

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY  
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## Marshall's ATA Fall Testing

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Marshall's ATA will host our Fall Testing on Fri Oct 3rd with the Tiny Tiger testing at 6:00pm. The Juniors and Adults will test on Monday evening at 7:00pm. This testing promises to be extra special as we have two students testing for their First Degree Black Belt. Let's all cheer on and support Summer Lopez and Jake Tanis as they pursue this coveted milestone.

### Summer Uniforms End

The full uniform will be required following the Fall Testing. Students may wear Otomix pants and t-shirts on Saturdays and the week prior to Testing and Tournaments.

### No Classes Sat Oct 25th

There will be no regular Saturday class on Oct 25th due to preparations for the Fall Festival and Costume party beginning that evening at 5:30 pm.

### Fall Festival & Costume Party

We will host our Fall Festival and Costume Party at Marshall's ATA on Sat Oct 25th from 5:30 to 8:00pm. Food, games and prizes for most humorous, theatrical and Super hero costumes. (Absolutely NO scary costumes). We will have Wii games, Guitar Hero contest and a Bounce House. Come and bring family and friends for an evening of fun. We will also celebrate Oct. birthdays.

### Fight Night

Thur Oct.23rd from 6:15 to 7:30pm. We encourage Camo & above to attend for some intensive but fun sparring. We have many new Camo & Green belt students who should make it a point to attend this sparring class.



## Students & Goal Setting

The Goal of the instructors at Marshall's ATA is to help each student achieve their individually stated goals. Each student and/or family must set goals for their training and communicate those goals clearly to the instructors. The instructors

will then focus their efforts and energies toward helping those students to realize those goals. Should unforeseen obstacles or circumstances arise to interfere with the goals you have set, please inform the instructors

### Red & Black Belt Rec Seminar

The Red & Black Belt Rec Clinic went very well. We had four students in attendance two of which were our Black Belt candidates Jake Tanis and Summer Lopez as well as Preston Couch and Dewey Middlemiss-Kurtz. This was an intensive clinic specifically for our Red & Black Recommended students. We worked on all Forms (Exodus), Weapons, Sword/ (SBME), Board breaking, Self-defense & Sparring. The clinic was held on Friday September 19th from 5:30 to 8:00 pm.

### Leadership Class

The September Leadership class went very well. We covered the 10 Class Management skills and specific student teaching techniques. We also covered forms and sparring techniques. The next leadership class will be held, Thurs Oct.30th, 7:00pm-7:45pm.

Marshall's ATA

Fall Testing

Oct. 3rd &amp; 6

Schedule Change

Full Uniforms Oct.7th

Week of Sept 29th  
Otomix (Test Prep)  
Week

Tiny Tiger Testing  
Fri Oct 3rd.

No Tiny Tiger Class  
Sat Oct 4th.

2008 Fall Nat'l's Oct  
15th thru 18th at  
Disney World Or-  
lando, FL

Costume Party Oct  
25th!

### Special points of interest:

- **Marshall's ATA Fall Testing Oct 3rd & 6th**
- **ATA Fall Nat'l's Oct 15th thru 18th Orlando, FL.**
- **October Birthdays**
- **Fight Night Thursday Oct 23rd 6:15 to 7:30pm**
- **Fall Festival /Costume Party & Oct B'days Sat Oct 25th 5:30 to 8:00pm**
- **No Classes Sat Oct 25th.**
- **Marshall's ATA Welcomes New Students**
- **Marshall's ATA Leadership Class**
- **Schedule Changes**

### Tournaments:

<b>Fall Nationals / AA Orlando, FL</b>	<b>10/15</b>
<b>Dallas, TX / B Mr. Pechacek</b>	<b>11/15</b>

### Goals

"Life's ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to rebuild the life you want." - Marsha Sinetar  
Author & Educator

tors immediately so that we can modify or reprioritize your training while still holding you accountable for a sincere effort at pursuing your goals. Please see Mr. or Mrs. Marshall if there are any questions/concerns.

# Leadership Classes for October

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We will begin teaching the life skills curriculum in August. We will start off with our Leadership Team and later expand the curriculum to our other students: There are 9 belt specific Life Skills and each rank will have a specific Life Skill that they will be responsible for learning each week.

