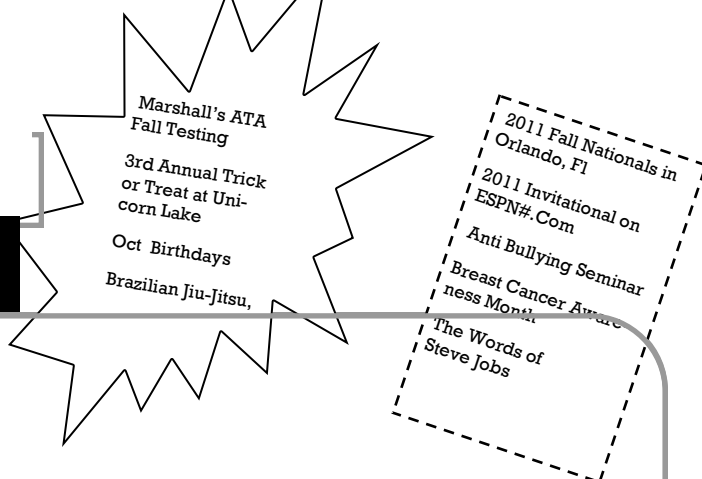


MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
2900 WIND RIVER, LANE SUITE #138
DENTON, TX. 76210
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Marshall's ATA Fall Belt Testing

Marshall's ATA Will be Conducting our Fall Belt Testing

The time for our Marshall's ATA Fall Belt Testing is almost upon us. Our Belt Testing will have a Fall Harvest theme and we are excited to see the results of all our hard work coming together. The testing will begin on Thurs Oct 27th with the W, O, Y Juniors/Adults from 5:15 to 6:30pm. The Camo & Above will test from 6:45 to approx 8:30pm. The Tiny Tigers will test on Fri Oct 28th beginning with the W, O, Y belts from 5:15 to 6:30pm. The Camo & Above will test from 6:45 to approx 8:30pm.

The 3rd Annual Trick or Treat at Unicorn Lake

Bring the Kids to Trick or Treat and Show off their costumes at Participating Unicorn Lake Businesses. When: Mon, Oct 31st 2011 4pm to 7pm at Unicorn Lake. There will be a bounce house, Costumes, Balloons, Face Painting, Arts & Crafts, Coupons and

Lots and Lots of Candy.

Marshall's go to Montana

The Marshalls will be traveling to Bozeman, Montana on Saturday Oct 15. Our Staff Instructors and Leadership Team members will be handling classes and supporting the school in our absence. Marshall's ATA will be open with our regular Saturday schedule of classes.

Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held this month on Wed Oct 12 & 19th from 7:30 to 8:30pm. The theme for Oct is 'Goals & Rapport Building with Students & Parents. 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 "What is the difference between a Goal and a Wish? and Which Student Rapport Building Point Encourages Students to do their best for the group's sake? We will also be making a change to the Leadership classes on Saturday

mornings. The scheduled Leadership classes will be conducted from 8:30am to 9:30am in order to facilitate coverage of our required physical material and allow for Q & A and dissemination of school information.

2011 Songahm Fall Nationals in Orlando, FL

will again be hosted this year at the ESPN Wide World of Sports Complex in Orlando, FL. From Oct 19th thru the 22nd. ESPN3.com and ATA are joining forces to bring you the first-ever **2011 Invitational Internet Only** live broadcast event **free** from the 2011 Fall Nationals in Orlando, October 21st! The inaugural ATA Martial Arts Invitational will take place from 7:00 – 9:00p.m. Eastern Daylight Time (4:00 PDT). Don't miss the excitement as teams of World Champion level competitors go head to head in Traditional Weapons, Creative Weapons & Forms, and Xtreme Weapons and Forms. **Brand New Event:**

Special points of interest:

- Marshall's ATA Fall Belt Testing
- Oct Birthdays
- Oct Leadership Classes Wed Oct 12th & Oct 19th from 7:30 - 8:30pm
- 3rd Annual Trick or Treat at Unicorn Lake
- Brazilian Jiu-Jitsu, Karate & Taekwondo Books & DVD's Available
- Back to Full Uniforms on Mon Oct 3rd
- Mr. Michael Kaiser runs in the Susan G. Komen Race for the Cure for Breast Cancer Awareness

