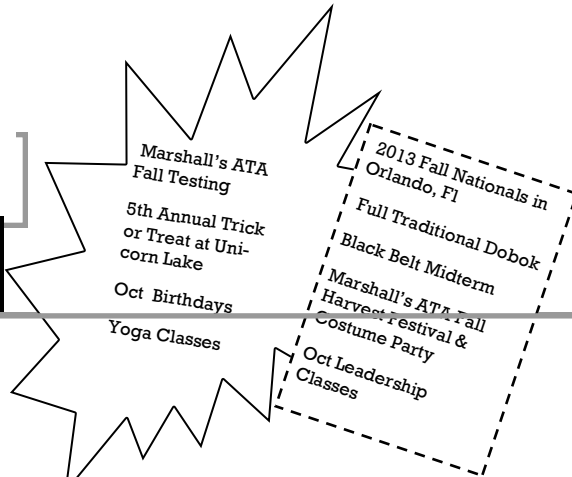


MARSHALL'S ATA BLACK BELT TIMES

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



Marshall's ATA Fall Belt Testing

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 be conducted during regular classes starting with the Camo & Up Juniors/Tiny Tigers on **Wed Oct 2nd** 4:00 - 4:45pm. The Camo thru Black rec 4:45 - 5:30pm. The W, O, Y Jrs & Adults from 5:30 to 6:15pm. The Tiny Tigers will test from 6:15 to 6:45pm. The Juniors & Adults who cannot test at any of the above scheduled class testing times may test during the All Rank Jrs/Adults class from 6:45 to approx 7:30pm or during class the next day. There will be **no classes on Sat Oct 5th** in order to facilitate our transition to the New Cycle.

Marshall's ATA Black Belt Midterm

The Marshall's ATA Black

Belts will midterm during their regular class period on **Thur Oct 10th from 6:45 - 7:30pm**. Our Protech will be Combat Weapons & Inside/Outside Pressure Point Flow.

Marshall's ATA Fall Harvest Festival, Costume Party & Open House

We will be hosting our Annual Fall Harvest Festival & Costume Party on **Sat Oct 26th, from 6:00 - 9:00pm**. This Fall event is for kids AND adults and is one of our biggest events of the year. We will have food, music, a costume contest, decorations, games, prizes and fun! fun! Please bring a friend to join in and get ready to have a blast. The costumes should be humorous, theatrical, superhero or characters from literature but not gruesome or scary to our younger kids.

Marshall's ATA Leadership Classes

The Marshall's ATA Leadership class will be held this month on **Sat Oct 12** 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 'Which Student Rapport Building Point Encourages Students to do their best for the group's sake?' The scheduled Leadership class will be conducted from 8:30am to 9:30am in order to facilitate coverage of our required physical material, allow for Q & A & dissemination of school new information.

The 5th Annual Trick or Treat at Unicorn Lake

Please bring the kids to Trick or Treat and show off their costumes at the Unicorn Lake Business Association's 5th annual event on **Thur, Oct 31st, 2013** from 4 - 7pm. This is our much anticipated annual Festival and we will have a bounce house, costumes, balloons, face painting, arts & crafts, coupons and lots and lots of candy. Tell all your friends because this great event is open to the Denton community.

Special points of interest:

- Back to Full Uniforms on Wed Oct 2nd
- Marshall's Fall Belt Testing Oct 2nd
- Black Belt Midterm Oct 10th
- Oct Birthdays
- Oct Leadership Classes Sat Oct 12th & from 7:30 - 8:30pm
- Marshall's ATA Annual Fall Harvest Festival & Costume Party Sat Oct 26 6 - 9:00pm
- 5th Annual Trick or Treat at Unicorn Lake Thu Oct 31st
- Yoga Classes by Mrs. Nikki Nordhus Certified Yoga Instructor

Tournaments:

Songahm Fall Nationals, Orlando, FL	Oct 16-19, 2013
Katy, TX Master Gerald Frenz	11/01 & 11/02

Yoga Classes with Mrs. Nikki Nordhus at Marshall's ATA

Mrs. Nikki Nordhus is a Certified Yoga Instructor and she has offered to teach all levels of Yoga classes at Marshall's ATA. Although Mrs. Nordhus and her family are new to the area and she is a busy wife, mom and professional who

travels due to the demands of her work, she will be teaching classes at Marshall's ATA most likely twice per week on a weekend day either Friday, Saturday or Sundays. The duration of these classes will

be 60 to 75 minutes in length and will cost \$15.00 per class. Drop-ins are welcomed at \$15.00. Classes can be purchased individually or in group packages of 10. We will commence the classes once we have 10 practitioners signed up.



