

# MARSHALL'S ATA BLACK BELT WORLD

## MARSHALL'S ATA BLACK BELT ACADEMY

PNO Sept 28th.

6:00 - 10:00pm

Space is Limited  
Sign up at Front  
Desk!

## Congrats to all our students at Belt testing!

### Please join me...

In congratulating **Caren Wilcox**. Caren successfully midtermed toward 3rd Degree Black Belt at the **Back to School Testing** last month. She showed great leadership and turned in an awesome performance in forms, weapons and boardbreak. Pilsung! Caren.

### Back to School Testing

The August 18th Back-to-School testing went very well. Congratulations on your new belt ranks and let's continue to work hard on our material towards the next to last belt testing of 2007 tentatively scheduled for Oct 11th.

### Allen Tournament!

Congratulations to those of you who participated

in Master Sustaire's Texas Twister tournament at Southfork.

The participants were:

Mrs. Jan Burwell

Miss Emily Cox

Mr. Luke Hilton

Mrs. Jayne Kraus

Mr. Jake Tanis

Mr. Ryland Whitworth

**Go Marshall's ATA!!**



**Master Niblock Hosts Texas Challenge Tournament!**  
September 15, 2007  
Georgetown, TX

### Private Lessons

For those of you who would like to get the most out of your Taekwondo training and strive for the extraordinary in your performance, private lessons are a must. If you would like to kick your training up another level, a few one on one sessions to critique your performance and/or refine new material may be just the thing you need to achieve that added edge of excellence and realize your goals in competition (State or World Championship) or simply for testing. **Please see Mr. or Mrs. Marshall** to set up a time. Private lessons are \$25.00 per half hour session for **Forms, Sparring or Weapons training**. Let's see how good you can really be.

### Special points of interest:

- **Caren Wilcox Successfully Midterms toward 3rd deg**
- **Back to School Testing**
- **Congratulations to Mrs. Nora Brown**
- **Masters Niblock host Texas Challenge Tournament in Georgetown, TX**
- **Students of the Month**
- **September Calendar**
- **Parents Night Out!**
- **Private Lessons Available.**
- **Congratulations to Kevin & Kerri Boyd**
- **Kidz 'N Power Child Safety Month Sept 2007.**
- **Birthday Parties**
- **Congratulations to Jayne Kraus**

### Tournaments:

## ATA Kidz 'n Power Safety Month

The ATA family has always kept the safety and protection of its members a top priority. And in an organization where a majority of the members are children, that commitment becomes even more important. This September 2007, ATA is taking a giant step in arming our communities with safer, more educated children by hosting open houses all over the country as part of the ATA

Kidz 'n Power Child Safety Month! During the month of September, Grand Master Lee is asking all ATA schools to help us fight the rising number of child abductions by educating parents and children in our local communities. Those attending these safety open houses will learn break away techniques, stranger warning signs, tips to deal with bullies and inter-

net safety precautions as presented in the Kidz 'n Power safety education tools. ATA is launching the Kidz 'n Power program in partnership with the nationally known experts in child safety, **AMBERAlert.com**. As an organization focused on the spirit of family and community, we want to do our part to minimize the risk through the power of education.

Georgetown, TX Sr. Masters Niblock	9/15
<b>Nationals-Orlando AA</b>	10/20
Carrollton, TX Eric Pechacek / B	10/27
Little Rock, Ar Master Anderson / B	11/17
Humble, TX / A	2/16

## Congratulations to Mrs. Nora Brown

Please join me in congratulating Mrs. Nora Brown. Nora is the recipient of the 2007-2008 Maurine Faulkner Endowed Scholarship at Texas Women's University's Department of Mathematics and Computer Sciences. Mrs. Brown is one of our Black Belt Instructors here at Marshall's and we are very proud of her accomplishment. Pilsung Nora!

### Exercise Recommendations for your Health

To promote and maintain health, all healthy adults aged 18 to 65 yr need moderate-intensity aerobic (endurance) physical activ-

ity for a minimum of 30 minutes on five days each week or vigorous-intensity aerobic physical activity for a minimum of 20 minutes on three days each week. Combinations of moderate and vigorous intensity activity can be performed to meet this recommendation. For example, a person can meet the recommendation by walking briskly for 30 minutes twice during the week and then jogging for 20 minutes on two other days. Emphasis is placed on activities that maintain or increase flexibility, as well as emphasis on balance exercises for those older adults at risk for falls.

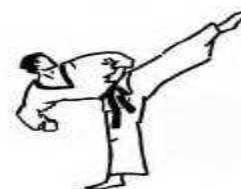
Muscle strengthening activity is recommended a minimum of 2 days per week for older adults; using moderate to high intensity, with 10-15 repetitions for each exercise.

**FUN!!**



### Birthday Parties!

You can have your birthday party right here at the school. Have your cake and "Punch" and be a Black Belt for your special day. See Mrs. Marshall for details.



