

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
2900 WIND RIVER, LANE SUITE #138
DENTON, TX. 76210
WWW.MARSHALLSATA.COM



Marshall's ATA Fall Belt Testing in October

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 your hard work coming together. The testing will begin on **Thurs Oct 4th** with the W, O, Y Tiny Tigers from 5:15 to 6:15pm. The W, O, Y Juniors/Adults will test from 6:30 to approx 7:45pm. The Intermediate Camo thru Purple Juniors/Adults will test on **Fri Oct 5th from 5:15 to 6:30pm**. The High Ranks *Blue thru Black Rec* will test from 6:45 to approx 8:00pm. **Marshall's ATA Fall Black Belt Midterm**

We will host the Fall Black Belt Midterm at Marshall's ATA on **Saturday Oct 20th** at 12:45pm. We've changed the date to accommodate the Rank Advancement Training (RAT Camp) that the Marshalls will be attending at the Coppell ATA (Jackson's ATA) school on

Saturday Oct 13th, 2012.

Marshall's ATA Combat Bahng Mahng Ee Clinic

We will conduct a CBME clinic at Marshall's ATA on **Saturday Oct 6 from 12:00 - 2:30pm**. Signup sheet is at the front desk and the cost is \$99.00 if you do not have hand gear and a weapon but only \$50.00 with hand gear and weapon.

The 4th Annual Trick or Treat at Unicorn Lake

Bring the Kids to Trick or Treat at Unicorn Lake and Show off their costumes at participating Unicorn Lake Businesses. When: **Wed, Oct 31st 2012** 4pm to 7pm at Unicorn Lake. This is a huge annual event with hundreds of people at a festival atmosphere with bounce houses, costumes, balloons, Face Painting, Arts & Crafts, barbecue, coupons and bushels of Candy. **BE THERE!**

Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held this month on **Sat Oct 20 & 27th** from 8:30 to 9:30am. 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 work on Forms, Weapons, Sparring Combos and allow time for Q & A and dissemination of new school information.

2012 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 16th thru the 19th**. ESPN3.com and ATA are again joining forces to bring you the **2012 ATA Strong Invitational Internet Only** live broadcast event **free** from the 2012 Fall Nationals in Orlando, October 19th! The ATA Martial Arts Invitational will take place from 7:00 - 9:00p.m. Eastern Time.

Special points of interest:

- Marshall's ATA Board Break Testing Wed, Oct 3rd, 2012
- Back to Full Uniforms on Oct 4th
- Marshall's ATA Fall Belt Testing Oct 4th & 5th
- Oct Birthdays
- Oct Leadership Classes Sat Oct 20th & Oct 27th from 8:30 - 9:30am
- Marshall's ATA Fall Harvest Festival & Costume Party on Sat Oct 27th
- 4th Annual Trick or Treat at Unicorn Lake on Halloween Wed Oct 31st

Tournaments:

Chief Master Richard Anderson	Oct 6, 2012
Songahm Fall Nationals at Disney World Orlando, FL	Oct 16 - 20th, 2012

Resilience

"Stop searching the world for treasure, the real treasure is in yourself." - Pablo Val-le

"If you learn something from a defeat, it isn't a loss."

Marshall's ATA Annual Fall Harvest Festival & Costume Party

Marshall's ATA will host our annual Fall Harvest Festival & Costume Party on **Sat Oct 27th from 6:00 - 9:00pm**. The school will be decorated in a Fall Harvest theme with a wee bit of the sights & tastes of Halloween for the kiddos. This is

our major Fall seasonal school event & free to our students. Bring your friends and wear a fun, frivolous, festive, theatrical or Super Hero costume and be ready to have fun, games & candy. No scary, messy (bloody)

costumes to scare the kids or inappropriately adult theme costumes for teenaged and adult students. And no realistic looking guns, swords or knives. We'll play games & have prizes for our best costume contest. **YOU DON'T WANT TO MISS IT!**

Korea 2013 ATA Martial Arts Training & Cultural Tour

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ATA headquarters invites you to participate in the experience of a lifetime! **Korea 2013 ATA Korea Martial Arts Training & Cultural Tour!**

Martial Arts Training

Daily Training ATA Masters

Mid-Term and Rank Testing

Traditional Martial Arts with Korean Masters

Cultural Tour

Modern Cities and Ancient Villages

Local and International Cuisine

World-Class Shopping

April 24 - May 3, 2013

\$1,995**

Only \$1,795 if purchased by November 1, 2012. \$1,995.00 if purchased after November 1, 2012. Payment plan is available.

Price Includes:

All Korea land travel

Lodging at top hotels

English speaking tour guide and transportation

All meals, training, and attraction fees.

