

## MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS  
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Marshall's Closed  
for Labor Day  
holiday Wknd  
Sep Birthdays  
Brazilian Jiu-Jitsu,  
Karate & Taek-  
wondo Books &  
DVD's Available

Texas Classic Tourna-  
ment in Mesquite, Tx  
Marshall's ATA Sep  
Birthdays  
Marshall's will be  
closed for the Texas  
Classic Tournament  
on Sat Sep 24th in  
Mesquite, Tx  
Anti Bullying Seminar

## Marshall's ATA Will be Closed for the Labor Day holiday

### Marshall's ATA Will be Closed for the Labor Day holiday

It's Back-to-School time at Marshall's ATA. The bitter sweet end of summer always begins with the Labor Day holiday. Marshall's ATA will be closed for the Labor Day weekend beginning on Sat Sep 3 & Mon Sep 5. We will reopen with our normal schedule on Tues Sep 6. Enjoy your holiday weekend.

### Hand Foot Gear Purchase

We are currently in a new 'Challenge' training cycle & we are excited about the upcoming Fall Testing. There will be changes to the current way that new students will be preparing for future Testings. We will begin to veer away from so much emphasis on memorization to a more "Reality" based curriculum. I would like to roll out this new training concept beginning in the next cycle and fully implement it by the end of the year. To begin this process, I'm asking the

Master Club students testing for their Orange & Yellow belts to begin purchasing their Sparring (Safety Gear) as soon as possible starting with the hand and foot gear. No need to wait until you've already tested for Camo. I would like to encourage those in the Black Belt Club to do so as well. We will begin focus drills, bag work & (cardio) exercises and board breaking that will enhance our self-defense capabilities and environmental awareness sooner in our training experience.

### Marshalls in Montana

The Marshalls will be traveling to Montana on Saturday Sept 10. 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 the regularly scheduled classes.

### Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held this month on Wed Sep 7th & 21st from 7:30 to 8:15pm. The theme for Sep is 'Honor &

'Class Structure. 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 honor and pride? and Can you have one without the other? Why or why not? 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 dissemination of school information.

### 2011 Coppell Classic Tournament

will be hosted this year at the Mesquite Convention Center 1700 Rodeo Drive, Mesquite, Tx 75149. Opening Ceremonies and Introductions are at 8:30am. Please come and support our competitors and wear only white or mostly white athletic footwear. Wear your white traditional ATA dobok. No shorts or jeans.

### Special points of interest:

- Marshall's Closed for Labor Day holiday Wknd Sep 3rd & 5th. Enjoy the holiday
- Sep Birthdays
- Sep Leadership Classes Wed Sep 7th & Sep 21st from 7:30 - 8:15pm
- Marshall's ATA Closed Sat Sep 24th for Coppell & North Richland Hills ATA Texas Classic Tournament in Mesquite, Tx
- Brazilian Jiu-Jitsu, Karate & Taekwondo Books & DVD's Available
- Back to Full Uniforms on Mon Oct 3rd

### Tournaments:

<b>Texas Classic</b> <b>Ms. C. Jackson,</b> <b>Mesquite, TX</b>	Sep 23 & 24
<b>Songahm Fall</b> <b>Nationals,</b> <b>Orlando, FL</b>	Oct 19-22

## 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.



## For Your Information...A Note About Safety Gear

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Mouth guards. ..we should all be wearing one during intense training and competition, certainly any sessions that involve contact. I should expound on the precautions that are necessary whenever one piece of equipment has such frequent contact with bodily fluids and sharp objects—namely, your saliva and teeth. Simply, you need to sanitize your mouth guard often and even replace it from time to time. Studies have shown that mouth guards can harbor bacteria, yeast and mold. These bugs can live on virtually any surface and especially in the nooks and crannies of your mouth-guard material. Bacteria that can grow there

not only can infect your mouth but also can affect your heart, lungs and urinary tract via your circulatory system. The way you store your mouth guard when it's not in use is also important. At tournaments, it's not uncommon to see a competitor spit out his/her guard between rounds—or even get it knocked out of their mouth. That can expose it to a host of microbes that live in the environment. Prescription: Sanitize your mouth guard after each use. If you notice that it's worn or damaged, get a new one. Otherwise, you'll be inviting germs to take up residence and, by way of proximity, spread

into your mouth and body, and that is a fight you don't want. A mouth guard does double duty because it protects you from yourself. Get caught just once to the chin while your mouth is open, and a self-inflicted bite to the tongue or chipped tooth/teeth can result. Mouth guards are an absolutely mandatory part of your safety equipment at Marshall's ATA as well as protective cups for males. Protective cups are optional for females although girls will tell you that it still hurts to get kicked in the crotch, but at least it won't adversely affect their ability to reproduce. We have mouth guards and cups here at the school if you need one.

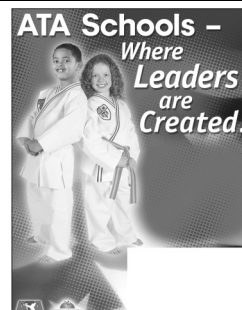


### Protocol for Testing

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 Devin Hearvey, Christian Ubanii, James Bobo & Mrs. Sandy Arcuri on their acceptance to the Marshall's ATA Leadership Team.

