

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
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WWW.MARSHALLSATA.COM

**Chris Blume earns
Black Belt!**

**Summer Lopez earns
1st & 2nd Place Med-
als at Dallas Duel III**

Parents Night Out!

Great Showing at Dallas Duel III

Summer Lopez Competes at Dallas Duel

Please join me in congratulating Miss Summer Lopez for accepting the challenge and representing Marshall's ATA and herself so well at the recent Dallas Duel III Class B tournament held at Southfork Ranch in Allen. Miss Lopez took 1st Place in forms and 2nd place in sparring in the Girls 11 - 13 year old Color belt division. This is a tough division filled with young ladies who want to be champions in this 2007 - 2008 tournament season.

Chris Blume Earns Black Belt

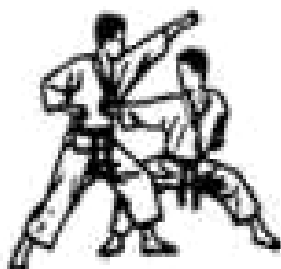
Please join me in congratulating Ms. Christiana Blume for successfully testing and earning her First Degree Black Belt at the recent Fall Testing. We are very proud of Chris for her tremendous perseverance because she took a break from her training with Master Clark in Florida and then returned

years later to train hard at Marshall's ATA and reach her goal of earning her Black Belt. Ms. Blume stated in her essay that she always finishes what she starts.

Ms. Wilcox Competed at Fall Nationals in Orlando!

Ms. Caren Wilcox, 2nd Degree black belt, accepted the challenge and represented Marshall's ATA and herself as she competed in the recent Fall Nationals Class AA Tournament in Orlando on Oct 20th. We are all very proud of her and know that she will reach her goal of becoming a champion.

Go Marshall's ATA!!



Private Lessons

For those of you who would like to get the most out of your Taekwondo training and strive for the extraordinary in your performance, private lessons are a must. If you've been out for a while and would like to get back on track or if you would like to kick your training up another level, a few one on one sessions to critique your performance and/or refine new material may be just the thing you need to achieve that added edge of excellence or realize your goals in competition (State or World Championship) or simply for testing successfully. **Please see Mr. or Mrs. Marshall to set up a time. Private lessons are \$25.00 per half hour session for Forms, Sparring or Weapons training.** Let's see how good you can really be.

Special points of interest:

- **Chris Blume Earns Black Belt**
- **Congratulations to the newest members of our Leadership Team**
- **Summer Lopez Competes at Dallas Duel III**
- **Parents Night Out III**
- **Marshall's ATA Annual Holiday Sale**
- **Private Lessons Available.**
- **November Calendar**

Master Anderson's!
November 17, 2007
Little Rock, Ar

GO Marshall's ATA!

Parents Night Out III!

Back by popular demand! Mr. Marshall has agreed to host Parents Night Out number 3 (PNO III) at the school on Saturday Nov. 17th from 6:00pm to 10:00pm. Please come join in on the fun and games. There will also be cartoons

and movies with pizza and soft drinks. Parents; this will be a great opportunity to do some 'early' Holiday shopping or just relax and have some quiet time with the assurance that your child is enjoying the supervised safety of Marshall's

ATA. The cost is \$20.00 per child and \$15.00 for Master Club. Please sign up on the signup sheet at the front of the school.

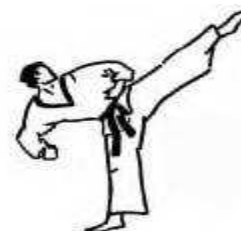
Nationals-Orlando AA	11/20
Carrollton, TX Eric Pechacek / B	10/27
Little Rock, Ar Master Anderson /	11/17
Humble, TX / A	2/16

Master Club Training

You think a fight is one blow? One kick? Until you can put combinations together without even thinking, until you learn how to keep moving, and to endure, hire a bodyguard or lead a less aggressive life. — Bruce Lee

This quote of Bruce Lee's was heard by millions of Americans during the summer of 1971. Lee placed an emphasis on endurance or as we say these days aerobic conditioning stressing the need to be mobile for prolonged periods of time—that is to have endurance. Cardiovascular fitness comes in handy far more frequently in our day-to-

day encounters than does lifting heavy objects (i.e., strength training) If you try to do a three-minute round on the bag it doesn't matter how big your muscles are, if you don't have a real good cardiovascular system, you're going to run out of energy (gas so to speak) in about 45 seconds. This is unfortunate, for technique is useless if you lack the requisite endurance to carry it out. All endurance-related activities (from running to cycling to hitting & kicking the heavy bag) should be performed on an aggressive basis. All this training will lead to a result of increased frequency of breath and heartbeat. It is only through compulsory hard training that one's physical energy can expand continuously. The tools or natural (i.e., unarmed) weapons available to martial artists are universal—that is, two hands and two feet. However, it is how finely tuned your "machine" is that allows you the opportunity to deploy these weapons effectively. The idea of progression is paramount to aerobic conditioning. Start out slow and then gradually build speed as your conditioning improves. The best results are obtained when a student refuses to accept limits and pushes to increase his/her endurance.