**Traveler is responsible for airfare to and from Korea.

To register, contact

ATA International Headquarters

Master Edd Abasolo

866.282.8721, ext 2271

Edd.abasolo@ataonline.com

Ataonline.com/koreantrip

2013 National Tournaments

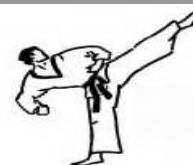
Spring Nationals March 13-16 Songahm Leadership Camp
March 17-18 Las Vegas, NV

World Championships ATA World Conference <New Date>
July 8-14, Little Rock, Arkansas

Fall Nationals Oct 16-19 Songahm Leadership Camp
Oct 20-21, Orlando, Florida

Marshall's ATA Official Board Break Testing

The Fall Belt Testing will begin with the Board Break Testing on Wed Oct 3, 2012. 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



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: And best of luck to Vanessa Bristow, Desiree Gonzales & Victoria Lamb as they Test for their 1st Degree Decided Black Belt at the October (Fall) Belt Testing.

Congratulations: And best of Luck to Mrs. Sandra Arcuri, Mr. Thomas Turner, Mr. Justin Kolba, Miss Madisyn Welborn, Mr. Brennen Wallace, Miss Brianne Walsh & Mr. James Wesley Bobo as they perform their first midterm toward their Black Belt at the upcoming Marshall's ATA Fall Belt Testing.

2012 - Think, Pray, Work, Sweat & Play...Everyday

Marshall's ATA will Conduct our Fall Belt Testing on Thur & Fri Oct 4th & 5th, 2012

Mr. Marshall will Conduct a Combat Bahng Mahng Ee Clinic on Sat Oct 6th from 12:00 - 2:30pm

Chief Master Richard Anderson will host his Unity II Regional Tournament in Littlerock, Ar. Oct 6, 2012

Leadership Classes Sat Oct 20th & 27th from 8:30 - 9:30am

Marshall's ATA Board Break Testing Wed Oct 3rd During Regular Class. Note: Results are Final!

Marshall's Annual Fall Harvest Festival & Costume Party will be held on Sat Oct 27th from 6:00 - 9:00pm

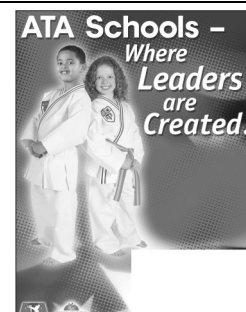
A Word of Thanks to My Leadership Staff

I would like to take this space and opportunity to say 'Thank You' again to my Leadership Staff for stepping up and being so generous with their time and talent to conduct classes while Mrs. Marshall and I were away from the school in Montana on Oct 21st thru 23rd celebrating our son's 21st birthday and enjoying the Montana State University Homecoming football game.

Dr. Charles (Chuck) Kurtz
Mrs. Sandra Arcuri

Mrs. Victoria Lamb.

We consider it a unique honor, a very special privilege and a blessing to be able to leave the school in such capable, skilled and trusted hands while we take a few days to visit with our son who is so far, far away in college out on the frontier in Montana.



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Teachable Attitude

Martial artists come in many shapes and sizes. They also come with a variety of attitudes and dispositions. That attitude is the most significant aspect of their nature which contributes to either their success or failure in learning this complex array of skills. Attitude has a greater impact upon a practitioner's success than natural ability, and physical capacity. One can build capacity and endurance, and one can teach skills and abilities even to those without much native talent, but one can not teach the un-teachable!

There is an old Taoist story about a student who comes to a master and asks him to teach him. The master invites the student to sit with him and have tea. While they are sitting the master starts to converse with the eager young student. But every time the master starts to explain a point the student would interrupt him and say, "Oh I know that, I do this when that happens, or I don't have that problem because" Soon the master stopped talking and picked up the teapot. He began pouring tea into the students cup, as the cup

filled he continued pouring until the cup overflowed and spilled out. The student shouted stop! It is enough my cup is full! With that the old master smiled and replied, yes your cup is full, therefore I can teach you nothing until you empty your cup.

The moral of the story should be clear. The student had an un-teachable attitude. Instead of listening to the master he wanted to show how much he already knew. He was not open to learning anything new that he believed he had already had learned. His cup of knowledge was full. He had to empty that cup before he could learn from the new master. Emptying your cup does not mean you must give up all you have learned or forget all that you know, that would be absurd. To empty your cup simply means to adapt a teachable attitude. To put what you know about something out of your mind and listen to a new explanation, a new insight. If you are asked your experience or opinion, then by all means share it. Otherwise hold what you know in abeyance so that you can benefit from this new learning opportunity.

All your natural talent, your eagerness and hard work, your willingness to pay the price to master a skill, all of this amounts to little or nothing if you do not have an attitude that enables you to be taught. Most of the great instructors I have seen deal with the un-teachable student in much the same way. They leave them alone; let them spout off their great knowledge and often do not correct what is wrong or confirm what is right. Remember this, if you are talking then you are not learning, that is with one exception: If you are asking questions, then you are in a learning dialogue with your teacher. Most competent teachers encourage students to ask questions.

