

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Single Bahng Mahng Ee Clinic

Single Bahng Mange Ee Clinic

Marshall's ATA will conduct a Single Bahng Ee clinic on Friday **May 4th, 2012 from 5:30 - 7:00pm.** The seminar will be available at no charge to those students who own their own Bahng Mahng Ee. At the seminar, we will present the basics of the Single Bahng Mahng Ee (ie.) Blocks, Strikes, Disarms, Weapons manipulation, the "9 lines of the body" & BMEe Form.

Deadline for Early Bird Discount on Summer Camps

Marshall's ATA Deadline for Early Bird discount on the Summer Camps has elapsed as of May 1st. This is the second deadline since the April 1st date. You may still sign up for the Camps at the original price of \$250 up to the beginning of the Camps. There is no discount for the Rank Advancement Camp. We will provide snacks but students are required to bring their lunch with them to the

Camps.

Marshall's ATA May Leadership Classes

The Marshall's ATA Leadership classes will be hosted on **May 5th & 19th from 8:30 to 9:30am.** The theme for May is 'Class Management Skills' and 'Respect. Leadership Team please have these sections completed in your manuals and be ready to answer questions on our theme for the month. Be ready to give two examples when asked for input.

Marshall's ATA Board Break Clinic

Marshall's ATA will conduct a 'Board Break' Clinic on **Friday May 18th from 5:30 - 7:00pm.** Participants in this Clinic will be required to purchase their own personal boards as part of their gear package in order to be able to practice their breaks at home and at the Dojahng.

Marshall's ATA Fitness/Sparring Camp

Marshall's ATA will conduct the first of our annual Summer Camps from **June 4th thru**

June 8th. We will kick off our Summer Camp Season with the Fitness/Sparring Camp. The times for the Camps are 8:00am to 3:00pm Mon thru Friday.

Summer Uniforms Begin

Summer uniforms begin at Marshall's ATA on Monday **June 4th** with the kickoff of the Fitness/Sparring Summer Camp.

Songahm World Championships will be held in Littlerock, Ar at the Statehouse Convention Center. The dates are **June 18th thru the 24th.** Songahm World Championships are the ATA's showcase event and it is really spectacular. If you have never seen a World Championships, I urge you to make the short drive to Littlerock to see the best of the best in martial arts Forms, Sparring, Weapons Competition, Creative Forms, Creative Weapons, Combat Bahng Mahng Ee, Integrated Martial Arts. This is the event where new Masters are inducted & state of the art seminars are taught.

Special points of interest:

- Single Bahng Mahng Ee Clinic
- Deadline for Early Bird Discount on Summer Camps
- May Birthdays
- Leadership Class Sat May 5th & 19th 8:30 - 9:30am
- Mother's Day Workout
- Friday Night Forms & Sparring Classes
- Marshall's ATA Board Break Clinic
- Marshall's ATA Closed for Memorial Day
- Marshall's ATA Fitness/Sparring Camp in June

Tournaments:

2011 Songahm World Championships	June 18th-24th
Smstr Sustaire's Texas Twister Allen, TX	Aug 3rd & 4th

Victory

"Things do not change. We change."

- Henry David Thoreau

"When you have to cope with a lot of problems, you're either going to sink or you're going to swim." - Tom Cruise

Marshall's Friday Black Belt Class & Sparring Classes

Marshall's ATA will be scheduling a Friday Night Black Belt Class & a Sparring classes for all Camo & above beginning on May 11th, 2012. The Black Belt Class & the Sparring Classes will be approximately one hour each in length. The

Black Belt class will be held from 5:00 - 6:00pm immediately followed by the 6:00- 7:00pm Sparring Class. This class is intended to continue throughout the Summer and perhaps will become a permanent part

of the class schedule depending upon response & participation. These classes will be preempted by the Single Bahng Mahng Ee seminar of May 4th, the Board Break Seminar to be conducted on May 18th & the Fitness/Sparring Camp on Friday June 8th.

The Father's Day Belt Testing

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It's time to start preparing for the next Marshall's ATA Summer Belt Testing. We are calling this next belt testing the Father's Day Belt Testing since it occurs on **June 14th & 15th** the weekend of Father's Day. We will again have several of our best students testing for 1st Degree Decided Black Belt. *Mr. Devin Hearvey, Miss Kylie Hughes, Miss Nyja Johnson, Reid Wilshire, Hunter Lamb and Destini Gil.* You don't want to miss this opportunity to see just how good some of our youngest students from the Marshall's ATA Black Belt Academy really are.