## Confidence (White)

- 1) Practice
- 2) Self Image
- 3) Visualization
- 4) Stand Tall

## Attitude (Orange)

- 1) Positive Thought
- 2) Resolve
- 3) Expectation
- 4) Willpower

## Goals (Yellow)

- 1) Specific
- 2) Motivating
- 3) Achievable
- 4) Relevant
- 5) Trackable

## Respect (Camo)

- 1) Manners
- 2) Follow the Rules
- 3) Communicate
- 4) Thoughtful

## Self-Esteem (Green)

- 1) Unique
- 2) Brave
- 3) Proud
- 4) Appreciate

## Persistence (Purple)

- 1) Diligent
- 2) Consistent
- 3) Tenacious
- 4) Drive

## Focus (Blue)

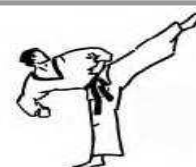
- 1) Concentrate
- 2) Train Hard
- 3) Expectation
- 4) Foresee

## Discipline (Brown)

- 1) Self-Control
- 2) Leadership
- 3) Responsible
- 4) Plan

## Integrity (Red)

- 1) Honesty
- 2) Character
- 3) Trustworthy
- 4) Conviction



## New Members

Marshall's ATA welcomes new members:

Brenna Saleraeki, Chloe Weitzman, Robert DaSilva, Hailey DaSilva, Alan Bruce, Tanner Gorman, Brad Gaines, Christopher Lopez, Jose Rodriguez, Rohondo Rodriguez.

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

Marshall's ATA will have a Fall Festival & Costume Party (humorous, heroic or theatrical not scary) at the school on Saturday **October 25th** from **5:30 to 8:00pm**. There will be first, second & third place prizes for the most creative costume and candy for everyone! No blood or gore please!

**PNO** We had a blast at **Parent's Night Out!** We played Wii games and had a Guitar Hero III contest. We had pizza, soft drinks and watched classic Tom & Jerry cartoons. The participants were: Luke Hilton, Preston Couch, Summer Lopez, Jake Tanis, Christian Williams, Dewey Middlemiss-Kurtz & Logan Landers. Jake's dad tried his hand at Guitar Hero. Thank you Mrs. Middlemiss-Kurtz (Dewey's mom) for the wonderful oatmeal cookies.

## Congratulations to our Katy Tournament Winner!

Congratulations to Mr. Christian Williams. Christian was our Marshall's ATA Katy tournament competitor. The Katy tournament was postponed until Sat Sept 27th due to hurricane Ike and the devastation it brought to the Texas gulf coastal region. Although the emphasis is always on having a good time, meeting new people and learning, it is more fun when you win. Christian won 1st place forms, 1st place sparring & 1st place weapons. His winning attitude, great smile and spirit of friendly competition made his Katy tournament experience a huge success. What a day!



**Congratulations! Tristan Hyman** Tristan was recognized by the Duke University Talent Identification Program (Duke TIP). The Duke TIP has been a world leader in identifying academically talented students and providing innovative programs to support the development of their optimal potential. Duke TIP is committed to serving gifted students by providing services beyond the classroom.



## Fall Class Schedule Change

In order to make the most efficient use of the class schedule and accommodate class size increases, I have decided to make a modification to the Monday & Wednesday White, Orange & Yellow (W,O,Y) 5:00 - 5:30 time slot. Beginning Tuesday Oct 7th, this slot will become the **Monday & Wednesday 5:00 - 5:45 Camo & Up** class. The current Mon & Wed 5:30 - 6:15 Camo & Up class will become the **Monday & Wednesday 5:45 - 6:15 W, O Y** class. This is essentially a flip flop of the two class time slots. The daily 4:00 time slot; Mon & Wed 7:30 time slot & Tues/Thur 7:45 time slot are all set aside for private lessons by appointment. I have also emboldened the comments: Parents please help us maintain a positive learning environment by keeping younger children off the workout floor. Let the instructor do the teaching while class is in progress. Please keep conversations quiet. All please stand during the reciting of the opening and closing creed.



**MARSHALL'S ATA MARTIAL ARTS**

Every kid's a Winner  
Every kid's special ▲

HAPPY BIRTHDAY



# October 2008 NEXT TESTING Dec. 5th /6th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Tiny Tiger Testing 6:00 pm	4 No Tiny Tiger class
5	6 No Classes Testing 7:00 pm	7 FULL UNIFORMS	8	9	10	11
12 Wk 1	13	14	15	16	17	18
FALL NATIONALS ORLANDO, FLORIDA DISNEY'S WIDE WORLD OF SPORTS						
19 Wk 2	20	21	22	23 FIGHT NIGHT 6:15-7:30PM	24	25 Costume Party 5:30-8pm
26 Wk 3	27	28	29	30 Leadership Class 7pm-7:45pm	31	1 End Daylight savings time!

