

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Demo at Immaculate
Conception
Fall Festival

Marshall's ATA is
back to Regular
Uniforms

Oct Birthdays
Fall Nationals in
Orlando Oct 20 - 23
Marshall's ATA Fall
Harvest Festival/
Open House

Marshall's ATA Demo at Immaculate Conception

Marshall's ATA has been invited to participate in the **Fall Harvest Festival at Immaculate Conception** Catholic Church. This is the second year that we have been invited to perform a demonstration of martial arts at this worthwhile event. We will be performing Forms, Sparring Combinations, Weapons and Self-Defense during the festival. Our demonstration will be recorded for upload to You Tube, so a models release will need to be signed by each participant. Full uniforms are required.

Back to Full Uniforms

Now that Autumn is officially here, it's safe to say that we have survived another hot Texas summer. Starting on Monday October 4th. We will be back to our regular full uniform. ATA T-shirts and uniform bottoms will now only be authorized on Saturdays or during Otomix weeks such as preparation for testing or tournaments. If there is ever any question or doubt as to what is the appropriate

uniform, remember that your full uniform is always appropriate. The Leadership Team can now wear their alternative uniform in school.

Songahm 2010 Fall Nat'l's in Orlando, FL

The American Taekwondo Association will host our annual Songahm ATA Fall Nat'l's on Oct 20th thru 23rd, 2010. The event will be hosted at the ESPN Wide World of Sports Complex near Orlando, FL. The theme of this years' Nat'l's is Determination Destination. Dr. Wendy Middlemiss will be traveling to Fall Nat'l's and taking the new Bullying Prevention Program. Mr. Michael Kaiser will also be traveling to Fall Nat'l's and taking the Tai Chi class.

Marshall's ATA Fall Belt Testing

Marshall's ATA will host our Fall Belt Testing on Thursday Oct 28th, starting with the Tiny Tigers at 4:15pm. The Juniors and Adult testing will follow at 5:30pm. We will be honored to witness Miss Melody Hamilton test for her First Degree Decided Black Belt.

Leadership Classes

The next Leadership Class be Thurs Oct 14th & 21st at 7:30pm following the Black Belt class.

Marshall's ATA Fall Harvest Festival & Costume Party

Marshall's ATA will host our annual Fall Harvest Festival & Costume Party at the school on Sat Oct 30th, from 6:00 to 10:00pm. There will be lots of food, fun, games and a bounce house. We will judge costumes and award prizes. We want the costumes to be humorous or theatrical...please NO SCARY costumes. This will also be an Open House so please bring your friends for this fun filled evening.

New ATA Grand Master

Chief Master In Ho Lee begins training as the new Grand Master of Songahm Taekwondo. By now most of you have received your ATA World magazine. Please read Chief Master In Ho Lee's great story of perseverance and dedication to the ATA.

Special points of interest:

- Demo at Immaculate Conception
- Marshall's ATA Back to our Full Uniforms
- Fall Nat'l's in Orlando Oct 20 - 23, 2010
- Marshall's ATA Fall Belt Testing
- October Birthdays
- Leadership Classes
- Marshall's ATA Fall Harvest Festival/Open House
- Chief Master In Ho Lee in training to become the next ATA Grand Master

Tournaments:

Songahm Fall Nationals in Orlando, FL	Oct 20 - 23, 2010
Katy, TX Mr. Gerald & Carol Frentz	Nov 5th & 6th

Humility

"To have a thing is little, if you're not allowed to show it, to know a thing, is nothing unless others know you know it. - Charles Neaves

"It is far more impressive when others discover your good qualities without your help. - Author Unknown

Marshall's ATA Illness Policy

Now that school is back in session, cold & flu season is not too far away. If you or your child is ill with fever, sneezing, coughing and the usual symptoms, please do not bring him/her to class for at least 24 hours after their fever breaks

without the help of medication. If he/she is too sick to go to school that day, they are also too sick to come to Taekwondo class as well. FYI...If you walked one extra mile each day

for a year, you would burn 30,395 calories. Lance Armstrong burned about 5000—6000 calories per day during the Tour de France. The average person needs about 2000 calories per day.

What's the Buzz on Caffeine and Kids?

