

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA Best of Denton 2013

Marshall's ATA Spring Black Belt Midterm

Marshall's ATA conducted our Spring Black Belt Midterm on Saturday May 4th, 2013. Mrs. Sandra Arcuri, Miss Madisyn Welborn, Miss Vanessa Bristow & Miss Sydney Holsomback participated in their 1st midterm since becoming Black Belt Decided. Congratulations to Dr. Charles Kurtz and Mr. Alan Au on achieving their 2nd Degree Decided Black Belt.

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 May 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 and/or money with them to the Camps.

Marshall's ATA May Leadership Class

The Marshall's ATA Leadership classes will be hosted on **May 18th 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. Memorize the 10 Class management principles.

Marshall's ATA Combat Bahng Mahng Ee Clinic

Marshall's ATA will conduct a 'Combat Bahng Mahng Ee' Clinic on **Saturday May 18th from 1:00 - 3:00pm**. The cost of this Clinic is \$60.00 and this includes the cost of a Combat Bahng Mahng Ee. Hurry as space is limited and you don't want to miss out being able to practice and participate in class & drills at the Dojahng.

Marshall's ATA Fitness/Sparring Camp

Marshall's ATA will conduct the first of our annual Summer Camps from **June 17th thru**

June 21st. 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.

Marshall's ATA Best of Denton 2013!!!!

For the second year in a row Marshall's ATA has received recognition by the readers of the Denton Record Chronicle as the Best of Denton 2013. The readers of the DRC voted Marshall's ATA 2nd Place among all Denton Martial Arts schools. We are very pleased and consider this recognition to be a high honor especially considering that this recognition is not something that we actively launched a campaign to pursue. We thank all those who voted for us and we appreciate each and every one of our students and families. We will display the 2013 **Best of Denton** banner & award with humility and yet proud to be a highly regarded business operating in the Denton Business Community since 2004.

Special points of interest:

- Combat Bahng Mahng Ee Clinic
- Deadline for Early Bird Discount on Summer Camps
- May Birthdays
- Leadership Class Sat May 18th 8:30 - 9:30am
- Mother's Day Workout
- Marshall's ATA Combat Bahng Mahng Ee Clinic
- Marshall's ATA Closed for Memorial Day Wknd 5/25
- Marshall's ATA Fitness/Sparring Camp June 17 thru 21st.

Tournaments:

2013 Songahm World Expo Championships

July 8th-14th, 2013

Smstr Mark Sustaire & Mstr Barbara Sustaire

Aug 9th & 10th, 2013

Marshall's ATA Summer 2013 Camps in June

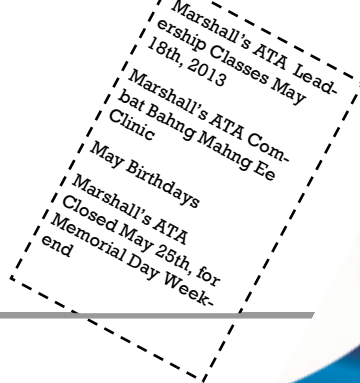
Marshall's ATA will be conducting our 5th Annual Summer Camps here at the school. We will have our Fitness/Sparring Camp from June 17th thru the 21st. Weapons Camp is from July

22nd thru the 25th. Our Rank Acceleration/Advancement Camp from Aug 19th thru Aug 23rd. We're considering having a Leadership Camp during the summer as well.

The Camps will be in session daily from 8:00am to 3:00pm. The Weapons Camp however will run from 8:00am until 12:30pm We have signup sheets at the front desk. Discounted May 2nd deadline has now elapsed.

Endurance

"Wondrous is the strength of cheerfulness, and it's power of endurance - the cheerful man will do more in the same time, will do it; better, will preserve it longer, than the sad or sullen." - Thomas Carlyle



District Championships

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District Championships

Texas is in the South District which comprises New Mexico, Arkansas, Louisiana, Oklahoma & Texas. The date of the first ever District Championships event will be June 8th, 2013 and will be hosted at the Hampton Inn & Suites Dallas/Mesquite 1700 Rodeo Dr. Mesquite, TX.

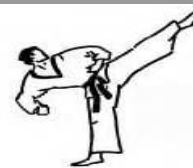
Mrs. Sandra Arcuri & Mrs. KayLynn Safar will be competing in Forms, Sparring, Weapons & Combat BME. Dr. Charles Kurtz will be competing in Creative Weapons & Mrs. Genevieve Forest will compete in Forms & Sparring.