Asking questions is not the same as questioning the validity of an answer. Although most instructors have a permanent cure for that skeptical attitude, they simply do it on you! There is no substitute for experience! Once you have experienced it, you will accept the validity of your teacher explanations. Asking questions often helps the good teacher teach. It tells him what you do not understand, it shows how you think about things, and it gives the teacher some insight into how you learn. It also evokes the answer. Many times some of the best most enlightening discussions have come about from a question that drew out an answer that explained things in a way the teacher would never have used or thought of without the initial question. Questions usually come from those who are teachable. The un-teachable generally do not ask questions, they make statements! They declare facts, even if they are not facts! This is easily differentiated from good questions. Good questions come from the truly teachable. One needs to let go of the ego to be a good question asker. Such humility makes one a favorite student to any competent teacher. No one enjoys trying to teach the arrogant prideful jerk! Humility is always endearing. Humility shows a great strength of character, humility is not weak, pride is weak! Pride is walking around with your cup full and showing everyone that it is full! Pride is definitely the cause of the un-teachable attitude. The best teacher will also have a humble teachable attitude. Anyone who has taught for a while will have to admit that they have learned just as much teaching if not more than they taught. Many times students will ask a question you have never thought of, or will express an insight you had never considered. This is one of the great benefits of being a student who is learning in a class with other students. It is also one of the benefits of teaching the art. True mastery can never really be obtained until one successfully teaches their skills to others. The ability to be open minded to the experiences and idea of others, to what they have learned, and to how they gained their understanding and skills is a valuable attribute for any student or teacher to possess. Some of your greatest insights may well come from listening to both teachers and fellow students with this open, teachable attitude

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

Mrs. Victoria Lamb is the final member of the Lamb Family to earn a Black Belt in Songahm Taekwondo. She joins her husband Will and her sons Hunter & Dylan as Black Belts in the ATA, STF & WTTU. We are honored to have them continue their journey of self discovery and self-defense with us here at Marshall's ATA. I pronounce that she is an outstanding individual. Perfectly Balanced and Fit to wear the Black Belt.

Mrs. Victoria Lamb 1st Degree Black Belt Candidate



Fitness Test Results for

Mrs. Victoria Lamb

Push ups	45
Sit ups	35
Punches	100
Kicks	62
Punches & Kicks	220
Total	462
Pct	92.4%

What qualifies you to attain this goal of becoming a Black Belt?

Mrs. Victoria Lamb

Let's start with the basics; I have learned my forms, sparring combinations, knowledge, one-steps, Bahng Mahn Ee and self-defenses, which honestly on their own is a big accomplishment (~smiles). It's amazing to look back and see how all I have learned on the mat was just the tip of the iceberg, from reciting the word of the cycle, to embracing the words of the cycle and putting them into use in my daily routine. I have grown as a person in so many ways, and realized along the way that goal of earning my black belt was more than the physical; it was an inner change that showed itself throughout these years. The qualifications that come to mind, when I think of a Black Belt, is a person of character, one who has learned self-control, a true balance of mental and physical in all their actions. A Black belt is a person who helps others, and can follow as well as lead; showing strength and compassion as well as being aware of their surroundings. With that being said, I can honestly say that I see myself as that person.

Why do you want to become a Black Belt?

Mrs. Victoria Lamb

In the beginning I was reluctant to join Tae Kwon Do, for I knew if I were to join the rest of the Lamb Family on the mat, it would be a commitment to see it through. After a few months of peer pressure, a home full of boys asking me to join them, I gave in. I wanted to no longer be on the sidelines cheering for all my guys, but to be by their side and join the adventure towards becoming a Black Belt family. Honestly, at the start I truly felt like a fish out of water, this was not something I felt comfortable doing in the least and was truly uncoordinated. I remember watching the higher ranks come in, seeing their classes and being truly amazed by all they could do. Overwhelmed but still intrigued, always wondering if one day I could learn to do what they did, after all my form was a huge 18 moves, and the thought of 46 moves made me petrified. I think Mrs. Marshall could see the reluctance in my eyes and in true form guided me through the learning process always having a kind word of encouragement to get me through the class.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Instructors' Note:

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Why do you want to become a Black Belt?

Continued...

Mrs. Victoria Lamb

Along the way, the Do Jang became more than a school; it became a home with a brand new family. I learned a lot about myself during this process, how to be more comfortable in my own skin, how to push through the wall I had put up around myself. I look back and can see how I have grown, and am truly proud of all I have done to get to this day. It has not been an easy journey by any means, and found that obstacles will always be there, but how we choose to face them is in our hands. There is no longer a reluctance when I head to the Do Jang, but a feeling of inner joy; looking forward to learning new things, pushing myself towards new goals, helping others achieve the same joy I feel when I have learned something new and of course seeing how my family is doing. I want to wear my Black Belt as a symbol to myself and others that you can do things that seemed impossible, that hard work and determination are not just words but a lifestyle you choose for oneself.

I want to be a Black Belt for many little reasons:

1. I will join the ranks of my hubby and boys
2. I will have accomplished a goal.
3. It totally is cool!!
4. I can truly be a Ninja Mommy!
5. It sounds amazing to say!

But most of all, it's something that can never be taken away from me, something I have earned on my own with help from so many fantabulous people. A true badge of honor which shows I can do anything I put my mind to.