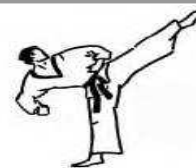
July 30, 2010 by Rachel Huber
MPH RD

Enter a coffee shop and you'll see a group of teens sipping lattes. Drive by a high school sporting event and you'll see kids slamming energy drinks. Or cross through a park and you'll see a few children drinking soda pops. Kids and caffeinated beverages have become the norm. But is it okay? According to a recent editorial in the Canadian Medical Association Journal, the answer is no. Excessive caffeine in kids can cause nervousness, irritability, sleeplessness, and occasionally rapid heart rate. And way too many caffeine-laden products are marketed to children through advertising and

sponsorship of events like snowboarding and skateboarding competitions. Thus, the authors of the editorial urge their government officials to step in and mandate labeling, marketing, and even sales of all products with caffeine levels exceeding 100 mg. Furthermore, they urge Health Canada (similar to the U.S. Department of Health and Human Services) to provide the public with more information on the health consequences of caffeine in children. Sounds like a good idea, doesn't it? Well, the research behind the ill effects of caffeine in children is not so clear. Several other groups (and not just the beverage in-

dustry!) say that while caffeine may not benefit children, it probably won't hurt them either. So what is "moderate consumption"? For adults, moderate consumption has been defined as 200-300 mg caffeine per day. The U.S. doesn't provide specific guidelines for children, but Health Canada **r e c o m m e n d s** :
-no more than 45 mg/day for children ages 4 - 6
-no more than 62.5 mg/day for children ages 7-9
-no more than 85 mg/day for children ages 10-12
-no more than 2.5 mg per kilogram body weight per day for kids 13 and older. Can kids easily exceed these recommendations One 8-oz cup of drip-brewed coffee has 65-120 mg caffeine.

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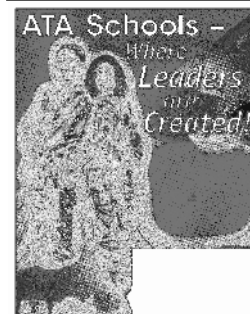
Protocol for Testing

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: Mr. Chuck Colburn, Cameron Colburn, Ethan Grubke and Bailey Blackney.

Congratulations to Mr. Jason Perry on his promotion to Black Belt Rec and accepting the challenge of the Master Club.

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



2010 - The Year of Impossible Possibilities

Full Uniforms begin Monday Oct 4th, 2010

Thurs Oct 28, 2010 Fall Belt Testing

Thurs Oct 14th & 21st Leadership Classes at 7:30pm

Marshall's ATA Fall Harvest Festival & Costume Party

Katy, Texas Class A Tournament November 5th & 6th

Marshall's ATA Tuition and Testing Fee Policy

Late payment of student tuition is subject to a \$15.00 late fee per month. Fees are considered late 5 days after the due date. Please visit with Mrs. Marshall if you are having difficulties meeting your monthly financial responsibility. A \$50.00 fee will be charged for any Non-payment of tuition, Stop Payment, returned check or insufficient funds on Credit Card or EFT agreements. Non payment of any returned check may result in student expulsion from the school. See policy 9.0 School Financial Policies.

Testing fees are due no later than 2 weeks prior to the testing date. Marshall's ATA has to emphasize this because last minute payments can cause havoc in planning and administering a testing. We will ensure that the testing sign up sheet is available in plenty of time to sign up and pay for upcoming testings. Also, if you are not going to be present at the testing and need to post test, please inform Mr. or Mrs. Marshall for approval. A 20% late fee will be charged for any student that does not register before the announced registration deadline. This fee may be waived under special circumstances only if advanced arrangements are made with your Instructor.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Belt Candidate

Dr. Charles KURTZ

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

Dr. Kurtz - In short, I am qualified by my instructors' recognition of my actions and accomplishments. There is also a longer explanation. The path of the black belt candidate has many turns, bends and obstacles. It is long, and progressively steep. Each student has their own set of difficulties to overcome. Some parts of the path were easy for me, though hard for many of my fellow travelers. Some parts of the path were much more difficult for me. In some areas I have excelled, while in others I have scraped by. I suppose I take a greater pride in the ones that required the greatest struggle.

I am not satisfied with what I have done. Recurrences of gout, need for greater flexibility, the building of stamina and the taxing of my spotty memory were some of the most memorable challenges. By confronting these tasks directly, and with the help of many others, and most especially my instructors, I was able to get past the roughest parts of my journey. In some areas I have excelled, while in others I have scraped by. I suppose I take a greater pride in the ones that required the greatest struggle. I am not satisfied with what I have done. I have the desire to exceed what I am now capable of, and then to attempt to surpass my better state yet again. I have attempted to do whatever has been asked of me, and I have met increasingly high expectations, and hope to continue confronting challenges.

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

Dr. Kurtz - To see what comes next. To paraphrase "when you are confronted by mountains ahead, it is comforting to see the mountains behind that you have already crossed". The journey so far has been worthwhile in itself. Greater still is the pull of those mountains ahead. I have a love of learning and a love of teaching. These two loves reinforce each other. I get to share what I have learned with others, and I get deeper knowledge through the sharing. The Black Belt is more than a piece of cloth and even more than the recognition of what has been done to accomplish it. It is the formal mark of a transition that occurs slowly in us from being the passive object that is molded to something that takes an active part in the operation of molding, and not just of ourselves. I want to learn more, and I want to teach what I know. I want to get better, and I want those around me to get better. Here getting better includes, but is not limited to the physical performance. It includes the individual's growth in all aspects of life. Taekwondo is a way to improve our lives. My life is better for having gone as far as I have, and I want to continue this transformation.