The Mindset of Respect for the Do-Jahng

Page 2

I show Respect for My Do-Jahng (Training Facility) by:

...standing during the recitation of the Songahm Spirit of Taekwondo. If you are in the room when the "Songahm Spirit of Taekwondo" is recited, you must stand at attention and recite to pledge with the group, whether or not you are in do-bok (uniform) or a participant in the group session.

...telling my instructor if I am injured. Tell your instructor before class. Otherwise, you will be expected to do all techniques and exercises given.

...bowing in respect to the flags and training area each time I enter and/or leave the

classroom area, even if the area is not being used for workout. The correct way to bow is with your feet together, hands at your sides, bow from the waist. A bow in the Orient is about the same as a handshake in the Western world and is a sign of respect.

...Students must be wearing footwear when entering the Do-Jahng from the outside. This is for the safety of the students and the general cleanliness and overall appearance of the workout floor.

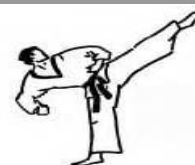
The Physical Training (Weight Machine) area is off limits to Tiny Tigers and Juniors can only use this area

with permission and supervision of the sah-bum nim (instructor). Absolutely no one is to be in the area without protective footwear (sandals & flip flops are not adequate).

...not making unnecessary conversation with other students and speaking only when acknowledged by or given permission by the seon-bae sah bum-nim (senior instructor) while I am participating in class.

...being an example to other students. Profane or rude gestures and any act that is considered to be rude or profane is not a good example for younger students.

...always keeping my uniform clean, pressed and odor free.



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 Dr. Charles Kurtz on winning 1st place in weapons & 2nd (or 3rd place) in Combat Weapons, Mrs. Kaylynn Safar on winning 1st place in weapons & 3rd place in sparring, Mrs. Sandy Arcuri on winning 1st place in weapons & 2nd place in forms, sparring & combat Weapons, Mr. John Manzer on winning 1st place in Combat weapons & 2nd place in sparring & Mr. Benjamin Forest for representing Marshall's ATA and themselves so well at the Texas Classic regional tournament on Saturday Sept 7th.

2013 - Work, Love, Sweat, Play & Pray Everyday

Marshall's ATA will be conducting our Fall Belt Testing on Wed, Oct 2nd during regularly scheduled classes

Marshall's ATA Will Conduct our Black Belt Midterm during the Black Belt Class on Thursday Oct 10th

Marshall's ATA 2013 Leadership Classes Sat Oct 12th & 26th. Our Theme for Oct is 'Goals & Rapport Building

Marshall's ATA will be hosting our 5th Annual Trick Fall Harvest Festival & Costume Party on Sat Oct 26th

The Unicorn Lake BA will be hosting our 5th Annual Unicorn Lake Trick or Treat on Thu Oct 31st from 4:00 - 7:00pm

Marshall's ATA Students are Back to Full Uniforms Starting Oct 2nd

Marshall's ATA Students will be back to our full uniform starting at the Fall Testing. We will be expected to wear our full uniform to each weekday class. We are authorized to wear our casual uniforms on Saturdays or when previously authorized. Marshall's ATA Leadership students may wear their alternate uniform to class but not during Testings or Seminars unless previously authorized. Leadership students who are Color Belt may wear their Blue medium to lightweight uniform to class. Leadership students who are Black Belt may

May wear their Blue or Red medium to lightweight uniform. Leadership students who have achieved Certification may wear the Blue, Red or Black medium to lightweight uniform. Leadership students who compete in the XMA or Creative Forms, Weapons category may wear the Black XMA uniform as an alternative. Our traditional white uniform is appropriate at all times. The uniforms must be clean and neat at all times and free of dirt, stains and odor. I will allow juniors & Tiny Tigers to roll up their pants or sleeves as they are still growing but this does not apply to adults. Please have finger nails and toe nails trimmed smoothly for safety to partners.



Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



What Does it All Mean to You?

Sometimes I tend to over think things a bit and look for meaning in people, places & things that now that I think about it, there really is no meaning. Now that I've reached a certain stage of life, I realize even more how precious time is and that it seems to pass so quickly. Speaking solely for myself and from my experience, Life has no meaning unless you give it meaning and then it only means something to YOU. When a football coach teaches a bunch of young boys the game of football and they play their best and never have a desire to go to the NFL or even play football after they leave high school or college, all the coach can say is he is glad to have had the opportunity to express his passion for the thing he loves. When a young child takes piano lessons and then never develops a love of music or even a real desire to even actually learn to play the piano, all the piano

teacher can say is 'I'm glad I had the opportunity to be your music teacher, even if only for a little while.' When a young child takes gymnastics lessons and when the lessons are over, he or she never expresses a desire to become an Olympic caliber athlete, all the coach can say is 'thank you for the opportunity to allow me to share with you the beauty and artistry of gymnastics and I hope you will one day realize its benefits to your health and well-being.' I love the martial arts and all the many blessings it has brought into my family's life. I am very blessed to have been able to find my life's passion. It took me a while before I understood that not everyone felt like I did. I was so passionate about sharing this gift and art that I would take it personally when someone would be unmotivated and ultimately quit their training. I would wonder 'Did I waste my time or did they waste theirs?' Then I realized that 'Yes' some things are meaningless. Some people are forced to work hard by others and are not motivating themselves to work hard. I've seen instances where someone works just hard enough to keep from getting fired but they make just enough money to keep from quitting. There is no meaning. Some things are meaningless and you are very lucky if you are in a position to be able to express your passion about the things you love. I am by nature a teacher.

My earliest memories of the first people I ever admired outside of my parents were Teachers. Something inside me said to me 'even if you're not a teacher, Be a Teacher; at least for a little while.' While I overcame my tendencies to be a nihilist and a cynic, I was always rather a romantic when it came to thought and opinion. I learned to think critically and not just about the thoughts of others. Even though I change my opinions when confronted with overwhelming new information, I won't refuse to be wrong.

1. You don't have to have a dream. Just have a passionate dedication to the pursuit of short term goals.
2. Don't seek happiness. Keep busy and make someone else happy and you might get some splashed on you as a side effect.
3. Remember it's all luck. You are lucky to be here and lucky to be born to a nice family that loves you and is helping you to become educated.
4. Exercise. Take care of your body because you're going to need it. Working out keeps your spirits lifted and keeps you from being depressed.

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



What Does it All Mean to You?

5. Be hard on your opinions and examine them regularly. Be intellectually rigorous.

6. Learn something (anything) well enough to be a Teacher. The most admirable and amazing people I've known are teachers. Rejoice in what you've learned so far and 'Say it!'

7. Define yourself by what you love. Don't define yourself by being in opposition to others whether it be social, political, class, ethnic or racial categories. Learn to live and let live. Express your passion for the things you love and be genuine, generous with your praise and enthusiastic about other people.

8. Respect people with less power than you because you are no better than anyone else, but you are certainly no worse. Don't let anyone try to define you or try to tell you who you are. "I speak to everyone in the same way, whether he is the garbage man or the president of the university." - *Albert Einstein*

9. Don't be in a hurry, don't rush to have a life plan while you are in high school or college. It's OK to not know what you want to do or who you want to become. I've been here long enough to have seen people who were so sure of their career path at 20 and are now having a midlife crisis in their 40's and 50's.

Human beings are creatures of habit. We do what we're used to doing and we remain within our comfortable and familiar routines and traditions. If there is a positive reward for doing things differently, we may change our habits and even then these changes are usually not permanent. We are born originals and we need to accept and make peace with that and not become a copy of someone else. In conclusion; Life has no meaning unless you give it meaning. The meaning of life is to give life meaning.