### Determination:

The "driven" believe the impossible is possible and are determined to prove it.

*Tom Peters*

Get a good idea and stay with it, Dog it, work it until it's done right.

*Walt Disney 1901-1966*

Nothing great will ever be achieved without great men, and men are great only if they are determined to be so. *Charles de Gaulle*

1890 - 1970 French Pres.

Success seems to largely be a matter of hanging on after others have let go.

*William Feather 1889 - 1981*

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

*Dale Carnegie 1885 - 1955*

## Let's Avoid Dehydration

We are still in the throes of Summer here in Texas. This means we are still at risk for dehydration while exercising in the heat. This makes it timely to remind everyone how important it is to keep the body hydrated before during, and after engaging in any type of physical activity. Dehydration can cause many detrimental effects including a decrease in exercise performance, early onset of fatigue,

headaches, and major stress on the heart. In order to avoid becoming dehydrated during physical activity, follow these fluid intake guidelines:

Two hours prior to beginning an exercise session, drink two cups of water (one cup = eight ounces).

15 minutes before activity, drink one cup of fluids.

Every 10 to 15 minutes during exercise, drink one-half to one cup of fluids.

After exercising, drink one to two cups of fluid for every one pound of body weight lost (or until urine becomes pale).

Intake of electrolyte drinks (e.g., Gatorade, POWERade) should only be used during exercise sessions lasting more than 90 minutes.

## Other Health & Wellness News!

According to a new study, people who lose weight by cutting calories (as opposed to exercising) also may be losing bone density. The researchers looked at the effects of weight loss on bone loss in 48 adults. After one year, study participants in the calorie restriction group lost more weight than those in an exercise intervention group, but also lost significant amounts of bone den-

sity in high-risk fracture sites (lower spine, hip, and the top end of the femur). This data supports the recommendation of weight loss through both decreasing calories eaten and increasing physical activity. Middle and older-aged adults (who were at higher risk for bone fracture) should be sure to include physical activity in their weight loss program to offset the effect of calorie re-

striction on bone loss. (2006). Bone mineral density response to caloric restriction - Induced weight loss. Archives of Internal Medicine, 166, 22, 2502-2510.

**Congratulations** to the newest members of our **Leadership Team.**

**Jayne Kraus**

**Kevin Boyd**

**Kerri Boyd**

### Students of the Month!

**Tiny Tiger**  
**Ryland Whitworth**

**Junior**  
**Dekoda Williams**

**Adult**  
**Chris Blume**

# September 2007

## Marshall's ATA Black Belt Academy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The Next Belt Testing will be October 11						31 1 Reg Class
2 3 CLOSED Labor Day!	4	5	6	7	8 Reg Class	
Week 3						
9	10	11	12	13	14	15 Reg Class
Week 4						Sr. Masters Niblock Tourn Georgetown, TX
16	17 Child Safety week. Bring a BUDDY! OTOMIX-Week!	18	19	20	21 Adult Self De- fense Clinic! Min 15 People. \$15.00	22 Judging Clinic Levels I & II 1:00p - 3:30p
Week 5						
23	24	25	26	27	28	29 Reg Class
Week 6	<b>SUMMER UNIFORMS END</b> on September 30, 2007. Full Uni- forms will be required beginning October 1st! Inspections will begin.					

Creating  
Tomorrow's  
Leaders, Today.

### Birthdays!



Arias, Ethaniel 09/17  
 Au, Alan 09/27  
 Ayala, Axel 09/11  
 Boyd, Kevin 09/19  
 Couch, Preston 09/13  
 Golden, Joey 09/22  
 Harris, Audrey 09/04  
 Jones, Tyler 09/09  
 King, Shantai 09/23  
 McPhail, Madolyn 09/23  
 Pearson, Sparky 09/11  
 Teleki, Tyler 09/07  
 Tidwell, Dakota 09/03  
 Whitworth, Rylan 09/08  
 Wilson, Marion 09/10  
 Marshall, Robert, Jr. 09/19  
 Williams, Dekoda 09/14



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**Creating Tomorrow's Leaders, Today.**

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WE'RE ON THE WEB!  
[WWW.MARSHALLSATA.COM](http://WWW.MARSHALLSATA.COM)

**School Goals for this testing cycle:**

- To have a super turnout for the Judging Clinic!
- To have 10+ New Members join in September.
- To have a successful new school year.
- Educate parents and children with useful new information to keep our children safe.
- To have enthusiastic support for the Self Defense Clinic.
- To have 20 energetic Kids at Parents Night Out.

**GO MARSHALLS ATA!!**



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**Kevin Boyd**

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Email: [baldguy-travel@gmail.com](mailto:baldguy-travel@gmail.com).

**Congrats,  
Caren & Nora**

**Congratulations**

**Jayne Kraus**

**Kevin & Kerri  
Boyd**

**The Pampered  
Chef**

**Susan Pechacek**  
Independent Kitchen Consultant

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