

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY  
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Fall Back to  
Central Standard  
Time

Marshall's ATA In-  
School Tournament

Thanksgiving  
Holiday!

Dallas Duel IV Tour-  
nament

School Merchandise  
Sale!

Fitness Testing!

Theme of the Month!

Board Break Clinic

Red/Black Rec Clinic

Christmas Party!

## Marshall's ATA In-School Tournament

### Marshall's In-School Tournament

Marshall's ATA will host an In-School tournament on Weds & Thurs **Nov 5th & 6th**. The Tiny Tigers will have their tournament on Wednesday at 6:00pm & the Juniors and Adults on Thurs at 6:00pm. There will be no regular classes on both days. This is a warm up for the upcoming regional tournament.

### Dallas Duel IV Tournament

Marshall's ATA will be closed **Sat Nov 15th** for the Carrollton ATA school's Dallas Dual (IV) tournament at Southfork Ranch. This is a local regional 'B' tournament and a great opportunity for Leadership students to pick up points.

### Merchandise Sale

Marshall's ATA will host our annual merchandise sale. All T-shirts, Otomix, gear, weapons, etc will be discounted. The holidays are approaching quickly so don't miss this opportunity to get gifts at the school during this limited sale.

### Board Break Clinic

We will host a board break clinic on Thursday **Nov 13th** from 6:15 to 7:00pm. With the December testing coming up in less than a month, this is a great opportunity to get some close personal attention on your required breaks for rank advancement.

### Thanksgiving Holiday

Marshall's ATA will be closed for the Thanksgiving holiday from **Nov 26th to Dec 1st**. When we come back from the break, we will have an Otomix week when we come back as we prepare for the Belt Testing on Friday Dec 5th and Saturday Dec 6th.

### Red & Black Belt Rec Seminar

Marshall's ATA will conduct a Red & Black Belt Rec Clinic

on Thursday **Nov 13th** from 7:00 to 8:00pm. This will be an intensive clinic specifically for our Red & Black Recommended students. We will work on all Forms (Exodus), Weapons, (SBME), Self-defense & Sparring. The clinic will be held immediately following the Board Break Clinic. Cost is \$35.00 per student.

### Black Belt Induction Ceremony

Marshall's ATA will conduct a Black Belt Induction Ceremony immediately following the Junior and Adult Belt Testing on **December 6th at 7:30pm**. This ceremony is a celebration of the accomplishment of our Black Belt students in attaining the rank of First Degree Black Belt. This is a meaningful ceremony which commemorates the personal journey undertaken from white belt to Black Belt with the presentation of gifts, an ancient tea ceremony and candle lighting.

### Special points of interest:

- **Marshall's In-School Tournament**
- **Dallas Duel IV Tournament**
- **November Birthdays**
- **Board Break Clinic**
- **Red & Black Belt Rec Seminar**
- **Fitness Testing**
- **Marshall's ATA Merchandise Sale!**
- **Thanksgiving Holiday**
- **December Testing**
- **Black Belt Induction Ceremony**

### Tournaments:

Dallas, TX / B Mr. Pechacek	11/15
Black Belt Nationals, Los Angeles, CA	1/30&



## Christmas Party

We are planning our annual Christmas Party at Master Grill in Denton for Saturday Dec 13th, from 6:00 to 8:00pm. Dinner for adults is \$26.95 per person. Children aged 6-12 can eat from the buffet for \$16.95. There's a children's

menu that is much more reasonable. Those prices range from \$4.95 to \$8.95. Children under 5 eat from the buffet for free. Large groups get free drinks, water, tea, soda and 25 percent off desserts. I have

heard that the service is great. I may choose a different venue for the kids Christmas Party. If I do, then the adults can purchase adult beverages at a discount. I would like this event to be semi-formal to formal.

**Gratitude** unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. - Melody Beattie

## A Word to the New First Degree

Now that you have achieved the ultimate milestone in the martial arts that of attaining your black belt, you may wonder 'What Now?' 'What's Next?' Although as Grand Master Lee says "There's always more to learn." Now is an interesting time in your Taekwondo training. Along the journey to black belt, there was the relentless climb up the ladder to the next belt level. As a First Degree, you operate on a different timetable than the color belt. You will remain in rank for a minimum of 12 months although there are midterm requirements that will be accomplished along the way. Now that you have accomplished your goal of becoming a Black Belt, now

