

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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## Karate Kicking Kamp & Self-Defense Clinic

### Marshall's ATA Annual Karate Kicking Kamp

Marshall's ATA will host our annual Kicking Kamp on Friday Nov 29th from 8:00am to 3:00pm. This Kicking Kamp will be mainly for our Karate for Kids & 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, games and learn to be effective with our weapons. During the afternoon, we will all go and see a holiday movie over at the Cinemark across the street (I'm thinking 'Frozen' but we'll see. Please wear your casual weekend workout uniform and bring your gear. We will provide snacks but students are encouraged to bring their own lunch and money for their movie ticket. The cost of the Kicking Kamp is \$100.00 but only \$75.00 if you already have your own Combat Bahng Mahng Ee (Short Stick) and bag gloves.

### Marshall's ATA November Leadership Classes

We will conduct a Forms and Self Defense Clinic in the Marshall's ATA Leadership class during the month of November on **Saturday Nov 16th from 8:30a - 9:30am**. I want all Junior/Adult aged students to bring their CBME for this Clinic as well.

### The Marshall's ATA October Events

I just wanted to take this opportunity to say 'Thank you' to all of our Marshall's ATA students & families for your great support during our October school events (Fall Harvest Festival, Open House, Costume Party & Unicorn Lake Trick or Treat. These events were a great success because of the support of our students and families and I am excited about the upcoming events for the remainder of 2013.

### Nov Leadership Classes

The Marshall's ATA Leadership classes will be held this month on **Sat Nov 16th** from 8:30 to 9:30am. The theme for Nov is 'Setting Direct Goals for Class' & 'Self-Control'. Lead-

ership 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 now on attributes of our Forms but we will allow time for other training material as well and dissemination of new school information.

### Marshall's ATA Annual Christmas/Winter Holiday Party

Our Annual Christmas Party is set this year for the Pourhouse at Unicorn Lake on Dec 7th from 7:00 - 10:00pm. Please join us for this wonderful end of the year celebration. We will come together in fellowship and good cheer to celebrate yet another year of growth and achievement of our Goals.

### Marshall's ATA Closed for Thanksgiving

Marshall's ATA will be closed for Thanksgiving starting Tues Nov 26th to Mon Dec 2nd.

### Special points of interest:

Marshall's ATA Kicking Kamp & Self-Defense Clinic Nov 29th

November Birthdays

Nov Leadership Class Sat Nov 16th from 8:30 -9:30am

Marshall's ATA Will be Closed for the Thanksgiving holiday Nov 26th - Dec 2nd

Marshall's ATA Christmas / Winter Holiday Party at the Pourhouse Grill at Unicorn Lake

The Champion Within Regional Class 'A' Tournament Katy, TX

Ground Fighting Seminar at Rockwall ATA School Nov 9th

### Tournaments:

<b>Master Gerald Frentz &amp; Mrs. Carol Frentz</b>	Nov 2, 2013
<b>Spring Nationals at Anaheim Convention Center Anaheim, Ca</b>	Mar 19 Thru 22nd, 2014

### Discipline

"Today I will do what others won't do. So tomorrow I can do what others can't do."

"To get something you've never had, you have to do something you've never done."

## Ground Fighting Seminar at Rockwall ATA School

Chief Master Robert Allemier will be hosting a Ground Fighting Seminar at his facility in Rockwall, TX on Saturday Nov 16, 2013 from 8:00 - 5:00. Master Kevin Henderson will be coming up from Houston, TX to actually conduct the seminar.

This seminar is open to the region and is only \$99.00. Master Kevin Henderson is a Brazilian Jujitsu practitioner as well as a master of Taekwondo. I have received training from him in the past and I can tell you first hand

that your overall martial arts journey will be much enhanced by adding a solid ground fighting capability to your repertoire. I will have a sign up sheet out at the front desk so please add your name if you are interested in this unique opportunity

## Marshall's ATA Official Board Break Testing Dec 2nd

The Christmas/Winter Belt Testing will begin with the Official Board Break Testing on Mon Dec 2, 2013. 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. Senior Black Belts will be available to assist as Protocol.

