA
Closed for Memo-
rial Day Weekend
May Birthdays

Marshall's ATA Lead-
ership Classes
Dr. Middlemiss &
Mr. Kaiser attend
Regional Instructor
Certification Camp

Marshall's ATA
Summer Uniforms
Begin June 1st
Summer Camps Begin
in June

Marshall's Black Belt Midterm Date Moved to May 20th

Marshall's ATA Black Belt Midterm Date Moved

The Marshall's ATA Black Belt Midterm date has been moved to Fri May 20th, 2011. Our original date of May 7th will not be possible because Mrs. Marshall and I have personal business to attend. Ms. Stephani Marshall, Dr. Middlemiss and Mr. Michael Kaiser will be managing classes in our absence. On the following weekend of May 13th & 14th, Dr. Middlemiss and Mr. Kaiser will be attending the ATA Regional Certification Camp. We will host the Black Belt midterm on our next opportunity on Friday May 20th at 5:00pm. Thank you and I hope this change does not pose too great of an inconvenience to our Black Belt students and families.

Marshall's ATA Closed for Memorial Day Holiday
Marshall's ATA will be closed for the Memorial Day weekend from Sat May 28th and will reopen on Tues May 31st. Enjoy the holiday.

Marshall's ATA Summer Camps

The deadline for early registration for the discounted price of the Marshall's ATA Summer Camps has expired as of May 2. You may still sign up for any of the Camps at the full price of \$200.00. The Sparring/Fitness Camp begins on Mon June 6th to 10th All Camps are from 9:00 am - 1:00pm daily. The Weapons Camp begins the following week June 13th to 17th & the Rank Advancement Camp/testing begins immediately following World Championships from June 27th to July 1st.

Marshall's ATA May Leadership Classes

The Marshall's ATA Leadership classes will be hosted on May 14th & 21st from 9:00 to 9:30am. The theme for May is 'Respect' and 'Class Management Skills'. 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 do you set the mood and tone of class? 'Name 4 ways to show respect to your family' Be

ready to give two examples when asked for input.

Dr. Wendy Middlemiss & Mr. Michael Kaiser

will be attending the Region 112 Instructor Certification Camp in Grape-land, TX on May 13th & 14th. This is the final phase of their certification process and if all goes well, they will emerge as Certified Martial Arts Instructors of the ATA, STF & WTTU. Many have started the journey at Marshall's ATA and Dr. Middlemiss and Mr. Kaiser are the only two to complete the journey from students to certified instructors. Let's wish them well

Marshall's ATA Summer Uniforms Begin

Marshall's ATA Summer uniforms begin on Wednesday June 1st. The summer uniform is an authorized Marshall's ATA or tournament T-shirt and the regular uniform bottoms. The traditional white dobok will still be worn at school belt testings and ATA sanctioned events.

Special points of interest:

- Marshall's ATA Black Belt Midterm Date Change
- May Birthdays
- Leadership Class Sat May 14th & 21st @ 9:00 - 9:30am
- Marshall's ATA Summer Camps sign up Now.
- Marshall's ATA Closed for Memorial Day Wknd
- 2011 Songahm World Championships

Tournaments:

2011 Songahm
World Cham-
pionships

June
20th-
26th

Texas Twister-
Allen, TX
Smstr Sustaire

Aug
5 & 6

2011 Songahm World Championships June 20 - 26

The 2011 Songahm World Championships will again be hosted this year in Littlerock, Ar. at the Statehouse Convention Center. This World Championships will be an historic event because we will bear witness to the inauguration of

the new Grand Master of the American Taekwondo Association. Grand Master Soon Ho Lee will confer the title of Grand Master upon the new Grand Master, In Ho Lee. This will be the first time a living Grand Master

will bestow the title upon his successor. Grand Master In Ho Lee will be only the 3rd Grand Master of the American Taekwondo Association. This exciting Inaugural Ceremony will occur at the Verizon Arena in Littlerock, Ar. On June 25, 2011.