Tournaments:

Songahm Fall Nationals, Orlando, FL	Oct 19-22
Humble, TX Master Kevin Henderson	02/24 & 02/25

Changes to 3 and 4 Year Old Tiny Tiger Testing Schedule

In order to enhance the Tiny Tiger training experience & facilitate more confidence in the capabilities of our youngest students, we have decided to make some changes to the program & testing interval for the 3 1/2 & 4 year olds. Tiny

Tigers currently perform half of their form with assistance, two sparring combinations and knowledge of their form. We would like to change the emphasis for 3's and 4's from so much memorization to focus more

on kinetic (motor skills development), self-control, focus, classroom behavior, patience, sportsmanship & sincere effort. They will perform only the basics from their form & two sparring combos. They will then test at 4 month intervals.



Spiritual Lessons from Steve Jobs

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma -- which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

~ Steve Jobs

"The man of genius inspires us with a boundless confidence in our own powers."

~ Ralph Waldo Emerson

As I sit here staring at my Mac computer to which my Mac iPhone and Mac iPad are docked, I find myself feeling extraordinarily connected to the man who created the company. The company which created these devices,

which are now available to me and the rest of the world. Steve Jobs passing has affected me in a deep way. This man has reminded me of how important it is to stay anchored in my own authentic power, and to stay connected to what is real and important by staying true to myself. Many in the media are referring to Jobs as a creative genius. There can be no question that he had the ability to tap into a creative flow of ideas that were indeed genius. Many also credit Jobs' monumental success with Apple to his being a rebel of sorts. I suppose that is because he was willing to color way outside the lines of the "norm" and go where the "herd mentality" has traditionally feared to tread -- on the road less traveled. Perhaps there is a link

between one thinking for themselves in such a fiercely independent manner and their ability to access the creative genius that lies within their being waiting to be called forward. I wonder how many people spend their lives living someone else's idea of what their life should be because it is easier, and perhaps safer. It is easier to follow the well trodden path of least resistance rather than forge ahead into new and uncharted territory, creating ones own unique path based on their own genius and original, innovative thinking. Ralph Waldo Emerson wrote, "Do not go where the path may lead, go instead where there is no path and leave a trail." This is an admonition worth heeding, and yet being an original thinker in a cypoccat world is a risky thing to do.

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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 Mrs. Sandy Arcuri on her acceptance to the Marshall's ATA (CIT) Certified Instructor Training Program. Congratulations to Madisyn Welborn on her acceptance to the Marshall's ATA Leadership Team. Congratulations to Manuel Alejandro Diaz Mosquera on accepting the Challenge of the Master Club.

The Marshalls will be flying to Bozeman Montana on Saturday Oct 15th. We will have a regular class schedule conducted by our Staff Instructors and Leadership Team members. Thank you all and have a great weekend. We will see you all next week on Tuesday Oct 17th.



2011 - The Year of Miracles, Signs & Wonders

Marshall's ATA will be conducting our Fall Testing on Thurs Oct 27 & Fri Oct 28th Starting a 5:15pm

Marshall's ATA 2011 Leadership Classes Wed Oct 12th & 19th. Theme is 'Goals & Rapport Building'

Marshall's ATA will be hosting our 3rd Annual Trick or Treat/Open House and Costume Party at Mon Oct 31st.

