

MARSHALL'S ATA BLACK BELT WORLD

MARSHALL'S ATA BLACK BELT ACADEMY
4145 E. I 35 SOUTH # 108
DENTON, TX. 76210
(940) 271-4217
WWW.MARSHALLSATA.COM

Summer Uniforms End!

Fall has officially begun and has ushered in the regulation uniform with its arrival. Beginning October 1st the Summer Uniform ends and we are back to the regulation uniform. We understand that the weather is still a little warm right now so we have authorized an official Marshall's ATA Martial Arts T-Shirt for those of you who would like to wear a T-Shirt for the month of October. The new T-shirts can be purchased for \$10.00. Next month the frost will really be on the pumpkin and T-shirts will be over until Otomix Weeks or for special events only.

Fall Testing

The Fall Testing will be on Thursday October 11th. at 6:00pm. Please be here at least 15 minutes early to warm up and get focused. Ms. Chris Blume & Mr. Andrew Castro will be testing for their 1st Degree Black Belt on Saturday at 10:00am. Please come and

root them on as they pursue this tremendous accomplishment.

Fall Nationals in Orlando!

Ms. Caren Wilcox, 2nd Degree black belt, will be representing Marshall's ATA and compete in the upcoming Fall Nationals Tournament in Orlando On Oct 20th. Let's all wish her much success and don't forget to enjoy the fun and excitement in Orlando. We are with you Ms. Wilcox.

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 test 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.

**School Belt Testing
Changes!
Sign up at Front
Desk Now!**

Special points of interest:

- **Summer Uniforms End**
- **Marshall's Fall Testing**
- **Caren Wilcox will Compete at Nationals in Orlando**
- **Fall Nationals in Orlando**
- **October Calendar**
- **Healthy Diet**
- **Private Lessons Available.**
- **Marshall's Adult Self Defense**

Fall Nationals!
October 20-21, 2007
Orlando, Florida
GO Marshall's ATA!

MyPyramid.gov

Check out the MyPyramid.gov web site . It is your access point for the USDA food guidance system. It contains the latest news, background information, and resources about the food guidance system. The system provides many

options to help us make healthy food choices and be active every day. There's also a kid friendly version targeting kids 6-11 years old with age appropriate educational materials. Let's combat obesity in children and adults with

proven research from the Center for Nutrition policy and Promotion, an Organization of the U.S. Department of Agriculture.

Nationals-Orlando AA	15/20
Carrollton, TX Eric Pechacek / B	10/27
Little Rock, Ar Master Anderson / B	11/17
Humble, TX / A	2/16

What is a Healthy Diet?

The Dietary guidelines for Americans, 2005, gives science based advice on food and physical activity choices for health. The Dietary Guidelines describe a health diet as one that

Emphasizes fruits, vegetables, whole grains and fat free or low fat milk products.

Includes lean meats, poultry, fish, beans, eggs and nuts and

Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. The recommendations in the Dietary Guidelines are for the general public

over two years of age. This is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them. Your food and physical activity choices each day affect your health—how you feel today, tomorrow and in the future. These tips are a starting point. Choose a change that you can make today and start on the road to a healthier you.

- Make half your grains whole.
- Vary your veggies

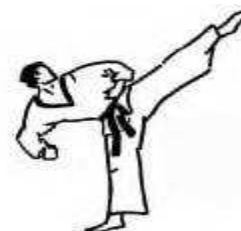
- Focus on Fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity.

For more information about the guidelines go to:

<http://www.healthierus.gov/dietaryguidelines/>.

For more information about understanding and using the Nutrition Facts label on food products go to:

<http://www.cfsan.fda.gov/~dms/foodlab.html>



Determination:

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race. - Calvin Coolidge.

An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men. - Thomas Fuller

The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail. - Napoleon Hill

Enter every activity without giving mental recognition to the possibility of defeat, concentrate on your strengths instead of your weaknesses...on your powers instead of your problems. - Paul J. Meyer

Baseball is 90% mental - the other half is physical.

Yogi Berra

Marshall's Adult Self-Defense Training

Each martial arts style is an attempt to protect oneself from an act of aggression, but they can be limited by their traditional approach to real world situations where one might encounter aggression.

Marshall's Adult Self-Defense training is a non-classical, non-traditional street combat system that is a culmination of various styles but is not limited by any preconceived ideas about fighting or sports aspects and Dojang rules. It allows one to just react with their instincts in threatening situations. It allows one to defend oneself even in close

quarters with a variety of tactics and movements that seek to control an attacker's center of gravity and other direct approaches to disabling an attacker.