Gratitude:

Gratitude is not only the greatest of virtues, but the parent of all the others. — Cicero

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of Thanksgiving.— H.U West Mayer

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.— Margaret

Marshall's ATA Annual Holiday Sales

The Holiday seasons are approaching. Marshall's Annual Holiday Sale has begun. During this sale, we offer deep discounts on Martial Arts Gear and Accessories. Now is a great time to replace those worn out items like: Uniforms, Sparring Gear, T-Shirts, Otomix pants or Protech Weapons. Century MA has an assortment of Wave Bags and gloves on sale. (see catalogue in pro shop) We are giving substantial discounts on Upgrades. Some of you may have received a letter of invitation for you or your child to upgrade your program. Ex Basic-Black Belt Club, Master Club, Leadership For more information contact Mrs. Marshall 940-271-4217. This year, give your friends and family the gift of health, fitness and focus with a gift certificate for a trial membership. Includes a free uniform! To receive gift certificates for your family and friends please see Mrs. Marshall. The gift certificates are for New Students Only.



Congratulations

to the newest members of our Leadership Team

Jan Burwell

Christian Williams

The Masters' Council

The late Grand Master H.U. Lee was a true visionary, with the ability to see the possibilities of Songahm Taekwondo and a unified system of training well before they became a reality. He always knew that he would not be able to lead the Songahm family forever, and that plans

would have to be made to ensure the longevity of his dream. In 1990 when he was inaugurated as the first Grand Master of Songahm Taekwondo, he created an informal Council. This Council was comprised of his most loyal and trusted Masters and advisors. In his Grand Master's decree on September 9th,

2000, less than one month before his passing, Eternal Grand Master Lee formally created the Masters' Council. This elite group is charged with the solemn duty of caring for and guiding Eternal Grand Master's life's work and most valuable treasure, the Songahm Family.

Creating
Tomorrow's
Leaders, Today.

November 2007

Marshall's ATA Black Belt Academy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31 Halloween School Closed	1	2	3 Reg Class
Week 3						
4 Daylight Savings Time ends	5	6 Election Day	7	8	9	10 Reg Class
Week 4	The Next Belt Testing will be Saturday December 8th					
11	12	13	14	15	16 Cutoff Date for New & Custom Uniform Orders.	17 Reg Class PNO 6:00pm - 10:00pm
Week 5						
18	19 School Closed	20 School Closed	21 School Closed	22 Happy Thanksgiving!	23 School Closed	24 School Closed
Week 6	Marshall's ATA will be closed for the week of Thanksgiving					
25	26 Class Resumes Cutoff Date for Christmas Merchandise Orders	27	28	29	30	1 Reg Class
Week 7						

Birthdays!



Arias, Christina 11/4
Burley, Dominick 11/8
Luna Jasmine 11/8
Modrow, Kat 11/8
Tidwell, Marshall 11/10
West, Josh 11/17
Williamson, Kenneth 11/26



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



Mr. Marshall is an accomplished Martial Artist. He is a certified instructor of Songahm Taekwondo in the American Taekwondo Association. He holds a number of titles and certifications.

Owner/Chief Instructor of Marshall's Taekwondo & Karate for Kids

2002 Texas Sparring Champion

National Level III/ Weapons Judge

CPR Certified

Certifications: Ground Fighting, Joint Manipulation, Single and Double Bahng Mahng-Ee

Certified Personal Trainer –Mr. Marshall's certification is through the renowned Cooper Institute.

Mr. Marshall is committed to teaching excellence both Physically and Mentally. He believes that "Knowledge cannot help the world unless we share it with others" Eternal Grand Master H U Lee

His goal is to change this world, One Black Belt at a time.

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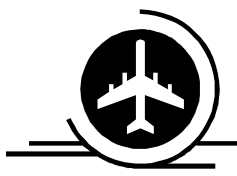
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