New Weapon of the Cycle

Our Weapon of the Cycle is currently the Single Bahng Mahng Ee (short stick). Originally, the Dah Deu Mee Bahng

Mahng Ee was used by Korean housewives to beat or "iron" the wrinkles out of clothes. The clothes would be folded in a certain way and laid out upon a smooth, long rock surface known as a Dah Deu Mee Dol. After placing the folded cloth on the rock, the women would rhythmically beat it with two specially designed sticks. By continuously striking the cloth with the sticks they were able to flatten all the wrinkles out of it. So how did these simple ironing sticks start to be used as weapons? The daily chore of using these sticks to beat their clothes was not only an excellent way of conditioning their upper body; over a period of time, the women also learned to best way to strike the hardest. By using these sticks on a daily basis, the women of the Korean villages

became very skilled and knowledgeable in their use. With the use of the Bahng Mahng Ee so instinctive to them, it was only natural that they would pick one up in the face of danger. Today, the art of Bahng Mahng Ee has been elevated to the highest level of martial arts acceptance. We draw from the best techniques of the well-known Filipino style of Kali stick fighting, as well as stick fighting techniques from Japanese, Chinese, and Korean martial arts. Our BME course gives the basics for training in just about any weapons system. In addition to preparing you for any type of attack that you may encounter, this training develops excellent hand-eye coordination and is great physical exercise. We've been with the single Bahng Mahng Ee for a year and now we will soon be moving to the **Combat Bahng Mahng Ee** for our 2013 Weapon of the Cycle.



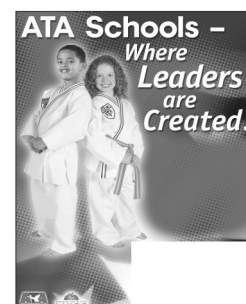
Protocol for Testing

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 Dr. Charles Kurtz & Mr. Alan Au on achieving their 2nd Degree Decided Black Belt. Mr. Steven Sutton, Mrs. Donna Sutton, Mr. Jacob Sutton, Miss Camille Sutton, Mr. Chance Coyle & Mr. Dayton Knowles will be testing for their 1st Degree Decided Black Belt at the June 2013 Marshall's ATA Black Belt Extravaganza.

Congratulations: and all our best to Mrs. KayLynn Safar and Mr. Devin Hearvey as they mid-term for their 2nd Degree rec Black Belt.

Congratulations: to Mr. Justin Kolba on his acceptance to the **Junior National Honor Society**



2013 - Think, Pray, Work, Sweat, Play & Be Grateful for Everyday

Marshall's ATA 2013 Combat Bahng Mahng Ee Clinic May 18th from 1:00 - 3:00pm

May Leadership Classes May 18th Theme is Goals for Education & Career / Rapport Building

Marshall's ATA will be Closed Saturday May 25th, 2013 in Observance of the Memorial Day holiday Wknd

Marshall's ATA School's Out/Summer Belt Testing June 13th & 14th

World Expo in Littlerock, Ar World Conference July 8th - 11th, World Champs 10 - 14th, Ceremony July 13th

Marshall's ATA End of School Year Parent's Night Out

Marshall's ATA is planning a major end of the successful school year Parent's Night Out (PNO) celebration at Marshall's ATA on a date yet to be determined. We will announce the details later this summer. We will have fun activities, music, food, games, movies, surprise guests, face painter, a bounce house and prizes. Invite your friends to come and celebrate and have a great time with us in the supervised fun, safe & cool environs of Marshall's ATA.

Ms Stephani Marshall Graduates from Texas Woman's University in Denton We are excited, thrilled & so very proud that Ms. Stephani Marshall's rigorous and demanding journey has resulted in her completing her degree requirements and being awarded her well deserved Bachelor of Science Degree from Texas Woman's University. **In light of new developments since the announcement of a reception for Ms. Marshall over at the Sidewalk Bistro on Friday, we have decided not to host a reception at this time.**

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 / \$200.00 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

TIME

COST

July 22—26, 2013

8:00am - 12:30 pm

\$250.00 / \$200.00 early

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

Aug 19 - 23, 2013

TIME

8:00 am - 3:00pm

COST

\$250.00 Rank
Advancement Camp

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute

