

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
2900 WIND RIVER, LANE SUITE #138  
DENTON, TX. 76210  
WWW.MARSHALLSATA.COM



### Karate Kamp & Combat Bahng Mahng Ee Clinic

#### Marshall's ATA Annual Karate Kamp & Bahng Mahng Ee Clinic

Marshall's ATA will host our annual Karate Kamp on Friday Nov 23rd from 8:00am to 2:30pm. This Karate Kamp will be mainly for our Karate for Kids and Juniors age groups and will be rather loosely structured with the emphasis being on having a fun time as we learn our Forms, Sparring, Weapons & Self-Defense. We will also work on fun drills, challenges and games and learn to be effective with our Combat Bahng Mahng Ee. During the afternoon, we will all go and see a holiday movie over at the Cinemark across the street. Please wear your casual weekend workout uniform and bring your gear. We will provide snacks but students are encouraged to bring their lunch and money for their movie ticket. The cost of the Kamp is \$100.00 but only \$75.00 if you already have your own Combat Bahng Mahng Ee (Short Stick).

#### Marshall's ATA Annual Thanksgiving In-School Tournament

We will host our Annual Thanksgiving In-School Tournament at Marshall's ATA on **Saturday Nov 24th** starting at 9:30am for the Tiny Tigers and 10:45am for the Juniors & Adults. There will be competition in Traditional Forms, Weapons, Sparring and Combat Weapons. We will also have competition in Creative and XMA Forms & Weapons. Competition in all events is just \$35.00.

#### Marshall's ATA November Leadership Classes

We will conduct a CBME clinic in both Marshall's ATA Leadership classes during the month of November on **Saturday Nov 10 & 17th from 8:30a - 9:30am**. I want all Junior/Adult aged students to own their own CBME for this Clinic as part of their gear package. The cost is \$50.00 for the hand gear (gloves) and \$49.00 for the Combat Bahng Ee weapon.

#### The 4th Annual Trick or Treat at Unicorn Lake

Bring the Kids to Trick or Treat

at Unicorn Lake and Show off their costumes at participating Unicorn Lake Businesses. When: **Wed, Oct 31st 2012 4pm to 7pm** at Unicorn Lake. This is a huge annual event with hundreds of people in a festive atmosphere with bounce houses, costumes, balloons, Face Painting, Arts & Crafts, barbecue, coupons and oodles of Candy. **BE THERE!**

#### Combat Weapons Clinic Nov Leadership Classes

The Marshall's ATA Leadership classes will be held this month on **Sat Nov 10 & 17th** from 8:30 to 9:30am. The theme for Nov is 'Setting Direct Goals for Class' & 'Self-Control'. Leadership Team will please complete these sections in your manuals this month and be ready to answer questions on our theme for the month such as "Common Sense before Self-Defense?" The focus is Combat Weapons but we will allow time for other training material as well and dissemination of new school information.

#### Special points of interest:

Marshall's ATA Karate Kamp & Bahng Mahng Ee Clinic Nov 23rd

Marshall's ATA In-School Tournament Nov 24th

November Birthdays

Nov Leadership Classes Sat Nov 10th & Nov 17th from 8:30 - 9:30am

Marshall's ATA Will be Closed for the Thanksgiving holiday Nov 21st - 24th

4th Annual Trick or Treat at Unicorn Lake on Halloween Wed Oct 31st

Instructor Certification Camp

#### Tournaments:

<b>Master Gerald Frenz &amp; Carol Frenz</b>	Nov 3, 2012
<b>Songahm Spring Nationals at Las Vegas, NV</b>	Mar 13 Thru 16th, 2013

### Marshall's ATA Fall Harvest Festival & Costume Party

Marshall's ATA hosted our annual Fall Harvest Festival & Costume Party on **Sat Oct 27th from 6:00 - 9:00pm**. The school was decorated in a Fall Harvest theme with a wee bit of the sights & tastes of Halloween for the kiddos. This was

our major Fall seasonal school event & free to the community. The attendees and friends wore fun, frivolous, festive, theatrical and Super Hero costumes and came ready to have fun, games & candy. Thank

You for not wearing scary costumes or inappropriately adult themed costumes for teenaged and adult students. A big 'Thank you' to my costume contest judges; Dr. Wendy Middlemiss, Mr. John Manzer, Mrs. Dawn Kaiser and Mr. Will Lamb.

#### Opportunity

"Failure is simply the opportunity to begin again, this time more intelligently."  
- Henry Ford

Opportunity does not knock, it presents itself when you beat down the door. - Kyle Chandler

# Korea 2013 ATA Martial Arts Training & Cultural Tour

Page 2

ATA headquarters invites you to participate in the experience of a lifetime! **Korea 2013 ATA Korea Martial Arts Training & Cultural Tour!**

## Martial Arts Training

Daily Training ATA Masters

Mid-Term and Rank Testing

Traditional Martial Arts with Korean Masters

## Cultural Tour

Modern Cities and Ancient Villages

Local and International Cuisine

World-Class Shopping

April 24 - May 3, 2013

\$1,995\*\*

Only \$1,795 if purchased by November 1, 2012. \$1,995.00 if purchased after November 1, 2012. Payment plan is available.

## Price Includes:

All Korea land travel

Lodging at top hotels

English speaking tour guide and transportation

All meals, training, and attraction fees.

\*\*Traveler is responsible for airfare to and from Korea.

To register, contact

ATA International Headquarters

Master Edd Abasolo

866.282.8721, ext 2271

Edd.abasolo@ataonline.com

ATAOnline.com/koreantrip

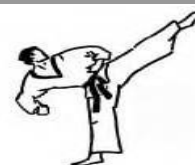
## 2013 National Tournaments

**Spring Nationals** March 13-16  
Songahm Leadership Camp  
March 17-18 Las Vegas, NV

**World Championships** ATA  
World Conference <New Date>  
July 8-14, 2013 Little Rock, Arkansas

## Marshall's ATA Official Board Break Testing

The Christmas/Winter Belt Testing will begin with the Board Break Testing on Wed Dec 5, 2012. Color Belt students Brown thru Black Rec will perform their board breaks during their regularly scheduled class on this date. Board Breakers will wear full uniform & observe Board Break protocol. Please familiarize yourself with your board break options.

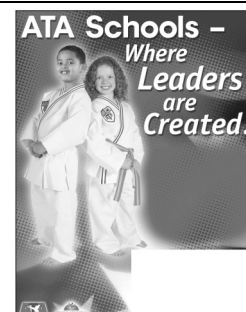


## **Protocol for Testing**

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 Vanessa Bristow, Desiree Gonzales & Victoria Lamb as they Tested Successfully for their 1st Degree Decided Black Belt at the October Fall Harvest Belt Testing. Congratulations! Michael Kaiser on his successful testing for his 2nd Degree Decided Black Belt.

**Congratulations:** All the best to Mrs. Sandra Arcuri, Mr. Justin Kolba, Miss Madisyn Welborn, Mr. Brennen Wallace & Miss Brianne Walsh as they test for their 1st Degree Decided Black Belt at the upcoming Marshall's ATA Christmas/Winter Belt Testing next month.