is the time to focus of BEING a Black Belt. Now is the time to learn to Be Strong, now is the time to learn to Be Wise, now is the time to learn to Be Bold, now is the time to learn to Be Calm, now is the time to learn to Be Grateful, now is the time to learn to be Forgiving, now is the time to learn to Be New, now is the time to learn to Be Beloved, now is the time to learn to Be Sure, now is the time to learn to Be Joyful, now is the time to learn to Be Different, now is the time to learn to Be Harder, now is the time to learn to Be Faster, now is the time to learn to be smarter, now is the time to learn to Be Tougher, now is the time

to learn to Be Quicker, now is the time to learn to Be Free, now is the time to learn to Be Still, now is the time to learn to Be Yourself, now is the time to learn to Be a Leader, now is the time to learn to Be Happy. You have demonstrated to your family and friends but mainly to yourself that you can do anything that you put your mind to. You CAN accomplish your goals. You CAN overcome adversity. You CAN keep going when you feel like quitting. You have achieved so much. You may ask 'How do I learn all the things that you've just said now is the time to learn?' Well...that is for you to learn on your own. Now is YOUR time. Go forth and DO it.

The **Fall Festival and Costume Party** was a smashing success and a great time was had by all. There was food, fun, games and lots and lots of kids in costumes. We gave lots of prizes. Thank you to all the parents who helped make the Fall Festival and Costume Party so much fun. There are entirely too many people to thank for lending a hand and participating. I would like to send out a very special thank you to Ian Ivory.

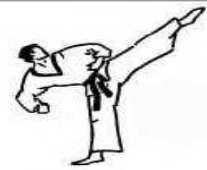
### **Congratulations to our ATA Fall Nationals Winner!**

Congratulations to Mr. Christian Williams. Christian was our Marshall's ATA Fall Nationals tournament competition representative. The ATA Fall Nationals Tournament is held annually in Orlando Florida at the Disney Wide World of Sports Complex. Christian won 2nd place forms, 2nd place sparring & 3rd place weapons. His winning attitude, great smile and spirit of friendly competition made his ATA Fall Nationals Tournament experience a huge success. He brought his impressive medals to us to display in the school.

**Congratulations!** Mr. Russell Linton successfully mid termed at the Marshall's ATA post testing on October 13th. He performed his Black Recommended requirements and is now eligible to test for his First Degree Decided Black Belt at the December testing. Congratulations also go out to Dewey Middlemiss for successfully testing for Black Belt Recommended. Chloe Weitzman & Brenna Saleraeki tested successfully for their Orange Belt and became Black Belt Club members.

## The Monthly Theme for November is Gratitude

As the year begins to wind down, I can think of no more appropriate word than 'Gratitude' to describe what it has meant to me. According to the Dictionary 'Gratitude' means: an appreciative attitude for what one has received; a warm or deep appreciation of personal kindness; a disposition to express gratefulness by giving thanks. I think gratitude also relates to a full life spent in awareness of all the good things that surround us. A life of gratitude is composed of three parts that combine to make a whole. 1. A sense of purpose in our lives 2. An appreciation for the lives of those around us 3. A willingness to take action to show the gratitude we feel. Over the next 30 days, I would like to challenge you to create your own life of gratitude in a way that is meaningful to you, and to begin practicing acts of gratefulness more than you have ever done



### New Members

**Marshall's ATA**

**welcomes**

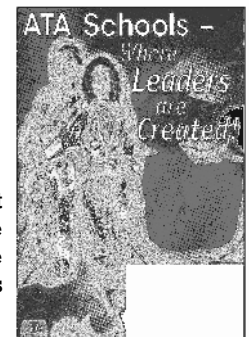
**new members:**

**Garrett Newland**

\*\*\*\*\*Note\*\*\*\*\*

**Marshall's ATA**

Will have a Christmas Party for our Juniors and Adults on Saturday December 13th from 6:00 to 8:00pm. We are finalizing negotiations with





Theme of Month: Gratitude

NEXT TESTING DEC. 5TH/6TH

Every kid's a Winner  
Every kid's special

**MARSHALL'S ATA  
MARTIAL ARTS**

# November 2008

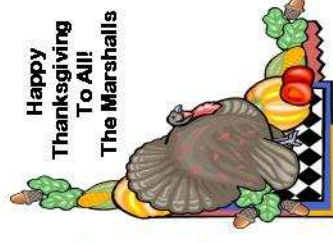
**HAPPY BIRTHDAY**



Stephanie Sayers 11/1



Happy  
Thanksgiving  
To All!  
The Marshalls



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3						1
2 Week 4 Time Change Fall Back 1hr.	3	4 Election Day	5 Tiny Tiger In-School Tournament 6:00 P.M.	6 In-School Tournament Juniors/Adults 6pm	7	8
9 Week 5	10	11	12	13 Board Break Clinic 6:15-7:00pm Red/Red Black Clinic 7:00-8:00pm	14	15 Tournament <b>No Classes</b> Dallas Duel IV
16 Week 6	17	18	19	20	21	22
23 Week 7	24	25	26 School Closed Thanksgiving Holiday	27 Happy Thanksgiving	28	29
30 Week 8 Otomix Week	1 Classes resume	2	3	4	5 Tiny Tiger Testing 6:00pm	6 Jrs/Adults Testing 6PM Black Belt Ceremony