Breakthrough

"The most exciting breakthroughs of the 21st century will not occur because of technology but because of an expanding concept of what it means to be human." - John Naisbitt

Positive Thinking & Self-Talk

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Do you have a familiar voice talking to you inside your head? Most people do. Is this voice positive or negative? Is it more likely to say, "I'm ugly" or "Lookin' good!?" You may not realize how much your self-talk (that's what talking to yourself this way is called) influences how you feel and act. Thinking positive thoughts is a way to feel better and stronger inside. But maybe you're used to hearing a negative voice inside your head. Does your self-talk sound something like this? I can't

- I never do anything right
- What if I mess up?
- I'm not good enough
- No one likes me
- I won't get it right.
- Why bother?
- I hate how I look.

Negative think and negative self-talk can lower your self-esteem.

When your head is filled with negatives, you're less likely to take risks or achieve results you can be proud of. (Because why try anything if you've already predicted you'll fail?) Then, when you do fail, you'll probably tell yourself, "See, I knew I couldn't do it." This is known as a self-fulfilling prophecy. You have the power to turn any situation around by thinking about it positively. Why not give positive thinking and self-talk a try? Next time you're facing a situation like to ones I'll describe here, make an effort to listen to the voice in your head. If you replace negative words with positive ones, you'll notice a difference in how you feel. And with practice, you'll get better at seeing yourself—and your life—in a brighter light. That's known as the power of positive thinking. Before a test

Instead of: "I know I'll fail." Tell yourself: "I'll study hard and to my best."

During class:

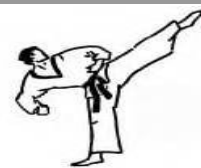
Instead of: "If I say the wrong

thing they'll think I'm dumb. Tell yourself: "I'll give it my best shot. If I get the answer wrong, I'll find out why."

If you make a mistake Instead of: "I can't do anything right."

Tell yourself: "Mistakes are a chance to learn." When you meet new people Instead of: "They won't like me." Tell yourself: "I can help them get to know me better." When a friend or family member encourages you to try something new Instead of: "I'm going to look bad if I can't do it right." Tell yourself: "It will be fun to learn a new skill. If someone compliments you Instead of: "This person must be crazy to say that." Tell yourself: "How nice of that person to notice."

From now on, every time you hear that negative "inner critic" saying something that sounds like it came from your worst enemy, substitute different words—ones that might come from your most ardent admirer or closest friend. That's positive self-talk in action.



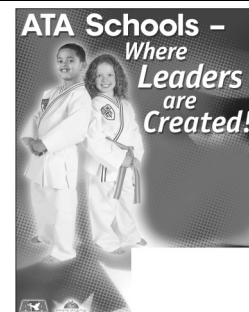
Protocol for Testing

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. Ethan Grubke & Mr. Daniel Febres as they have tested successfully for their 1st Degree Decided Black Belt.

Congratulations to Dr. Wendy Middlemiss and Mr. Michael Kaiser as they complete the final phase of their certification process to become ATA, STF & WTTU Certified Instructors of Songahm Taekwondo. They will then be referred to as Sabumnim.

Congratulations to Mrs. Kay Lynn Safar. She is now a member of the Certified Instructor Training Pgm



2011 - The Year of Miracles, Signs & Wonders

Marshall's ATA Black Belt Midterm Fri May 20th, 2011

Marshall's ATA 2011 Leadership Classes Sat May 14th & May 21st Theme is 'Respect' & 'Class Mgmt'

Marshall's ATA 2011 Sparring/Fitness Summer Camp June 6th thru 13th 9:00 am - 1:00pm

Summer Uniforms begin Wed June 1st. Authorized Marshall's or Tournament T-shirt and Uniform bottoms

Region 112 ATA Instructor Certification Camp May 13th & 14th at Grapeland, TX

ATA Songahm Taekwondo World Championships in Littlerock, Ar. June 20 - 26th

Merrell Down & Dirty Mud Run

Mr. Michael Kaiser, Mr. Vic Burke & Mrs. Sabrina Burke will run in the Merrell Down & Dirty Mudrun 10k on June 5th at Cedar Hill Park State Park in Cedar Hill, TX. This is a 5k & 10k off-road course filled with: Military style obstacles, Commanding cargo climbs, Wild water crossings, Mud, mud & More mud! Post-race Food, Music & an awesome Tech Tee. They will race alongside local military personnel, Public Safety Officers & Police Academy trainees. For details go to www.downanddirtyudrun.com

