

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Fall Black Belt
Midterm Nov 13th

Marshall's ATA
Annual Fall Festival & Costume
Party.

Nov Birthdays

ATA Class A Tournament in Katy, Texas

Marshall's ATA Nov Leadership Classes

Daylight Savings Time Ends Nov 7th

Marshall's ATA Fall Black Belt Midterms

Marshall's ATA Fall Black Belt Midterms will be held on Saturday Nov 13th at 12:00pm. Please come and show your support for our Black Belts as they perform requirements from their rank material. Forms Shim-jun and Jung Yul and Black Belt Sparring Combos. Sparring, Weapons and Board breaks.

Katy Texas Class A Tournament

The Battle Begins is being held at The Merrell Center in Katy, Texas on Nov 5th & 6th, 2010. It is being hosted by Jerry & Carol Frenz. Chief Master Mal Kun Lee, 8th Degree Black Belt and National Chief of Instruction will be the very special guest.

Daylight Savings Time Ends

Please don't forget that Daylight Savings Time ends on Sunday morning Nov 7th at 2:00am. Don't forget to set your clocks back one hour (Fall Back) before going to bed on Saturday night.

Welcome Back to Dr. Wendy Middlemiss and Mr. Michael Kaiser. They attended the ATA Fall Nationals in Orlando, FL on Oct 20th & 21st. Dr. Middlemiss took the new Kids in Power Anti Bullying Program seminar and Mr. Michael Kaiser took level I of the Tai Chi class hosted by Chief Master G.K. Lee.

Leadership Camp

Dr. Wendy Middlemiss & Mr. Michael Kaiser will be attending the Region 112 Leadership Camp in pursuit of their Level II ATA Instructor Certification.

Marshall's ATA In-School Tournament

Marshall's ATA will host an In-School Tournament on Saturday Nov 20th from 9:30 - 10:30am for the Tiny Tigers and 11:00 to 12:30pm for the juniors and Adults. There will be Forms, Sparring and Weapons Competition for both traditional and Creative.

Leadership Classes

The next Leadership Class be Thurs Nov 11th & 18th at 7:30pm following the Black Belt class.

Marshall's ATA Oh Sung Do Sword Seminar

Marshall's ATA will host an Oh Sung Do Broad Sword Seminar on Fri Nov 19th from 5:30 to 7:00pm. Cost of Seminar is \$75.00 and includes the cost of the sword.

Marshall's ATA Hosts Kidz in Power Anti-Bullying Seminar

Dr. Wendy Middlemiss, PhD will host an Anti Bullying Seminar at Marshall's ATA on dates to be determined. She will discuss the latest knowledge and information from the field concerning Bullying and effective measures and techniques to use when the bullying becomes physical or violent. This seminar is available to the greater Denton community as well and will be hosted from 6:00pm to 7:30pm.

Marshall's ATA will be closed for the Thanksgiving holiday from Wed Nov 24th to Mon Nov 29th. Have a wonderful holiday.

Special points of interest:

- Katy, TX Class A Tournament Nov 5th & 6th
- Daylight Savings Time ends Sunday Nov 7th
- November Leadership Classes Thurs Nov 11th & 18th
- Marshall's ATA Fall Black Belt Midterms Sat Nov 13th 12:00pm
- Oh Sung Do Broad Sword Seminar on Fri Nov 19th .
- Marshall's ATA In-School Tournament Sat Nov 20th
- Marshall's Closed for Thanksgiving holiday

Tournaments:

Katy, TX
Mr. Gerald &
Carol Frenz

Nov.
5 & 6,
2010

Confidence

"It's not who you are that holds you back, it's who you think you're not." - Author Unknown

"We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies. - Roderick Thorpe, Rainbow Drive

Marshall's ATA Annual Fall Festival & Costume Party

Marshall's ATA is hosting our Annual Fall Festival and Costume Party on Friday Oct 29th, 2010 at the school. The Unicorn Lake Business Association will be hosting a Trick or Treat for the kids

as well from 4:00pm to 7:00pm. There will be Costumes, Balloons, Body Art, Arts & Crafts, Coupons, Discounts, a Kids ID Station and Lots of candy. Our Annual Fall

Festival & Costume Party will be hosted at the school from 6:00pm to 9:00pm. We'll have a monstrously good time. Only theatrical, humorous or Super hero costumes. Please no scary costumes.

Halloween Healthy?