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

**Marshall's Annual Fall Harvest Festival & Costume Party will be held on Sat Oct 27th from 6:00 - 9:00pm**

**Master Gerald Frentz will host a Class A Tournament in Katy, TX. Nov 2nd & 3rd, 2012**

**Leadership Classes Sat Nov 10th & 17th from 8:30 - 9:30am (Please order your Combat Bahng Mahng Ee)**

**Mr. Marshall will host a Taekwondo Kamp Fri Nov 23rd from 8:00am - 2:30pm**

**Marshall's ATA will Conduct our Annual In-School Tournament on Nov 24th starting at 10:00am**

**Marshall's ATA Board Break Testing Wed Dec 5th During Regular Class. Note: Results are Final!**

## **Region 112 Instructor Certification Camp**

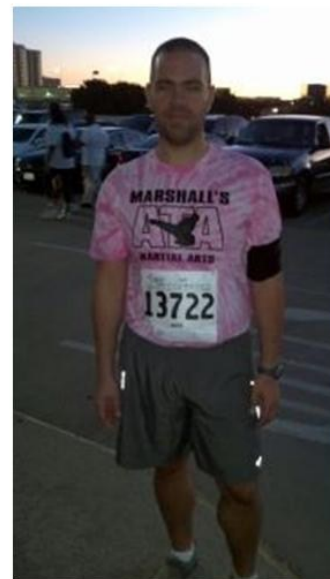
Mrs. Kaylynn Safar & Mrs. Sandra Arcuri will be attending the upcoming Region 112 Instructor Certification Camp and we want to wish them the best as they share what they've learned at Marshall's ATA with the Seniors in the region. We are confident that they will be very impressive, and two of our very own will be promoted to their next level collar. Both of these students have set their goal set to obtain their Certified Instructor (Black Collar) and have been working very hard at running training classes.

Both students are successful members of our Marshall's ATA Competition Team. Mrs. Safar & Mrs. Arcuri will also both be attending and competing in the upcoming Regional Class A tournament hosted by Master Gerald Frentz in Katy, TX on Saturday Nov 3rd. They will then both line up for the Regional Instructor Certification Camp later on that same evening as well. We are very excited to see what the future holds for these two outstanding students.

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



Mr. Michael Kaiser,  
2nd Degree Decided Black Belt,  
Certified Instructor,  
BS Degree in Electrical Engineering,  
BS Degree in Computer Information Systems,  
German Army Veteran,  
Nato Achievement Medal for Service in Bosnia,  
German Achievement Medal for Service in Bosnia,  
Married and Proud Father of Two Girls



**Mr. Michael Kaiser 2nd Degree Decided Black Belt**





# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Instructors' Note:

*Miss Desiree Rose Gonzales is the daughter of Mr. Gilbert Gonzales and Mrs. Kris Gonzales. The Gonzales family are all students of Marshall's ATA and Desiree and her Dad are members of our Leadership Team. We are honored that she has chosen to continue her journey of self discovery and self-defense with us here at Marshall's ATA. I pronounce that she is an outstanding individual. Perfectly Balanced and Fit to wear the Black Belt.*

### Miss Desiree Gonzales 1st Degree Black Belt Decided



### Fitness Test Results for Miss Desiree Gonzales

Push ups	35
Sit ups	25
Punches	144
Kicks	38
Punches & Kicks	90
Total	332
Pct	66.4%

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

#### Miss Desiree Gonzales

I think that I am able to qualify to become a black belt because I have done all the hard training and learned all 9 forms. I earned my color belts passing my tests. I have also learned the knowledge that goes with each color belt.

### **Why do you want to become a Black Belt?**

#### Miss Desiree Gonzales

I thought it looked fun, to see how far I can go, and to see how much I can accomplish physically and mentally. To show how far I went and to show how much I believe in myself from when I was a white belt.

# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Instructors' Note:

*Miss Vanessa Bristow is a young lady who is full of surprises. She has this persevering and self sufficient spirit and she will not shy away from a challenge. She has challenged herself in the ring of competition and I am always impressed when I see her arrive on her bicycle here at the Dojang. There is no quit in her and we are so honored to have her continue her journey of self discovery and self-defense with us here at Marshall's ATA as a member of our Black Belt & Leadership Team.*

### Miss Vanessa Bristow 1st Degree Black Belt Decided



### Fitness Test Results for Miss Vanessa Bristow

Push ups	31
Sit ups	20
Punches	109
Kicks	36
Punches & Kicks	123
Total	319
Pct	63.8

### Why do you want to become a Black Belt?

Miss Vanessa Bristow:

So then I can know that I know that I can do all the Forms. I want to become a Black Belt because then I know that I can do all the Forms and Sparring Combos. Knowing I can do all the Forms is a challenge for me. Becoming a Black Belt is my number one goal. When I get my Black Belt, that means I know what respect and discipline is. That is why I want my Black Belt.

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

Miss Vanessa Bristow

When I started Taekwondo, I thought, "I need to know how to fight." I worked hard learning all the Forms, Sparring Combos, and Self-Defense. When I was Purple Belt, I said, "I am very close to obtaining my goal." I sacrificed my time to play with friends. I made up that time by working very hard. Now I am more closer than ever in attaining my goal.