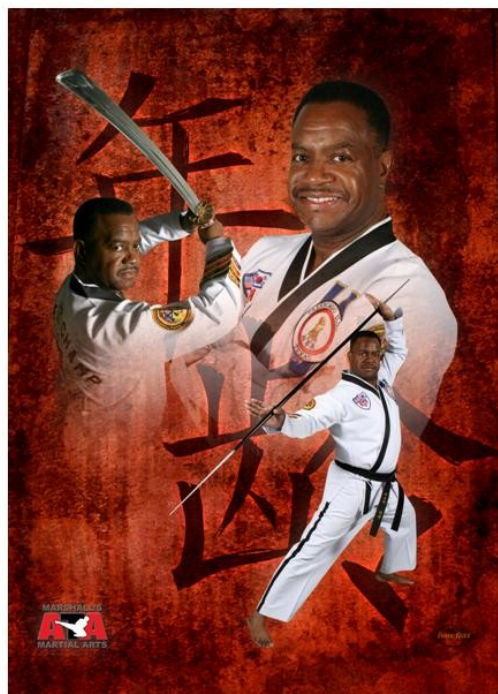
DATCU Dash 5k Run

Our friend Mr. Michael Kaiser will be running in the DATCU Dash 5k run on May 21st. The event will be held at South Lakes (Eureka) Park and it will benefit the United Way of Denton County. Early registration ends on May 13th and the cost is \$25.00. Mr. Kaiser is on a roll with his running and overall fitness and as you can see he is looking fairly svelte these days. We are inspired by his perseverance and dedication to his fitness, his martial arts training and to the school. We wish you good luck in the races and now we know why you are called the Determined German.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Excelling in Transition

You've sat around the house for months. You've repainted the living room; retired a pair of running shoes; and watched every re-run of "Scrubs" – twice. You've stretched every dollar while you lived like a hermit. During that time, you shuffled off to countless interviews, seeking that perfect job. You experienced setback after setback. Sometimes, you couldn't even get a rejection letter. You've come away disappointed, humbled – even a little bitter and scarred. Finally, the boredom becomes unbearable. You take a job. It's a step down, way down. The bills were piling up. There was no shame in settling.

In your old life, you had reports and an office overlooking the corporate park. You traveled and

people returned your calls ... promptly. Now, you've lost your privileges. You're stuck at the bottom of the food chain. A return to the work force can be traumatic, particularly when you start a "transition" job. These are the jobs with peculiar hours, meager wages and low prestige.

In a job like this, your attitude is your biggest threat. It will be tougher than you imagine. Your routine will change – and you will resent working below your capacities. Some days, you will dread going to work. You won't feel stimulated by your peers or your responsibilities. You'll crave variety, complexity and authority. In a transition job, your ambition can quickly dissipate. You'll silently seethe, daydream and find fault with everything. Deep inside you know you can do this for only so long. Each day you'll try to run out the clock. You'll linger a little longer, move a little slower. A few minutes here, a few minutes there – it all adds up, you justify. Yes, this transition can be traumatic. It can also be exactly what you need. Instead of checking out mentally, you can use this time to correct flaws, build skills, network and forge an unshakably positive outlook. In particular, you can take the following from these trying times:

Good habits

Look at your personal and professional lives. How do you spend your time? How do you interact with others? How do you handle adversity?

Do an honest self-evaluation and pinpoint where you fall short. Then, work on your biggest flaws. Face it: There's no downside. You can make your mistakes and fix your faults in a temporary setting. If you can adopt the right mindset and habits in this environment, you can do it where it really matters.