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As parents, we are always looking for ways to keep our children healthy, and unfortunately this time of year can be a struggle. Children bring home an average of 250 pieces of candy after trick-or-treating, which can become overwhelming for most parents. Here are some tricks to avoid the temptations of treats:

Tricks and Suggestions to Decrease Treat Temptations:

- Wait to purchase treats until the last possible moment. Don't keep Halloween treats in the house days in advance.
- Purchase your least favorite candies. You'll be less likely to sneak treats if you don't enjoy eating them.
- Be realistic about the amount of candy you'll need. Buy what you think might be too little and if you run out of candy, have healthy treats or non-food treats on hand.
- Go ahead and trash the leftovers immediately following the holiday. Again, if those little goodies are not in the house to tempt you, you're less likely to eat them!
- When your children bring home their treats, divide them into daily portions and package them in baggies. Give your child one baggie of treats every day until there are no more.
- Instead of trick-or-treating, throw a Halloween party at your house and serve your own delicious and nutritious home-made snacks.

With these tips to combat the sweet temptations from home, delight your trick-or-treaters with healthy options. Have a safe, happy, & healthy Halloween!

Region 112 Certification Camp

Dr. Wendy Middlemiss and Mr. Michael Kaiser will be attending the Region 112 Certification Camp do well Ma'am, do well, Sir!



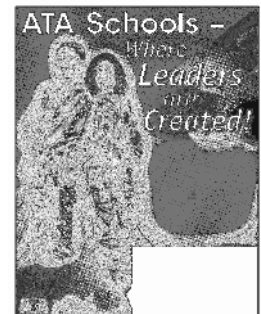
Protocol for Testing

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 our newest Leadership Team members: Mrs. KayLynn Safar, Patrick Safar, Mel Brianne Chan and Brian Chan.

Congratulations to Mr. Michael Kaiser (CIT) & Dr. Charles Kurtz (CIT) on their promotion to First Degree Black Belt.

Congratulations to Miss Melody Hamilton, Diego Duran & Henry and Jacob Robinson on achieving their 1st Degree Decided Black Belt at the Marshall's ATA Fall Testing. Good job Ma'am / Sir.



2010 - The Year of Impossible Possibilities

Fall Black Belt Midterm on Sat Nov 13th, 12:00pm

Katy, Texas 'Class A' Tournament Nov 5th & 6th, 2010

Thurs Nov 11th & 18th Leadership Classes at 7:30pm

Fri Nov 19th, Oh Sung Do Broad Sword Seminar 5:30 - 7:30pm

Marshall's ATA Will be Closed for the Thanksgiving Day holiday Nov 24th - 29th

Healthy Halloween Snacks

.With these healthy snacks in your trick-or-treater bowl, you are sure to give each child a bright smile, without the extra sugar! Have a safe, happy, and healthy Halloween!

Apple Bites - (apple slices with almonds for teeth)

Mini bags of microwave popcorn

Mini granola bars

Mini boxes of raisins

Small packages of assorted nuts

Snack-size graham crackers, animal crackers, pretzels or Pepperidge Farm Goldfish (100 calorie packs)

Pre-packaged apple slices or baby carrots

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Belt Candidate

Melody Hamilton

Mr. Marshall - What qualifies you to attain this goal of becoming a Black Belt?

Miss Hamilton - I'm very motivated, I love helping others obtain their goals. Also I have worked very hard from the beginning to get where I am now. I hope when I get my black belt. I will inspire others to work as hard as I do. Even the little tiny tigers who take double the time because they get headbands between each belt. I am so

proud of my brothers Hayden Mullins and Alex Mullins for all the hard work they do as tiny tigers. I cannot wait until Thursday October 28th when I get my black belt at the age of 13 years. I am very proud of myself for staying with Taekwondo. I have gone through blood, sweat, and tears to get this belt and I have never put so much time in to something before. I cannot wait until Thursday October 28th when I get my black belt at the age of 13 years.

Mr. Marshall - Why do you want to become a Black Belt?

Miss Hamilton - I want to become a black belt because I have worked so hard for it. I have put in time and effort towards my achievement. I want to be a proud person who can say that I am a black belt. If someone asks how I got my black belt, I will say that I earned it through hard work and dedication. I want to inspire people to become a black belt. When people see me with a black belt I want them to be motivated to join Taekwondo.

Melody Hamilton will join Tanner Garmon, another member of the wonderful Hamilton family to become a Black Belt. Her parents Othell and Tricia Hamilton are also poised to become Black Belts at the Marshall's ATA December Testing. Her little brother Hayden is a Tiny Tiger and will be testing for his 1st Degree Black Belt Recommended at the Marshall's ATA Fall Testing. Her sisters Brianna and Skyanne Renee Hamilton and Baby Brother Alex will all be testing for their 1st Degree Black Belt in 2011. We your family and friends at Marshall's ATA are so very proud of your commitment to excellence and your dedication to achieving your 1st Degree Black Belt.