

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Back-to-School
Testing

Marshall's ATA
will be Closed for
Labor Day holiday

Sept Birthdays
Master Olford's
Battle in the Pines
Tournament
Fall Nationals in
Orlando Oct 20 - 23

Marshall's ATA Back-to-School Belt Testing

The **Marshall's ATA Back-to-School Belt Testing** is scheduled for Thursday Sept 9th starting with the Tiny Tigers at 4:15pm. Line-up/Warm-up and Roll Call commences at 4:00pm. The Juniors and Adults Testing will begin at 5:30pm. Forms, Sparring combinations, Self Defense, Weapons, Testing Sparring, Board Break and Protech will be demonstrated. This will be a very special testing as Dr. Wendy Midlemis and Mr. Robby Solt will be testing for their 1st Degree Decided Black Belt.

Leadership Classes

Marshall's ATA will be hosting our Leadership classes this month on Sep 16th & 23rd starting at 7:30pm. I will be sending out a quiz and answer sheet on Self Concept, Communication Skills and Character Development that we will be discussing at the meetings.

Master J.D. Olford's Battle in the Pines Tournament

Master J.D. Olford will host

his Battle in the Pines tournament in Lufkin Texas at the Angelina College Shands gymnasium on **Fri/Sat Sep 17th - 18th**, starting at 7:00am.

7:00am Instructor and student registration.

7:30am Mandatory Black Belt Meeting. Please do not be late.

0800 - 8:15am ATA Extreme Competition

9:00am ALL Tiny Tigers report to appropriate rings

Parents Please Do Not Be Late

9:15am Opening Ceremonies and Introductions.

9:30am Tiny Tiger Competition begins - Color Belt and Black Belt staging begins and will compete throughout the day. Creative Forms & Creative Weapons will be competing throughout the day.

5:00pm Tournament Ends

Spectator Fee: \$5:00 per spectator. (3 and under FREE)

\$35.00 Traditional Taekwondo (Forms/Sparring)

Competition. Family discounts apply. \$25.00 Traditional Weapons & \$25.00 ATA Xtreme & Creative. Region 112 Students, please pre-register with your instructor,. Out-of-region competitors may register upon arrival.

New Student/Parent Orientation

Marshall's ATA will host a New Student/Parent Orientation session on **Saturday Sep 11th**, starting at 1:00pm. This session should only last about an hour but we will be available for as long as necessary to answer any questions students or parents may have. During this session, we will discuss general and specific topics related to the ATA in general and Marshall's ATA in particular. We will discuss proper etiquette and protocol in the do-jang. Displaying respect and proper wearing of the dobok or uniform. We will also discuss commonly used terms and traditions as well as programs and goal setting.

Special points of interest:

- Back-to-School Belt Testing
- Leadership Classes
- Master J.D. Olford's Battle in the Pines Tournament
- September Birthdays
- Marshall's ATA will be Closed Mon Sep 6th for Labor Day holiday
- Fall Nat'ls in Orlando Oct 20 - 23, 2010
- New Student/Parent Orientation

Tournaments:

**Master J.D. Olford
Lufkin, TX**

9/17
to
9/18

**Fall Nationals in
Orlando, FL**

10/20
To
10/23

Humility

"The ordinary arts we practice every day at home are of more importance to the soul than their simplicity might suggest. --Thomas More

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be. --Thomas A. Kempis

Marshall's Junior Leadership Theme for Sept "Honor"

Honor means keeping your promises and earning the respect of others. Honor comes from deserving the trust and faith others place in you. Having honor means owning a sense of right and wrong. Honor demands living with

good values and having a strong moral code. By making choices with integrity, courage, loyalty and respect, you earn honor for your name. Duty and selfless service also earn honor. Men and women of

honor are very dependable. It is said that "their word is bond," meaning they can be trusted to deliver on their promises. As an Instructor Trainee, you can acquire honor by accepting responsibility & giving assistance to your Instructor.

Is Gulf Seafood Safe?

Aug 13, 2010 by Rachel Huber
MPH RD

Dietary guidelines increasingly stress the importance of seafood in Americans' diets. The American Heart Association recommends that fish, especially oily fish rich in omega-3 fatty acids, be consumed at least twice a week (2 servings, about 4 ounces each) to reduce death from coronary artery disease. Likewise the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010 states that 250 mg per day of omega-3 fatty acids from marine sources (2 servings, about 4 ounces each) positively impacts health. But what about the safety of seafood? The biggest concern that has circulated has been around methyl mercury.

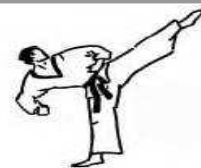
Large predatory fish like shark, swordfish, king mackerel, and tilefish have the potential for the highest level of mercury contamination and thus should be avoided by certain people like children and pregnant women. Instead, these groups are encouraged to eat up to 12 ounces per week of a variety of fish and shellfish that are lower in mercury like canned light tuna, salmon, pollock, and catfish. For more on the risks of methyl mercury and levels in fish go to the [Food and Drug Administration's web site](#). Overall, however, for the majority of Americans the benefits of fish consumption far outweigh the potential risks when amounts of fish are eaten within the recommen-

dations. More recently, however, I've been asked if seafood caught along the Gulf of Mexico is safe to eat (given the April 2010 oil spill). The Food and Drug Administration (FDA) and National Oceanic Atmospheric Administration (NOAA) have released these statements that lead me to believe that we do not have to be concerned with seafood from the Gulf. **Continued**

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.