Marshall's ATA Taekwondo, Karate & Brazilian JUI-JITSU Books /DVD's

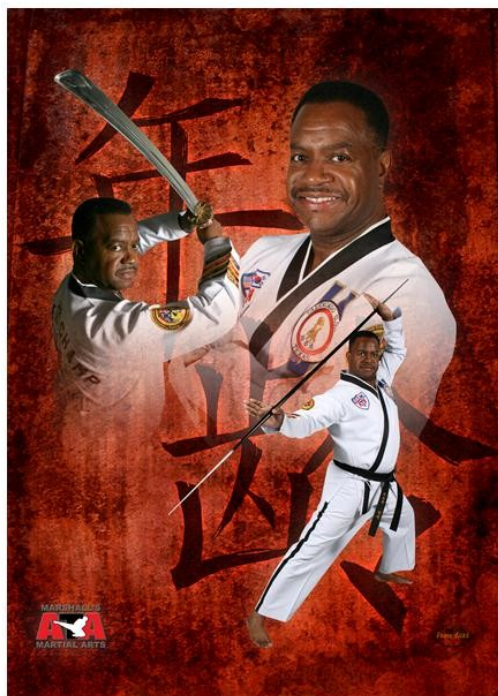
Some of you may have noticed the many new books and DVD's in our glass display cases near the front desk. The books have titles relating to Karate and Taekwondo. The DVD series is mainly focused on Modern and Extreme Brazilian JIU-JITSU. All this is with an eye toward providing Marshall's ATA Black Belt students a higher level of education (if you will) in the Martial Arts. We will of course remain members of the Taekwondo community and will always be loyal to Songahm Taekwondo. We will however, also learn of other perspectives in Martial Arts such as Jiu-jitsu, Savate, Ninjutsu, Judo, Hapkido, Jeet kune do, Sambo, Muay Thai, Kung Fu, Kenpo & military combatives, etc.

Karate Masters,	\$29.95
American Freestyle Karate	\$11.95
Encyclopedia of Brazilian Jiu-Jitsu	\$29.95
Combat Jiu-Jitsu	\$16.95
Super Karate	\$10.95
Taekwondo Sparring Strategies	\$18.95
Fighting Karate: Gosoku Ryu	\$16.95
The Complete Taekwon Do Hyung	\$13.95
Karate Dynamics	\$16.95
Official History of Karate	\$29.95

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



October is Breast Cancer Awareness Month

This story is taken from the Huffington Post. It's an important time to consider the role that each of us can and must play in combating this disease.

I often ask myself, "Am I a survivor, too?" when I think about my mother's plight with breast cancer. Even though I was not the one to go through the lumpectomy, the chemo, the radiation first hand, could I still be considered a survivor? Yes. I'm sure some of you just went, "What?" Let me explain. In 1999 my mother went for her routine mammogram. She was 39 and had been doing them regularly, as we all should. The doctor got her X-rays, reviewed them and gave her the regular all-clear call. However, this is where things quickly changed. We're not entirely sure what happened, but a few days later either her regular doctor or another re-reviewed her X-rays

-- perhaps during the more in-depth review at a later date that seems to occur frequently as we're such an instant-gratification society we must have everything *now* -- found something suspicious. She received a phone call to come back in for another test, and she gladly obliged. The doctor called back the next day. They were concerned with a mass they found and would like to perform some tests. I was in my first year of college and traveling between home and campus, as well as participating on the track and field team. I was home perhaps 10 hours out of the day, and during six to eight of those I was sleeping, so I didn't see my family much. In October, my mother and father sat me down one evening and said, "We're going to need you home Friday right after your classes to watch your brother." I nodded my okay and asked what was up. I think I even joked that they had a date. But then my parents became somber. "Your mother has cancer," my dad said. "She's having surgery to remove the lumps." I remember feeling my stomach hollow out and an ice-cold chill running through me. "What?" I asked. They told me the story of what happened. The questionable masses, the tests, the doctors. "Why didn't you tell me before now?" "We didn't want you to worry," my sweet mother told me. I was hurt and confused.

Why didn't they tell me sooner that something was wrong? What was going to happen to my mother? Why did this happen to my mother?