Note: All Black Belt candidates testing for the 1st Degree Decided Black Belt (meaning they have already midterms once) will test at the Friday June 15th Juniors/Adults Testing.

Board Break Clinic

In some Songahm Taekwondo

schools, students are required to begin breaking boards for rank promotion at the purple belt level. The purpose of this board break clinic is to introduce you to the art of breaking, and to allow you to practice focus, timing, & concentration without the fear of failure. Marshall's ATA will host the Clinic on Friday May 18th from 5:30 - 7:00. The cost of the clinic is \$75.00 and this includes the purchase price of your re breakable board. Re breakable boards provide consistency and require the same amount of measurable resistance to break. The boards are color coded not to indicate rank, but to denote a specific tensile strength. The tensile strength of the boards determines how much force or impact must be used against the board before it breaks, and

the recommended age limit guideline of the student who will be breaking the boards. With re breakable boards, there is no danger of the boards splintering and causing injury to anyone so they are safer for both the ones break and the ones holding the boards.

White = 3 inch (Drill Board)
All 3 to 6 yr Olds N/A @ Marshall's
Yellow = 5 inch Board
All 7 - 9 yr Olds
Orange = 7 inch
(Instructor discretion)
Green = 9 inch board
All 10 - 11 yr Olds
Blue = Full size Board
Boys 12 - 14 yrs old &
Women 12 and older
Brown = (Instr discretion)
Black = Full size Board
Men 15 and older

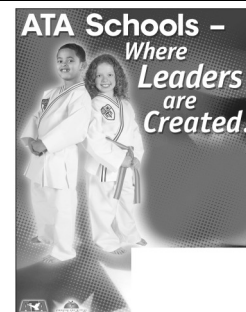
The Blue Board is equal to one eleven inch board, the black board is equal to two eleven inch boards. Signup sheet is at front desk. Clinic open for purple & above.



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. Paul Desjardins, Mrs. Kelly Desjardins, Ethan Desjardins, Ciara Gil & Mr. Christian Ubanii on their successful testing for 1st Degree Decided Black Belt at the Spring/Easter Belt Testing. **Congratulations** to Miss Nyja Johnson, Ulises Murillo, Reid Wilshire, Destini Gil, Mr. Devin Hearvey, Hunter Lamb & Miss Kylie Hughes on their successful midterm testing for their 1st Degree Black/Rec. Congratulations to Miss Desire Gonzales on becoming Black Belt Recommended. Desire is a student of the Marshall's ATA Black Belt Academy and will midterm in June. With hard work and dedication, she may very



2012 - Think, Pray, Work, Sweat & Play...Everyday

Marshall's ATA Deadline for Early Bird Discounts for Summer Camps Ends May 1

Marshall's ATA 2012 Single Bahng Ee Clinic Friday May 4th

Marshall's ATA Leadership Classes May 5th & 19th

Marshall's ATA Friday Night Black Belt Class & Marshall's ATA Friday Night Sparring Classes

Marshall's ATA Board Break Clinic on Friday May 18th

Marshall's ATA Closed for Memorial Day

Marshall's ATA Voted as 2012 Best of Denton

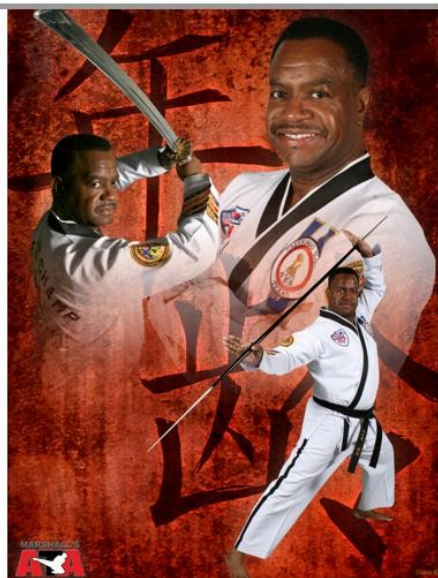
Kate Slover (Account Executive) of the Denton Record-Chronicle, has informed me that Marshall's ATA won 2nd place in the Best Martial Arts Studio in the 2012 Best of Denton voting! Over 3,200 readers of the Denton Record-Chronicle voted and there was just a handful of votes separating the 1st & 2nd Place Winners. What an exciting and humbling achievement! I would like to take this opportunity to say