It's College Football Season! And the Marshalls will be flying to Bozeman Montana several times this season to watch their son Robert play for the Montana State University Bobcats. The first game of the season is Saturday Sep 10th . Leadership Team: Please memorize the 10 Class Room Management Principles.



## 2011 - The Year of Miracles, Signs & Wonders

**Marshall's ATA will be Closed Saturday Sep 2nd & Mon Sep 5th for the Labor Day holiday.**

**Marshall's ATA 2011 Leadership Classes Wed Sep 7th & 21st. Theme is 'Honor & Class Structure'**

**Marshall's ATA will be Closed for the Coppell & North Richland Hills Texas Classic Tournament on Sat Sep 24th at the Mesquite Convention Center 1700 Rodeo Drive, Mesquite, TX. 75149**

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

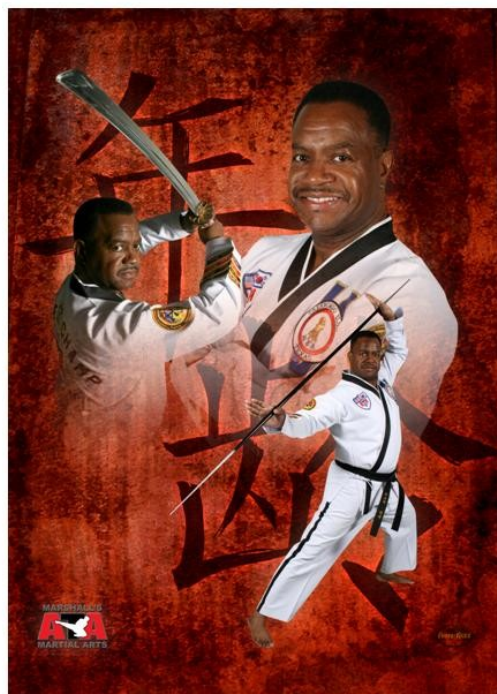
Some of you may have noticed the many new books and DVD's in our glass display cases near the front desk. The books have titles relating to Karate and Taekwondo. The DVD series is mainly focused on Modern and Extreme Brazilian JIU-JITSU. All this is with an eye toward providing Marshall's ATA Black Belt 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.

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

# Mr. Robert W. Marshall, Sr.

## 4th Degree Black Belt, Certified Instructor

## Certified Personal Trainer, Cooper Institute



### Why Study Brazilian Jiu-Jitsu?

All martial arts styles and systems have their strengths and weaknesses. In virtually any violent encounter that falls short of attempted murder, your goal will be to escape from the threat as expeditiously as possible. If an assailant is gripping your wrist and dragging you somewhere you don't want to go, your first concern is to make him let go. If a bully puts you in a head lock in a bar so his buddy can hit you, your first act should be to get your head out of the lock. That's where jiu-jitsu's escape techniques come in. If you need to free yourself from a wrist grab, it can be as simple as turning your hand or angling your arm in a specific direction. If you must extract yourself from a

headlock, it can be as easy as maneuvering his arm forward while turning your face toward the aggressor and slipping your head out from behind. If the other person isn't committed to harming you, the altercation will probably be over. In reality, however, the severity of the attack will determine the severity of your response. If the other person is intent on causing bodily harm and begins by laying hands on you, you'll obviously need to thwart his attacks—but before you do that, you'll need to break free of his hold. Again, this is where Jiu-Jitsu comes in. Although its name translates as "gentle art," the execution of even the most basic technique in its arsenal can have a devastating effect if you need it to. In fact, the traditional Japanese art is all about escalation. It's not an all-or-nothing fighting method like some styles—which is what causes many practitioners to freeze up on the street. Jiu-jitsu enables you to do what's necessary to repel the attacker and then take steps to prevent him/her from continuing, all while avoiding the use of excessive force. Brazilian Jiu-Jitsu can make anyone comfortable on the ground and teach ways to get out of dangerous positions. Additionally, it ingrains the principles of balance and bodyweight distribution, which helps you avoid being taken down and controlled. The idea is to be effective from

multiple ranges of self-defense, clinch, grappling, punching and kicking. In order to enhance our brand of martial arts taught here at Marshall's ATA, we will integrate techniques and concepts from multiple martial arts. We have begun this transition by bringing in books and DVD's on Karate, Brazilian Jiu-Jitsu as well as Taekwondo. Some of the DVD titles we currently have are:

**DVD - Modern Brazilian Jiu-Jitsu Volumes 1 thru 5**

**DVD - Essence of Brazilian Jiu-Jitsu: Arm Locks**

**DVD - Essence of Brazilian Jiu-Jitsu: Chokes**

**DVD - Essence of Brazilian Jiu-Jitsu: Leg Locks**

**DVD - Extreme Jiu-Jitsu Vol 1,2 & 3**

We also have the Encyclopedia of Brazilian Jiu-Jitsu book Volume 1 for \$29.95

Combat Jiu-Jitsu for \$16.95

I plan to bring in a guest Jiu-Jitsu Instructor for several of the Black Belt classes as I roll out the program here at Marshall's ATA. I will offer the program to higher level color belt students in 2012. Please join us in this vision for the school.