High School - Grosse Point South High School

College - Michigan State University BA of Mathematics

Grad School - Michigan State University MA Mathematics

Syracuse University - PhD Philosophy

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt

Mr. Robert James SOLT

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

Mr. Solt - I have found myself through Martial Arts. While obtaining the necessary skills and applying to my everyday activities, I was able to become stronger and more focused. Possessing endurance, stamina, perseverance, courtesy, loyalty, honesty and goals are great attributes in becoming a Black Belt and I have finally developed them all.

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

Mr. Solt - My parents introduced me and my brother into Taekwondo under Chief Master Allemier in 1990. I was ADHD and lacking self-confidence as well as leadership skills. I progressed through the belts and struggled with keeping my goal and self-confidence. Then, departing Taekwondo as a "RED BELT, I was one belt at that time short of 1st Degree Black Belt.

During the teenager years I fell off track, while my family continued on with their "BLACK BELT" goal. Now the words of Chief Master Allemier were still lurking in my mind, "Stay Focused", "Reach your Goals", become a "Black Belt".

Finally, my son, Roman, was old enough to begin his journey. This enlightened me to finish what I started. Even though it is 16 years later, I am ecstatic to finish my journey and continue my training into the future.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



1st Degree Black Belt

Mr. Michael KAISER

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

Mr. Kaiser - I believe I have what is considered a Black Belt attitude. That attitude helped me to attain my goals up to this point in my life and it will continue to help me attain my goals in the future.

Ever since I started my journey to become a black belt I have shown courtesy to my instructors and fellow students may it be juniors or seniors.

I share my knowledge wherever and whenever I can and I believe that I am being a role model for our juniors. I am confident in my skills as a martial artist and I know where my boundaries are.

I think I have mastered any material that has been given to me on this journey and will continue to refine these skills.

I am always showing a positive attitude may it be in class and/or outside of class.

I am being respectful to my instructors, juniors, seniors, tiny tigers, parents and family. I have respect for our training, equipment, do-jahng and mostly for the instructions that I am receiving from all instructors and students in martial arts and life.

I learned a lot about the black belt attitudes throughout my journey to become a black belt. The path was not always flat and easy and had its challenges and with perseverance and determination I have mastered all challenges that were thrown my way.

I show self control not only in class but also in my community. I believe that I have always acted with respect and with integrity.

I have been and will always be loyal to my instructors and friends. There is a reason that I have been called the determined German ever since I immigrated to the United States.

I believe this qualifies me to attain this goal of becoming a Black Belt!

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

When I was eleven years old a friend told me that he started to take Karate lessons. Up to that point I had no interest to even think about Martial Arts.

I went to watch him practice one day and saw all these people in their white uniforms yelling and punching and kicking and thought to myself that looks like fun. I asked my mom if she could enroll me in Karate lessons which she did after I continued to beg her. I went to lessons with my friend and for the first time felt what it feels like to work out muscle groups that I usually didn't work out in my regular soccer practice. I loved it and was excited when I reached my yellow belt after taking classes for a year and a half.

I remember looking at my instructor that day and said I want that black belt that he was wearing. I got more and more interested in martial arts and found the great martial artist Bruce Lee. My dreams of becoming a black belt were shattered when I was told that we just didn't have the resources anymore for me to continue Karate. I later found out that I had to stop Karate because my parents were in the process of getting divorced and they were just not financially able to pay for these lessons anymore.

We moved away and I got older and just lost the desire for Martial Arts. Life happened and things always got in the way of ever pursuing a martial art. Maybe I wasn't even interested anymore in martial arts ... I can't really tell.

I was sitting on the couch watching TV when my wife told me that she wants to try out Karate. I said lets research the facilities around Denton and let's visit a few. I was sitting on the couch watching TV when my wife told me that she wants to try out Karate. I said lets research the facilities around Denton and let's visit a few. She started Hapkido and didn't like it and we explored the more traditional style of Karate or Taekwondo that I learned when I was eleven. I told her traditional Karate or Taekwondo would be the best for her. We found Marshall's ATA and we signed up right away because we liked the family atmosphere.

That's when I felt like I did years ago when I started Karate in Germany. I signed up and within the first two weeks we signed up for the Master club and not long after that for the Leadership and Certified instructor program.

That is when I first realized that the Black Belt is now actually an attainable goal. Now I am there and it has been an awesome journey on which I gained a lot of friends.