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



## **MARSHALL'S ATA Physical Fitness Test (PFT)**

Rank advancement in the ATA indicates students' growing proficiency in the martial arts, not only in terms of techniques in their arsenals, but also through their mental and physical development. High ranking student, therefore, not only perform Songahm Taekwondo better, stronger and faster than lower rank students, but typically do so with sharper minds and healthier bodies. Superior Taekwondo skills with speed, stamina and accuracy are the direct result of sincere training. Physical fitness must be 'well above average' to perform effectively at the higher ranks.

Students who are morbidly obese or heavy smokers, for example, often have great difficulty meeting the strict demands of advanced martial arts training. In most cases, the limits of their abilities are self-imposed and can be overcome only by changing behaviors to improve their physical fitness. To ensure that students seeking advancement to and through the higher ranks are physically capable, the ATA has initiated a Physical Fitness Test (PFT) which all Black Belts 3rd Degree and higher must pass before being allowed to midterm or rank test beyond their current level, starting at World Championships 2009.

The ATA PFT measures students' overall physical condition with tests of upper and lower body strength, core flexibility, aerobic endurance and anaerobic capacity. It includes both conventional exercises and traditional Taekwondo techniques. Push-ups, sit-ups, kicks, kicks-and-strikes, and strikes (hand techniques) comprise the PFT. All activities have a one minute (60 seconds) time limit, with a one minute active rest period between them. Judges or testing partners will exclude or "not count" techniques performed incorrectly or lacking power. The total number of repetitions, high-impact strikes and high-impact kicks must equal or exceed three hundred (300) within those five minutes to pass the PFT. This calculates to average sixty (60) per one minute event, but the sum total is all that matters. For example, a student capable of only 30 push-ups must compensate by doing more repetitions in the other four areas to score 300 or greater. Techniques must be performed on ATA Powerline Wavemasters or similar, supported by a partner for stability. Students may choose to wear some or all sparring gear during the PFT, but are not required to do so. Student who pass the ATA Black Belt PFT will be allowed to midterm or rank test in order to advance and begin learning new material. Students who do not pass the PFT will be prohibited from taking a midterm or rank test until their physical condition improves and they pass the PFT.

All Marshall's ATA students are encouraged to condition their bodies for speed, flexibility and stamina regardless of the PFT. However, to ensure great odds of passing the PFT, all martial artists should train specifically for the activities of the test - sit-ups, push-ups, and rapid execution of high-impact techniques. We will perform "trial runs" of the official PFT to help our students gauge their own physical conditions and readiness for the test.

The ATA Black Belt PFT is a challenge that requires vigorous and sustained exertion. It is every student's personal responsibility to determine whether he or she is in adequate physical condition to take the test. If a student has any concern about his or her health and/or ability to take the test, it is strongly recommended that he or she consult with a physician before the test is administered. Furthermore, for his or her safety, a student who is (1) pregnant, (2) wearing a brace, cast or sling, or (3) obviously injured in any way will not be allowed to participate in the PFT without a signed medical authorization from a licensed physician. The authorization must state that the physician is aware of the strenuous PFT events and that it is his or her qualified opinion that the student can safely participate. Students with the aforementioned conditions must have the signed medical authorization with them at the PFT event. The PFT is currently a Black Belt Recommended stripe requirement.

Round 1: 1st minute - **Push-Ups (30 in 1 minute)**

Round 2: 2nd minute - **Sit-Ups (40 in 1 minute)**

Round 3: 3rd minute - **Kicks (60 in 1 minute)** *High impact Kicks*  
Note: May be any kick you want to do (round, front, side, hook, etc.)

Round 4: 4th minute - **Kicks & Punches (100 in 1 minute)** *High impact Hand/Kick Combinations.* Note: No more than 2 hand techniques in a row.

Round 5: 5th minute - **Punches (120 in 1 minute)** *High impact Hand Techniques.* Note: May be any hand technique you want to do (punch, backfist, elbow strike, etc.)

There is an Active rest period of 1 minute following each activity.

$(30+40+120+60+100)=350/5=70\%$

Juniors need 350 points = 70%

Women need 375 points = 75%

Men need 400 points = 80%

Results are obtained by an overall average.