Dear Mr. and Mrs. Marshall

This an email to praise both my children - Caleb & Zoe Knight. They both deserve praise because their teachers, leaders and relatives can notice a great difference in their lives and well being after attending Marshals ATA Dojang martial arts for well over 17 months now. We want to thank each of you and all your instructors. I believe they are not only confident in themselves but have courtesy for their fellow students, loyal to their instructors and respect for their juniors and seniors. Both at home, school and everywhere they go.

Thank you doesn't seem enough; bless you and all the ATA marshal arts families. This honor, integrity, & self control is the best!

Respectfully,

Anthony Knight

Dear Mr. Marshall,

Easton (Poliseno) showed responsibility this week by doing what was expected of him...even when he didn't want to (and with a great attitude!)

Sincerely,

Melissa Poliseno

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Fitness Trainer, Cooper Institute



Mr. Andrew Sutton
1st Degree Black Belt Candidate

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

I have spent a lot of time working for this goal. I have persevered through all the colored belt levels. I have worked through times that were tough and I still worked hard and continued to work toward my goals. Even when I faced disappointment, I came back stronger and more confident.

Why do you want to become a Black Belt?

I am ready to learn new things as a black belt. I am ready to face new challenges in my training. I am eager to finish what I started and ready for a goal that I set two years ago. Because all of my family has reached black belt, I am eager to join them. I also look forward to continuing my training with them helping me. Being a black belt has made me realize, I am better than I thought I could be.

Physical Fitness Test Results for Andrew Sutton

1. Push-ups	27
2. Sit-ups	36
3. Kicks	40
4. Punches & Kicks	94
5. Punches	130

Thoughts from Mom (Donna Sutton)

I cannot be more proud of Andrew as I anticipate his testing for black belt. Andrew is responsible for getting the whole family involved and he has brought all of us together as we shared in his passion. I have watched Andrew grow in confidence and strength which has helped him in many areas of his life including school, fitness, and self-awareness. As I have watched Andrew I have noticed glimpses of a young man peeking out from my little boy. These last two years have been an important part of shaping him into a person I will always be proud of and love.

Thoughts from Dad (Steve Sutton)

I have watched Andrew face the disappointment of watching people pass him as he had to stay back in rank twice. He faced that disappointment with a renewed focus and desire to overcome the obstacles in his way. Andrew is a very different boy now. He has considerably more confidence that he can overcome anything that is in between him and his goals.

Hunter & Dylan Lamb Race in the Keller Monster Kids Triathlon 9/28/2013



Congratulations! to Hunter & Dylan Lamb on competing in the **Monster Keller Kids Triathlon.**

Swam - 75 Meters

Biked - 2 Miles

Ran - 1 Mile



Hunter's time = 22:40



Dylan's time = 43:44

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
 Certified Fitness Trainer, Cooper Institute



Mrs. Sandra Arcuri



Dr. Charles Kurtz



Mrs. Kaylynn Safar

Forms	2nd
Weapons	3rd
Sparring	2nd
Combat Weapons	2nd
Results from Conway, Ar Tournament	
9/28/2013	

Caleb Knight
2013



Forms	3rd Place
Weapons	2nd Place
Sparring	3rd Place
Combat Weapons	1st Place
Results from Conway, Ar Tournament	
9/28/2013	

Zoe Knight
2013



Hello Mr. Marshall,

Thank you for all your kind words! It's the gift that keeps on giving. Please extend our thankfulness to Mrs. Marshall, Mrs. Lamb, Mrs. Arcuri and the many other honorable instructors! Without you and them we are closer to nothing. With you and them we are educated in Martial Arts, we are encouraged to have a better self-defense, we develop on-going life building skills that keep growing and we gain the best self-esteem, and most of all we

Weapons	1st Place
Sparring	3rd Place
Combat Weapons	1st Place
Results from Conway, Ar Tournament	
9/28/2013	

learn the respect to have a wonderful giving life to share with others in the best way mutually in dignity and honor. Thank you again. Have a tremendously great day going forward!

With much humble gratitude,
 Anthony Knight
 We are so gratified and honored to hear that Caleb and Zoe are doing so well and receiving praise from their teacher, relatives and parents. Thank you for sharing this report with us.

Mr. Marshall

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor
Certified Personal Trainer, Cooper Institute