## Marshall's ATA Black Belt Induction Ceremony

Please be with us as we conduct our 2013 Black Belt Induction Ceremony on Friday evening Dec 13th, 2013 at sunset.

**Congratulations:** to Mrs. Victoria Lamb on achieving her 2nd Degree Rec Black Belt at the October/Fall Testing. Congratulations and all the best to Mrs. Sandra Arcuri, Mr. Hunter Lamb & Mr. Dylan Lamb as they midterm for their 2nd Degree Recommended Black Belt at the December/Winter Belt Testing. The Merki Family & Nabil & Vahid Baugher will be Testing for 1st D Decided.

**Congratulations:** All the best to Mr. Devin Hearvey as he tests for his 2nd Degree Decided Black Belt at the upcoming Marshall's ATA Christmas/Winter Belt Testing next month.

## 2014 Songahm Spring Nationals Anaheim

**Spring Nationals** March 19-22nd Anaheim Convention Center Disney Land Anaheim, Ca. Lodging at the Anaheim Hilton Hotel.

## Mr. Will Lamb Competed in Ironman 70.3 Austin 2013

Congratulations and well done! To Mr. Will Lamb. Mr. Lamb is the husband of Mrs. Victoria Lamb, the father of Hunter & Dylan Lamb and is also a Marshall's ATA Black Belt (I might proudly add). This was a half Ironman race held in Austin, TX on Oct 27th. His official numbers:

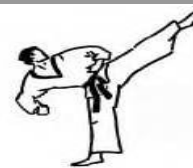
**Swim 1.2 miles - 00:40:55**  
**Bike 56 miles - 03:01:01**  
**Run 13.1 miles - 02:28:16**  
**Total Time - 06:20:04**

## Montana State Bobcats Football

The Marshall's ATA favorite college football team The Montana State Bobcats improved their record to 7 and 2 with a 35 to 28 defeat of the Northern Colorado Bears at the Bears home stadium in Greeley Colorado. The Cats are 5 and 0 in conference play. Oh, in case you were wondering, the Marshall's son, Robert is a student/athlete at Montana State University and a an ATA 3rd Degree Black Belt. Go Cats!

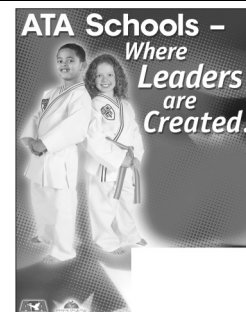
## Marshall's ATA Physical Fitness Testing

We will be conducting the Physical Fitness Test for our Black Belt Recommended students starting the week of November 4th thru the 7th. Students will require a passing score of 300 as a pre-req as they prepare for Testing



## **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.



## **2013 - Think, Pray, Work, Sweat & Play...Everyday**

**Master Gerald Frenz will host a Class A Tournament in Katy, TX. Nov 1st & 2nd, 2013**

**Master Kevin Henderson will conduct a Ground Fighting Seminar at the Rockwall ATA School Nov 9th, 2013**

**Leadership Classes Sat Nov 16th from 8:30 - 9:30am (Forms & Self-Defense)**

**Mr. Marshall will host a Taekwondo/Karate Kamp Fri Nov 29th from 8:00am - 3:00pm cost is \$75.00**

**Marshall's ATA Christmas/Winter Color Belt Testing will be conducted on Dec 4th / BB Midterm Dec 5th**

**Marshall's ATA Annual Christmas Party will be hosted at Pourhouse Grill at Unicorn Lake Dec 7th, 6 - 9pm**

## **Master Gerald Frenz hosts Class 'A' Regional Tournament**

Charles Kurtz, Mrs. Kaylynn Safar, Mrs. Sandra Arcuri & Mr. John Manzer are competing in 'The Champion Within' class 'A' regional tournament hosted by Master Gerald Frenz & Mrs. Carol Frenz in Katy, TX. On Sat Nov 2nd. Results from the tournament so far:

Dr. Charles Kurtz  
1st Traditional Weapons  
1st Combat Weapons Sparring  
2nd Forms  
3rd Traditional Sparring

Mrs. Sandra Arcuri  
1st Weapons  
2nd Sparring  
3rd Forms

Mrs. Kaylynn Safar  
1st Weapons  
2nd Sparring  
3rd Forms