"Thank You!" to all of our clients, students, friends and readers who voted for us. This is definitely something that we are extremely proud of! We are surprised because this is not really a goal that we set for our school. We are now authorized and privileged to use the "2012 Best of Denton" logo in our school and on our publications and we realize that that is not only an honor but a responsibility that we will not take lightly.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Pay Attention

Jason came from a good family with two loving parents, two brothers and a sister. They were all successful academically and socially. They lived in a posh neighborhood. Jason had everything a boy could desire. But he was always into some kind of mischief. He wasn't a bad kid who caused trouble, but he always wound up in the thick of things.

In first grade, Jason was labeled Special Ed. They tried to keep him out of the regular classes. In middle school, he was the "misfit trouble-maker." In high school, although never officially tested, Jason was tagged with having attention deficit disorder (ADD). More often than not, his teachers kicked him out of class. His first report card had one C and the rest Ds. One Sunday the family was enjoying brunch at the country club when a teacher stopped and

said "Jason is doing so well these days. We're pleased and delighted." "You must be mixing us up with another family," said the father. Our Jason is worthless. He is always in trouble.

"We are so embarrassed and just can't figure out why."

As the teacher walked away, the mother remarked, "You know, honey, come to think of it, Jason hasn't been in trouble for a month. He's even been going to school early and staying late. I wonder what's up?" The second nine-week grading period was finally up. As usual Jason's mom and dad expected low grades and unsatisfactory marks in behavior. Instead, he achieved four As and three Bs and honors in citizenship. His parents were baffled. "who did you sit by to get these grades?" the dad asked sarcastically. "I did it all myself," Jason humbly answered. Perplexed and still not satisfied, the parents took Jason back to school to meet with the principal. He assured them that Jason was doing well. "We have a new guidance counselor and she seems to have touched your son in a special way," he said. "His self-esteem is much better and he's doing great this term. I think you should meet her." When the trio approached, the woman had her head down. It took a moment for her to notice she had visitors. When she did, she leaped to her feet and began gesturing with her hands. "What's this?" asked Jason's father indignantly. "Sign language? Why, she can't even hear."

"That's why she's so great," said Jason, jumping in between them. "She does more than hear, Dad. She listens!"

Dan Clark

"I am always ready to learn; but I do not always like being taught."

- Winston Churchill

"Other people may be there to help us, teach us, guide us along our path. But the lesson to be learned is always ours."

- Melody Beattie

"If you treat an individual as he is, he will remain as he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be."

- Goethe

Kids Who Are Different

Here's to kids who are different,
Kids who don't always get As,
Kids who have ears
Twice the size of their peers,
And noses that go on for days.

Here's to the kids who are different,
Kids they call crazy or dumb,
Kids who don't fit,
With the guts and the grit,
Who dance to a different drum.

Here's to kids who are different,
Kids with a mischievous streak,
For when they have grown,
As history has shown, It's their difference that makes them unique.

Digby Wolfe

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 4 - 8, 2012

TIME

8:00 am - 3:00pm

COST

\$250.00

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	TIME	COST
July 9—13	8:00am - 3:00pm	\$250.00

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 Personal Trainer, Cooper Institute



Miss Mel Brianne Chan

1st Degree Black Belt Decided

Instructors' Note:

I pronounce that Miss Chan is Perfectly Balanced and Fit to be a Black Belt.



Miss Mel Brianne Chan's Fitness Test Results

Push ups	42
Sit ups	28
Punches	114
Kicks	46
Punches & Kicks	80
Total	378
Pct	75.60

What qualifies you to attain this goal of becoming a Black Belt?

My hard work and my sacrificed time qualifies me for my Black Belt. I worked long and hard with my forms and other things. I've worked out a lot, more than I used to. I have a good attitude and have respect for everyone.

Why do you want to become a Black Belt?