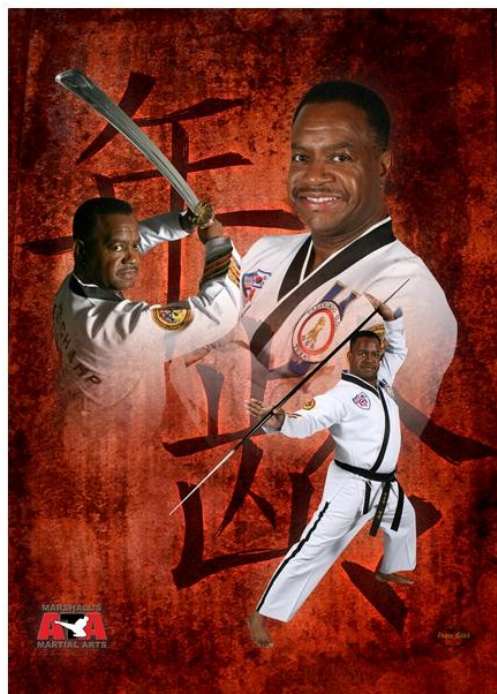
They didn't want me to worry. They didn't know what was going to happen. They didn't know why this happened.

Now, something to note here -- my mother doesn't smoke, drink or generally do anything unhealthy or bad, which was all the more shocking that she got breast cancer. There was no reason for it. Friday came. I told my coach I couldn't make practice, stayed with my brother and generally fretted over what would happen. My mother recovered over the weekend, and my parents gave me more bad news. She was going to need chemotherapy and radiation therapy. I could tell my mom was scared, my dad too. My big, scary, ex-military dad was scared. Man, I hated God, fate, whomever, right then. Months passed and we came up on Thanksgiving and Christmas. My mother had her chemo, lost her hair, wouldn't leave her room for days because she was so ill from the treatments and was embarrassed because she thought she looked horrible. Not a great way to start the holiday season. My father was commuting an hour and a half

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October is Breast Cancer Awareness Month

to a new job, house hunting on hold until my mother was better. He made sure he was home to help me with my brother, who was 9 years old at the time. I red-shirted the track season so I could be home with my family and help. In late November I got a call from a high school friend of mine. We hadn't seen each other for a while, and she thought it would be nice to catch up. She was going to drive up for a visit and bring some other buddies from school. I warned her about my mom's condition. "She's going through chemo and is pretty ill after her sessions. You'll be coming at the end of the week, so she should be up and about by then." My friends came and we reconnected, enjoyed watching a movie and had some light-hearted fun. About an hour or two into their visit I realized my mom still hadn't come downstairs.

She had known these people from when I was in school, and I thought she would want to see them. I went upstairs to see what was going on. Perhaps she was napping.

Nope. She was sitting in bed, reading a book. "Mom, aren't you going to come down and say hi?"

She heaved her "mom" sigh. "I don't want to embarrass you."

"What?!"

"All my hair is gone and the wig looks horrible. I thought I'd stay up here so you wouldn't be embarrassed."

I don't think I've ever been so furious and heartbroken for my mom. I checked the tears so she wouldn't see them and then sat on the bed. "Mom, if anyone down there has a problem with how you look then they can leave, 'cause they're no friend of mine."

Later, I found out that my friend's mother was also diagnosed with breast cancer. She had wanted to speak to me about what to expect, how we were holding up and generally what life was like going through this ordeal. Fast forward five years. No signs of cancer cells in my mother's body. The doctors said she was "cured." I scoffed at that label when she told me. Apparently, after five years of no relapse, you're considered cured. However, we all know it can strike at any time, anywhere. It's now 11 years later. My mother hasn't had another incident, she takes regular

medications and all seems well with the world -- other than her gentle nagging for me to quit smoking, get a regular mammogram and to check myself every day in the shower. I do so love you, mom.

This brings me back to my question: Am I a survivor? Again, I say yes. Those families that have to stand by and watch a loved one be consumed by this horrible disease, or the side-effects of the treatments, are survivors. It's not just the person who gets cancer that's affected. Those who stand by them, hold them up, love them and care for them -- they're survivors, too.

I'm a survivor. And if one of your loved ones have been afflicted by cancer -- brain, lung, liver, breast, pancreatic, colon and oh so many others -- you're a survivor, too.

Jennifer Wenner is a web developer for The Huffington Post. She is a wife and mother of one. She reads and writes her in spare time and is also an avid supporter of Breast Cancer Awareness. Please visit [Susan G. Koman For The Cure](#) and [American Cancer Society](#) to support the cause and raise awareness.