

MARSHALL'S ATA BLACK BELT TIMES

**MARSHALL'S ATA BLACK
BELT ACADEMY**
4145 E. I 35 SOUTH # 108

Getting Ready for the Spring/Easter Testing!

Jan Burwell, Jayne Kraus, Drew Gatlin & Dewey Middlemiss-Kurtz are our new First Degree Black Belts

Mrs. Burwell, Mrs. Kraus, Mr. Gatlin & Mr. Middlemiss-Kurtz tested successfully for their First Degree Black Belts at the Valentine's Belt Testing last month. Their fortitude and determination paid off in the long run and they were awarded their black belts to thunderous applause. Congratulations to you all.

Marshall's ATA Black Belt Testing

Marshall's ATA conducted the Black Belt Testing on Saturday March 7th at 12:00pm. The testers were Christian Williams, Summer Lopez, Jake Tanis and Kevin Engel. We would also like to send out a "Thank You" to Drew Gatlin for offering his services as sparring partner.

Sword Clinic

The Sword Clinic held on February 20th was a won-

derful success. The clinic was attended by the following individuals:

Christian Williams

Miss Summer Lopez

Mr. Jake Tanis

Mr. Dewey Middlemiss-Kurtz

John Roberts

Logan Currie

Erin Engel

Brandon Engel

Nicholas Lohr

Caden Lohr

New Black Belt Candidates

Now it seems we will have a husband and wife team testing for their black belts in April 2009. **Mrs. Tracey Moonier & Mr. Jeremy**



Moonier. Mr. Preston Couch, Mr. Luke Hilton, Logan Moonier and Brooke Moonier successfully mid termed toward their *Black Belt* decided belts and will be testing for their Black Belts later this year in 2009 .

School Photo Day

Marshall's ATA will close on Saturday April 25th for our annual school photo day. We will once again have Boster Studios in house to take our photos beginning at 9:00am. I would like to have one hundred percent participation.

Christian Williams will be pursuing his goal of becoming World Champion this Summer at World Championships in Little-rock, Ar. Let's all wish him well as he attempts to bring home the gold to Marshall's ATA. Congratulations Christian. We are all proud of you.

Special points of interest:

- Mrs. Jan Burwell, Mrs. Jayne Kraus, Dewey Middlemiss-Kurtz and Drew Gatlin achieve Black Belt.
- Black Belt Testing
- Sword Clinic
- New Black Belt Candidates
- Bullying: What to Do About It
- Board Break Information
- New Announcements for 2009
-

Tournaments:

Dallas, Texas Master Kevin Rose	4/18
World Champions	6/22 Thru 6/28

Quotes on Fortitude

Still, I know of no higher *fortitude* than stubbornness in the face of overwhelming odds.

- Louis Nizer

People should remain unaffected by what others may say. A true man is one who over-

comes the ups and downs of life with *fortitude*. One should not recoil before reverses of fortune. One should bravely face them and overcome them. - Sri Sathya Sai Baba (Indian Spiritual leader) b 1926.

After four years of arduous service marked by unsurpassed courage and *fortitude*, the army of Northern Virginia has been compelled to yield to overwhelming numbers and resources. - R.E.Lee Gen'l

Fortitude - Strength.; not just physical strength but strength of mind, heart, character and spirit. The indomitable will to prevail no matter what. Whatever, whenever, whoever just keep moving forward.

Mr. Robert Marshall

Board Breaking Information & Announcements

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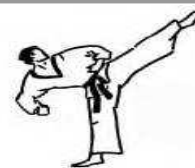
Board breaking is the evidence that our techniques have the requisite power, focus and sufficient force to be effective should we need to use them in a combat situation. Board breaking is a crucial part of our Taekwondo training and is never taken lightly. Board breaking is taken so seriously in all the martial arts that it is cause for a No change should a student fail to break their boards in class or at testing. Board breaking is required for rank advancement as a third stripe starting at the purple belt level. Color belts may be allowed to break their boards at special classes held before testings. Allowing students to break boards before the

actual testing relieves much of the stress associated with testings. It is beneficial for both instructor and student to have a positive and upbeat testing. If a student fails to break his or her boards, it is better for it to happen at a special class rather than at a large testing in front of his or her peers and loved ones. I will make adjustments on technique requirements for students with physical limitations as long as the break is in keeping with the spirit of the techniques. If a recommended brown or red belt is promoted 1/2 step to the "decided" level, they have the option of performing the same break again or choosing a differ-

ent break for their next testing. Please seek guidance from Mr. or Mrs. Marshall when deciding upon which breaks to perform. Please see the school policy manual at www.Marshallsata.com for complete details on board breaks.

FYI..

-Beginning in 2009, Junior and Adult students who do not receive a minimum passing grade of 8 on the sparring portion of their testing will not be No Changed (fail) on the testing but will receive a half step promotion (recommended rank) to the next level in order to have additional time in grade to improve their sparring technique.