I want to become a Black Belt because it means that I've accomplished something. It also means that I have the strength and courage to go on with my journey to become a Black Belt.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Mr. Christian Ubanii
1st Degree Black Belt Decided

Instructors' Note:

Mr. Ubanii has met the standard and is hereby pronounced Perfectly Balanced and Fit to be a Black Belt.



Fitness Test Results for Mr. Ubanii

Pushups	25
Situps	17
Punches	179
Kicks	41
Punches & Kicks	132
Total	394
Pct	78.80%

What qualifies you to attain this goal of becoming a Black Belt?

All my time and dedication to training and learning all forms, knowledge and sparring combinations qualifies me to become a Black Belt. Learning and understanding the art of Taekwondo has allowed me to develop the necessary skills to become a Black Belt. I have enjoyed the journey and look forward to getting my Black Belt soon.

Why do you want to become a Black Belt?

I want to become a Black Belt to continue on this journey of learning and becoming a more disciplined person in school and my everyday life. I feel the Black Belt accomplishment will allow me to be a more rounded person. I am excited about the accomplishment of reaching this goal.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Mr. Brian Chan
1st Degree Black Belt Decided



**Fitness Test Results for
Mr. Brian Gabriell Chan**

Push ups	31
Sit ups	32
Punches	107
Kicks	64
Punches & Kicks	73
Total	307
Pct	61.40%

Instructors' Note:

Mr. Chan is a man of few words. He believes in letting his actions speak for themselves. I pronounce that he is Perfectly Balanced and Fit to be a Black Belt.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Miss Ciara Gil
1st Degree Black Belt Decided

Instructors' Note: Miss Ciara Gil is pronounce Perfectly Balanced and Fit to be a Black Belt.



Miss Ciara Gil's Fit Test Results

Pushups	50
Situps	39
Kicks	130
Punches	48
Punches & Kicks	90
Total	357
Pct	71.4%

Dear Mr. & Mrs. Marshall,

I wrote this note to thank you for all that you've taught me. It was a little more than two years ago that I came to you as a white belt and though it was hard at times, with both of you by my side, I'm now testing for my Black Belt. Thank you for always being there and showing me the way of Taekwondo. I really think both of you are wonderful instructors.

Love, Ciara

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Mr. Paul Desjardins

1st Degree Black Belt Decided

What qualifies you to attain this goal of becoming a Black Belt?

A few words...Attitude, Perseverance, Loyalty, Confidence, and Preparation. I believe I have the Attitude of a Black Belt Leader. I have Persevered through challenges, and been Loyal to my Sabumnim's when others openly questioned them in front of others. I have the Confidence to be a Black Belt Leader and continue on the next journey, and most of all, I have Prepared to become a First Degree Decided Black Belt. Because I possess, and strive to maintain these qualities that the ATA holds dear, I have attained the goal of becoming a Black Belt. I have dedicated myself to learning all my forms, and continuing to improve them over time.

And more than just memorizing all of these, understand them. I have learned all my sparring combinations and. And more than just memorizing all of these, I understand them. I understand the purpose of the forms and sparring, as well as appreciate the wisdom of the knowledge that has been passed down to me from many generations before me.

I have become a better person because of my journey to attain my Black Belt, and I've had the privilege of enjoying that same journey with my family.

Why do you want to become a Black Belt?

Ever since I began my journey to become a Black Belt, I knew I would attain that goal. There has never been a doubt in my mind, not one single instance, that I might not attain the rank of Black Belt Decided. I want to become a Black Belt because it symbolizes a level of effort and devotion that many people never attempt, or attain. I knew there was a certain level of privilege and respect that would come with becoming a Black Belt. But I also knew that would require me to become a better person than when I started the journey. It was important for me to also do something substantial with my family, to have a goal that all of us could strive for and complete as a family. This was important and fun for me. Having not only the support of my family, but their participation in the same journey has made it all the more wonderful!

I also wish to become a Black Belt so I can bring this phase of my journey to a close, and show I have accomplished what most never start, and what many rarely finish. I also want to begin my next journey in martial arts, and becoming a better person. It would appear that this journey, for the foreseeable future, will be for the rest of my life. But, I can understand, that's what it will take, and I very much look forward to it.