Jade Kincaid 10/1  
Meili Kincaid 10/28  
Jane Kraus 10/25  
Tailor Mason 10/27  
Logan Moonier 10/13  
Tracey Moonier 10/16  
Matt Pruett 10/30

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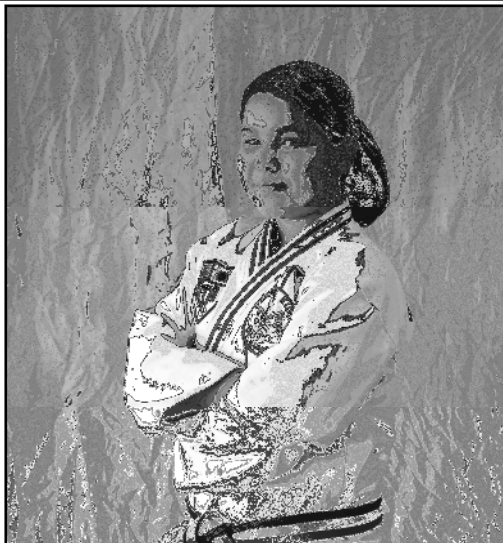




**Mr. Robert W. Marshall Sr,**  
**4th Degree Black Belt,**  
**Certified Instructor**  
**Certified Personal Trainer, Cooper Institute**



## **MARSHALL'S ATA BLACKBELT CANDIDATES**



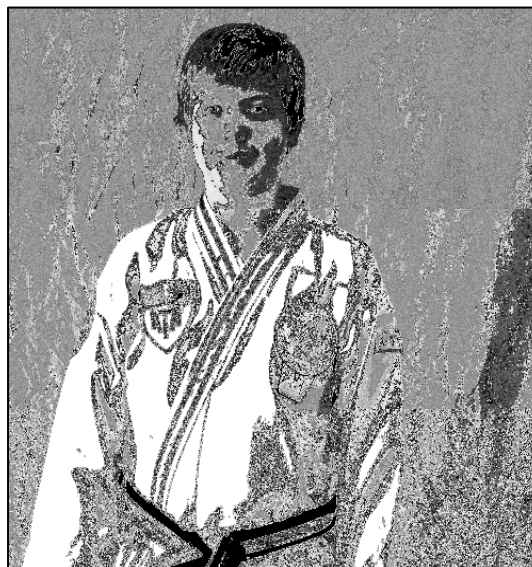
**SUMMER LOPEZ**

### **Summer's Journey**

From Summer's Mom

Taekwondo has been a way of life for my brothers for many years. I, too wanted my daughter to take part in this wonderful and rewarding form of art. As summer's parents, John and I have made several attempts to convince Summer to enroll into Marshall's ATA, so as to learn the art of Taekwondo. Due to Summer's anxiety about trying something different, it took us over year to finally enroll her. To describe Summer, I would have to say she is very shy and barely speaks above and audible voice level. She is content with being just a wallflower wherever she goes. Summer attends Lake Dallas Middle School as a seventh grader. She takes private piano lessons, and assists in teaching Kindergarten and First Grade religious Education classes at St. Mark Catholic Church. Juggling these activities and also Taekwondo lessons has been a real challenge for Summer. Within three months into her journey with martial arts training, we were amazed to discover that Summer has finally arrived at her destiny. She just beams like a lighthouse whenever she attends the training. Summer wearing smiles brings a positive and infectious energy to her peers. Mr. and Mrs. Marshall's dedication in training Summer & other students, reveals the dept of their commitment in guiding the students and brings out only the best in each individual. They have transformed a bashful Summer into a young and confident young lady.

Teresa Myer



**JAKE TANIS**

### **Jakes's Journey**

Dear Mr. and Mrs. Marshall,

We are so proud that Jake has come thus far in his journey of Taekwondo. We sought out a martial arts program for him because we believed it would help him become more confident, help him to learn how to use his body in a powerful way, and to help him engage in interactions with others. We have been so pleased that he has learned all of this and more these past two years. When he started at 8 years old, it was with a friend and that was what he really liked about it. As time went on he had to learn to enjoy it on his own, without his friend around, and that was a challenge for him. At times he didn't want to continue but we felt it was very good for him to achieve his goal of black belt that we set out to do. He has learned to face his fears as well as discipline and perseverance. He has also the feeling of victory as he has progressed through the belts and competed in tournaments. He has learned to push through the harder times to enjoy some positive rewards. He now is so happy that he has reached this point and is ready to test for black belt. We are very proud that he has put in the time, the effort, and the dedication for this very worthy goal. Thank you both for all your teaching and support of him and his Taekwondo Training.

Paul and Beverly Tanis