Positive attitude

Smile when you want to scowl. Fake it if need be. Let's be honest: The monotony can be hell. The weak ultimately quit. The strong? They rebel ... by having fun. They find hope and joy in unexpected places. They make friends. Tackle new challenges. They open themselves up to new experiences. These are anxious times – it's natural to wonder whether you will ever work a "real" job again. Don't get discouraged and make the most of your time. Don't forget, the business world is smaller than you think. Always look to make a good impression with everyone; they may be in a position to help you someday. Your peers will remember your acts of kindness far longer than you will.

Can-do mentality

Sure, the training is almost nonexistent. Company policies and procedures are situational at best. In addition, tools like letterhead and spreadsheets – items you always took for granted – must be created from scratch. Well, it is what it is. **Cont...**

Excelling in Transition cont...

It's time to step up and leave a legacy. Do more than just collect a check. Focus on solving problems and leaving the position better than how you found it. Don't make a stink. Instead, make a difference.

Transferable skills

Some days, it may seem like your job diminishes you. Maybe people do talk down to you. Maybe you can't go to the source to solve problems. Maybe you do have to swallow your pride. Still, there are still ways to enrich yourself. Take phone sales. Sure, cold calling is draining. However, it can also teach you to speak succinctly, read subtleties and be persuasive. It can help you develop real skills for later.

Think of this time as paying your dues. Accept constructive criticism – you might learn something valuable. Don't let your slow start blind you to potential opportunities that could come from this.

Humility

It seems like the news is packed with profiles of growing companies. Your friends all seem to be doing well. Heck, the embezzler at your last job landed on her feet. It can be hard to contain your jealousy and resentment. You stare out your window, watching people head to their cushy jobs. They are so comfortably unaware of how disposable they are.

It may seem like there are different rules for you. Of course, you now know how fragile it all is – security, health, success. You are truly a step ahead of the pack. Now, you can savor good fortune when it swings back around. In the meantime, treasure the small things, whether it is a kind word, an epiphany or an unexpected laugh. Let these moments give you strength and perspective as you rebuild.

Self-knowledge

These are stressful times. You are learning a new job, while trying to find another one. You don't have as much time ... or money. You feel like you're wasting your time, but carry that crippling fear of being unemployed again. You know that hole on your résumé is only getting bigger. Use this time to sort through your baggage. Examine your life and exorcise those fears, faulty assumptions and demons that held you back. Rediscover what made you successful as you regain your confidence.

Hunger

Artists often find their inspiration and voice through their disappointments and humiliations. You can too. In the past, you may have taken your blessings for granted. You had stability and everything came easier. Now, you're facing true adversity. Your plans have backfired. It happens all the time.

That's why you need to regroup and refocus. Channel your regret, grudges and discontent; let them fuel you. Prove once again why you're different and why you're better. Prove it to yourself ... and then prove it to all those people who overlooked or doubted you.

In sports, players are benched. A botched tackle here, an errant pass there – and suddenly you are a spectator. Some players distance themselves and pout on the sideline. Others watch, learn, grow hungry and prepare mentally for their next shot. They are the ones who ultimately succeed. So will you.

Establish a plan

Maybe your mistakes have finally caught up to you. Maybe you have hit a dead end. Want to make the day more meaningful? Put a plan in place, so the job is truly transitional. Figure out what skills and personal traits you need to develop. Work on them. Face it: You are going to suffer while you foot the bills. Make it meaningful. "Give unto Caesar what is Caesar's" – your time, your effort, your knowledge. Then, use your personal time to prepare for your eventual escape. Don't just bide your time; start your climb.

Don't give up

It may seem like you are running in a continuous loop. You've devoted untold hours to your cover letters, résumés, interviews and thank-you notes – and you still always seem finish second. You are getting tired of moral victories. The rejection has worn you down and you want your old life back. For some reason, you are not quite good enough. Every time you fall short, you get a little cynical, a little more afraid. Be patient. It takes time – and usually more than it should. Keep practicing the fundamentals: persistence, optimism, self-improvement and endurance. Keep going every time you want to quit. You've learned the value of time – use it wisely. The tough times are intense – and temporary. You will eventually break through.

Plan for tomorrow,
'Cause we swear to you,
You're going to be OK.
- "Scrubs, My Musical"