Mr. Paul Desjardins Fitness Testing Results

Pushups	72
Situps	49
Punches	120
Kicks	78
Punches&Kicks	105
Total	442
Pct	88.40%

Instructors' Note: Mr. Desjardins has met the standard and is pronounced Perfectly Balanced and Fit to be a Black Belt.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Instructors Note:

Young Mr. Desjardins is a strong willed and intelligent young man. Like many of us, he is still working on balance and I enthusiastically pronounce that he is Fit to be a Black Belt.

Mr. Ethan Desjardins

1st Degree Black Belt Decided



**Fitness Test Results for
Mr. Ethan Desjardins**

Push ups 33

Sit ups 28

Punches 165

Kicks 55

Punches & Kicks 95

Total 376

Pct 75.2%

What qualifies you to attain this goal of becoming a Black Belt?

I think I have been good at school. I think I have always tried and not given up. I have learned all my colored belt materials and I still remember all of them.

Why do you want to become a Black Belt?

Ever since I started as a white belt, it has been my goal to become a black belt. It is a high ranking belt and I want to be like the other black belts.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Mrs. Kelly Desjardins

1st Degree Black Belt Decided

Instructors' Note: Mrs. Desjardins has met the standard and is pronounced Perfectly Balanced and Fit to be a Black Belt.



Fitness Test Results for Mrs. Kelly Desjardins

Pushups	47
Situps	30
Punches	120
Kicks	62
Punches & Kicks	95
Total	379
Pct	75.80%

What qualifies you to attain this goal of becoming a Black Belt?

In my head, I know that I have completed all the necessary steps to get to this point; however it is still very surreal. When we started, almost two years ago, I did not even occur to me that we could all make it to Black Belt in such a reasonable period of time.

I had always assumed it took 15-20 years to become a Black Belt. As I get closer to completing this chapter, I am realizing more and more that a black belt is not the end goal. It is truly a new chapter, with a whole new set of goals and challenges. While I am not sure that I am really qualified or ready for this next step, I am excited and intrigued by what lies ahead.

Why do you want to become a Black Belt?

This has truly been an amazing journey and one that I have been so lucky to be on with my family. We have all had our moments of "not getting it" but it has been great to have each other to help guide us through each step. It has been especially fun for me to be able to learn something new with my children. So often, we tell our children what to do because we have more experience. This was such a great chance for my children to help me. I don't think I would have been able to learn 1/2 the forms, etc without him and Paul! Aiden loves to tell me how to do whatever he is working on at the moment as well! I want to become a Black Belt because it allows our family to continue to learn and make/meet goals together.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Mrs. Kaylynn Safar
1st Degree Black Belt Decided



What qualifies you to attain this goal of becoming a Black Belt

Becoming a Black Belt, or even studying martial arts was something that I never thought I would be able to do and never would have tried to do if not for bringing my son in to take classes. Mrs. Marshall encouraged me to go out and take a class with him. I signed up with him and have been loving it ever since. There were many times when I felt I would not be able to achieve my next belt, I would watch the senior students and think there was no way I can do that. One belt at a time I have learned the techniques, knowledge

Why do you want to become a Black Belt?

I want to become a Black Belt as it is the next step on my journey in Taekwondo. I have worked hard to learn what I have so far, and am excited and looking forward to the things I still have to learn. I would also like to become a Black Belt in order to continue towards the goal of becoming an instructor. I would like to be able to help others to also achieve their goals in Taekwondo. To help encourage them when they think a technique is too difficult for them to do, to help them find a way that they can meet their own goals and hopefully come to love Taekwondo like I have.

Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute



Mr. Patrick Safar
1st Degree Black Belt Decided



What qualifies you to attain this goal of becoming a Black Belt?

I will attain the goal of black belt because I have learned all the color belt materials. I have helped others to learn their color belts and helped with classes. I learned the forms and knowledge. I participated with a good attitude at tournament and have placed in forms, sparring and combat weapons. I show respect to my instructors and others. I accept the challenges of learning new things and persevered. I do my best to have the proper black belt attitude.

Why do you want to become a Black Belt?

I want to be a black belt to achieve my goals in learning the way of TKD. It shows that I have accomplished a great thing. I stayed with the program and did not quit. I also want to help others to learn the way of TKD. I want to continue to learn and live the black belt way.