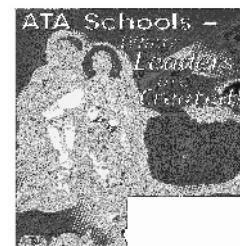
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Protocol for Testing

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 **Mr. Luke Hilton** on his successful testing for his **2nd Degree Decided Black Belt**. Congratulations are also in order for **Mr. Christian Williams** as he has received his **2010 World Championship** uniform for Creative Weapons. Congratulations to **Mr. Kevin Engel** on earning his **Specialty Certified Trainer Level 2 Instructor** black/red/black stripe and **Erin Engel** on earning her **Trainer Level 1** red/black stripe collar.



2010 - The Year of Impossible Possibilities

School Closed Monday Sept 6, 2010 for Labor Day holiday

Thurs Sept 9, 2010 Back-to-School Belt Testing

Sat Sep 11, 2010, New Student/Parent Orientation

Thurs Sep 16th & 23rd Leadership Classes at 7:30pm

Fri & Sat Sep 17th & 18th, 2010 Master Olford's Battle in the Pines Tournament

continued

- Federal and state officials are closely monitoring the waters from which seafood is harvested and have closed areas contaminated by the oil and dispersants (chemicals that cause the oil to disperse into the water rather than float on top) used for fishing and seafood harvesting. They will reopen waters when they pass thorough sensory testing for contaminants.
- FDA has implemented a surveillance sampling program of seafood products at Gulf Coast area primary processing plants. It is currently targeting oysters, crabs and shrimp, which could retain contaminants longer than finfish. This sampling will provide verification that seafood being harvested is safe to eat. Fish and shellfish harvested from areas unaffected by the closures are considered safe to eat.

Mr. Robert W. Marshall Sr.,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Black Belt Candidate

Dr. Wendy Middlemiss

The journey that has lead me to the opportunity to test for my First Degree Black Belt started not as my journey, but as a journey requested by my son. When Dewey received his First Degree Black Belt, I asked him what he would like to honor his persistence, growth, and accomplishment. His response, "I want you and Dad to start Tae Kwon Do". Hmmm. Since I had not qualified my question to him and since it seemed such an honorable request, I figured I would start. The difficulty I knew I would face was that I have little body awareness—which means that watching someone move their left arm this way or that does not easily nor readily translate into movement on my part. As I started this journey, this difficulty was evident in every step... as it is today with each new step.

This challenge became a true and encompassing frustration with the learning of the White Belt Form... and for each successive belt I would find a point at which I was utterly and truly frustrated. I promised myself that, with having troubles with my back and with the challenges Tae Kwon Do raised for me that I would put in a good effort... perhaps until Camo belt... and then when sparring started... respectfully bow out. But, alas, it is not in my nature to quit, a quality for which I thank my father. So, in learning each new form, I could hear my father's voice in my head, "Do it well, or not at all". So, I continued to work to do each color belt form and the materials "as well as I could". This kept me training, kept me moving forward. Then, with this time training, with each belt, I became part of a community. I learned what it meant to have respect for your juniors and seniors, to have loyalty for your instructors, and to have and receive courtesy of others. Little by little, the journey became my journey. Exactly when it changed, I can't tell you. Perhaps it was the day, somewhere around yellow belt—perhaps it wasn't until camo—when Mr. Marshall looked at me almost beaming and said of my form, "That nearly flowed!!!" A personal triumph, as I could feel that I could do the form differently. Or, perhaps it was one of the many days Mrs. Marshall looked at me and said, "You can do it, come on..." with just enough encouragement mixed with ready expectation that I could succeed that I would try again. But, no, I don't know exactly when the journey became my journey, but when it did, I grew to understand Tae Kwon Do in ways I had not before. It gave me strength, successes, failures and challenges. But, it also gave me a community in which to meet those challenges and with whom to celebrate successes. So, today as I prepare to test for my Black Belt testing, I do so, not by myself, not with only my son and his wish so much a part of my journey, but I prepare with my Do-Jahng beside me and within me. I hope to stand before those who are so dear and share this growth. On the day I test, I will hope to honor our community, to show respect for those times I felt each word of the bowing-out oath—perseverance, integrity, self-control. Mr. Marshall often says that we become a black belt long before we earn a black belt to tie around our waists. I believe this may well be true, as I have become a black belt in my heart through my practice and time with my do-jahng. I gain a sense of being ready to test, not because of the practices that have gone well, but rather because I am still here after the practices that haven't gone well...that I have bowed out fully feeling what was meant by our oath, that we would Persevere when challenges prevailed; have the integrity within ourselves and for our juniors and seniors to *keep trying*, and self-control not to throw our arms up in the air and walk away. On those days, with some more strikingly a challenge than others, I have learned what it means to be a black belt. May I honor all I have been taught as I continue this journey, my journey to testing. My thanks to my instructors, my juniors, seniors, and friends who have seen me through this journey.