*Note: Miss Bristow obtained her 1st Degree decided Black Belt at the Marshall's ATA Fall Black Belt Testing in October 2012.*



# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

### Certified Personal Trainer, Cooper Institute



#### Can Watching Too Much TV Be Harmful to Your Health?

Many of us sit in front of a computer for eight hours a day, and then go home and head for the couch to surf the Web or watch television, exchanging one seat and screen for another. Even if we try to squeeze in an hour at the gym or dojang, is it enough to counteract all that motionless sitting?

A mounting body of evidence suggests not. Increasingly, research is focusing not on how much exercise people get, but how much of their time is spent in sedentary activity, and the harm that does.

The latest findings, published this week in [The Journal of the American College of Cardiology](#), indicate that the amount of leisure time spent sitting in front of a screen can have such an overwhelming, seemingly irreparable impact on one's health that physical activity doesn't produce much benefit. The study followed 4,512 middle-aged Scottish men for a little more than four years on average.

It found that those who said they spent two or more leisure hours a day sitting in front of a screen were at double the risk of a heart attack or other cardiac event compared with those who watched less. Those who spent four or more hours of recreational time in front of a screen were 50 percent more likely to die of any cause. It didn't matter whether the men were physically active for several hours a week — exercise didn't mitigate the risk associated with the high amount of sedentary screen time. The study is not the first to suggest that sedentary activities like television viewing may be harmful. A [study last year found that men who spent](#) more than 23 hours a week watching TV and sitting in their cars were more likely to die of heart disease than those who sat for 11 hours a week or less, even if they exercised. And a 2009 [study reported that young children who watch](#) one and a half to five and a half hours of TV a day have higher blood pressure readings than those who watch less than half an hour, even if they are thin and physically active.

[Another small study found that when overweight adults](#) cut their TV time in half, they burned more calories than those who watched five hours or more a day. Children whose TV time is cut tended to eat less, but that wasn't true for adults. And the light activities adults filled their time with, like reading and playing board games, actually burned more calories than watching TV. In both the United States and Britain, people are spending three to four hours a day on average watching television, said the study's author, Emmanuel Stamatakis, of the department of epidemiology and public health at University College London. "This is excessive," he said. "It is more than 20 percent of total waking time for most people."

And, he added, "it's 100 percent discretionary."

During the study's follow-up period, from 2003 to 2007, 325 men died of various causes, and 215 suffered a heart attack or other cardiac event. Even after adjusting for differences in weight, smoking, occupational physical activity and risk factors like diabetes, high blood pressure and other longstanding illnesses, as well as marital status and social class, those who spent four hours or more of their leisure time in front of a screen each day were 50 percent more likely to have died. Those who spent two hours a day in front of a screen for entertainment were 2.2 times more likely to have had a cardiovascular event.

Recreational screen time has an "independent, deleterious relationship" with cardiovascular events and death of all causes, the paper concluded, possibly because it induces metabolic changes.

One possible mechanism, demonstrated in animal studies, is that being sedentary may affect lipid metabolism. Prolonged inactivity appears to sharply reduce the activity of an important enzyme called lipoprotein lipase, which is responsible for breaking down circulating blood lipids and making them available to muscles for energy, Dr. Stamatakis said. Lowered enzyme activity leads to higher levels of fats and triglycerides in the blood, and to a higher risk of cardiovascular disease. Exercise has very little impact on the enzyme's activity, he said. Extended sitting may also lead to high levels of low-grade inflammation, which can also lead to heart disease, Dr. Stamatakis said. A marker of low-grade inflammation called C reactive protein was about three times higher in the study participants who spent the most time slouched in front of a screen. The study focused on recreational screen time because it's the easiest to curtail, Dr. Stamatakis said. But he encouraged employees who work at computers all day to get up and take breaks and short walks periodically.

**Mr. Robert W. Marshall, Sr.**

4th Degree Black Belt, Certified Instructor  
Certified Personal Trainer, Cooper Institute