With increased attacks on women, the instruction includes techniques for non martial artists to decrease one's odds of an encounter and increase one's chances of survival.

With the pressure kids have these days they need a positive and nurturing environment in which to grow and mature and learn positive life skills as well as

concentration, coordination and general levels of fitness that will allow them to enter society with more confidence and enthusiasm. We provide that environment here at Marshall's ATA Taekwondo & Karate for Kids. I like to say that we have kids from 3 to 63. This training consists of efficient and practical solutions for many threatening situations that can Save Your Life! Robert Marshall teaches the class and is a 4th Degree Black Belt & Certified Martial Arts Instructor as well as owner of Marshall's ATA Black Belt Academy in Denton.

(940) 271-4217

ATA History

Grand Master Soon Ho Lee sits at the head of the country's largest single system martial arts organization, the American Taekwondo Association. His historic inauguration to the esteemed position of Grand Master of Songahm Taekwondo brought people from

around the world to the ATA's World Championships in June, 2002. Since that day he has traveled the world to honor his pledge to dedicate his life to the more than 300,000 Songahm Taekwondo members worldwide, the same Songahm family that signed a petition in his honor. Grand

Master Soon Ho Lee has trained literally thousands of students in 16 countries around the world. He has come to a higher level of understanding for the sacrifice his brother, the late Eternal Grand Master H.U. Lee made each day to care for the worldwide Songahm Taekwondo Family.

October 2007

Marshall's ATA Black Belt Academy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6 Reg Class
Week 7	<div> <p>SUMMER UNIFORMS END on October 1, 2007. Full Uniforms or New Authorized T-Shirt will be required beginning October 2nd! Inspections will begin.</p> </div>					
7	8	9	10	11	12	13
Week 8	<div> <p>Buddy / Otomix Week</p> <p>School Belt Testing 6:00pm</p> <p>The Next Belt Testing will be Thursday October 11</p> </div>					
14	15	16	17	18	19	20 Reg Class
Week 1						
21	22	23	24	25	26	27 Reg Class
Week 2						
28	29	30	31	1	2	3 Reg Class
Week 3	<div> <p>Closed Halloween</p> </div>					

Birthdays!



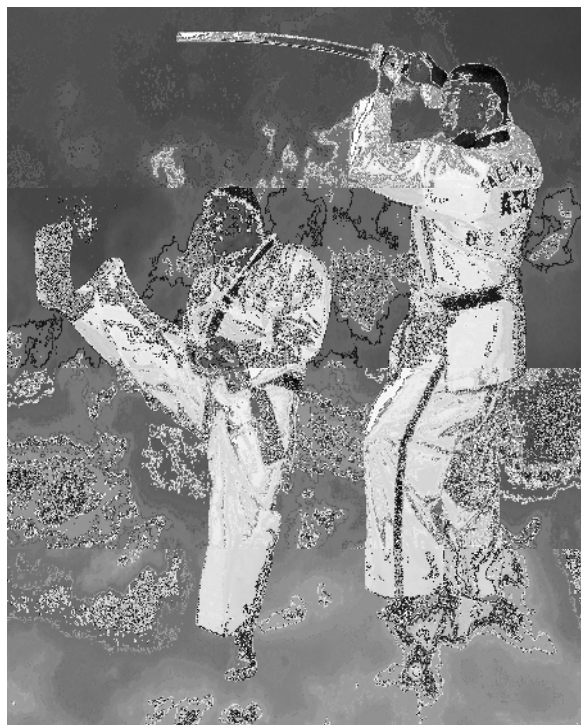
Nicholas Au	10/08
Brandie Barrett	10/27
Virginia Beshirs	10/26
Chris Blume	10/27
John Brogdon	10/21
Ashton Burley	10/02
Corbin Burley	10/22
Jayne Kraus	10/25
Logon Moonier	10/13
Tracey Moonier	10/16
Matt Pruett	10/30



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Mr. Robert W.. Marshall Sr., 4th Degree Black Belt, Certified Instructor



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 Champion

National Level III/ Weapons Judge

CPR Certified

Certifications: Ground Fighting, Joint Manipulation, Single and Double Bahng MahngEE

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

Mr. Marshall's 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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Marshall's Personal Training

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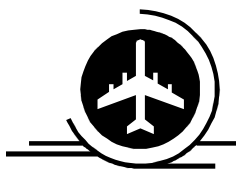


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Russell Pettway
Estimator/Manager

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