Marshall's ATA

Welcomes

Melissa Sehic

Kevin Ware

Kien Ware

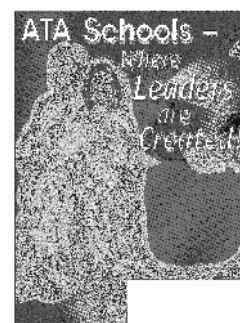
Connor Ware

Daniel Febres

Ethan Morris

Francisco Loa

Congratulations Jade Kincaide and Meili Kincaide have joined the Marshall's ATA Master Club. They also brought in their outstanding report cards to share with us and have also earned gold academic stars for their Victory Patches. **Congratulations** to Mr. Kevin Engel, Erin Engel and Brandon Engel. The Engel family has been accepted



Congratulations Christian Williams and Erin Engel

I would like to take this space to congratulate Christian Williams and Erin Engel. They represented themselves and Marshall's ATA at the recent tournament in Humble Texas. Christian won triple first places for Forms, Sparring and Weapons. Erin won first places for Forms and Sparring. Way to go!

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Saturday March 28th is the last day to sign up for the Spring testing.

Monday March 30th is the last day to pay for the Spring Testing

The Week of April 1st in an Otomix week in preparation for the Spring testing.

Thursday April 2nd is the Black Recommended clinic from 7:00 to 7:45pm
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Parent's Night Out

The Valentine's Day Parents Night Out was a blast! We had lots of fun and lots of kids. The attendees were:

Preston Couch, Luke Hilton, Dewey Middlemiss-Kurtz, Sophia & LilyLeila Richardson, Logan & Brooke Moonier, Erin Engel (helper), Jason & Rae Perry, Christian Williams, Logan Landers, Benjamin Sayers and John Roberts. The PNO lasted from 6:00 to 10:00pm. There was team dodge ball, movies, soft drinks, pizza and hot wings and Mrs. Kurtz (Dewey's mom) provided cookies that were wonderful.

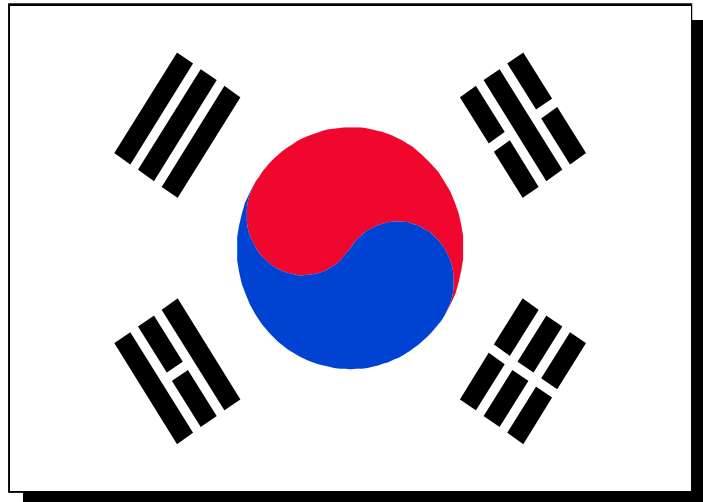
The South Korean National Flag

Taekwondo comes to us from Korea and is highly revered in Korean culture. Taekwondo is one of only two martial arts included in the Olympics and is the national sport of South Korea. A South Korean flag is prominently displayed in our school and some students have expressed an interest in learning the meaning of the markings on the flag.

Yang - upper portion in red

Um - lower blue portion

These two opposites in perfect harmony represent, day / night, fire / water, heat / cold, plus / minus and so on. The bars at the opposite ends of the flag constitute balance and opposite natures. The three unbroken lines on the upper left hand side - heaven. The opposite lines constitute earth - lower right hand side. The lower left hand are two lines symbolizing fire with the opposite lines representing water - upper right. The four bar groups account for truth where water and heaven meet, the Euphrates and the Nile where the earliest civilizations began.



Quiz: How Vulnerable Are You To Stress

For some people, a little bit of stress goes a long way. Others can handle much bigger loads without blinking an eye. Why is this tolerance different among individuals? It has to do with your health and heredity, your attitude, lifestyle and your personality. Here's how to find out how sensitive you are to stress: Read each of the statements below and answer by circling in the appropriate column.

	<u>Always</u>	<u>Sometimes</u>	<u>Never</u>
1. I get a good workout (jogging, sports, dancing) at least 3 times a week.	1	3	5
2. I am involved in clubs or groups (band, sports, academic clubs, etc) in my school or community.	1	3	5
3. I talk to my parents or my brothers & sisters about my problems	1	3	5
4. I avoid cigarettes and other tobacco products.	1	3	5
5. My doctor says my weight is about where it should be.	1	3	5
6. I have no problem giving or receiving affection	1	3	5
7. I get enough sleep - at least 8 hours a night	1	3	5
8. I have a least one best friend who "understands" me.	1	3	5
9. I do something I enjoy (play ball, listen to music, see a movie, read) everyday.	1	3	5
10. I drink fewer than 2 cola drinks or cups of coffee each day.	1	3	5
11. There are tough times, but I basically like school	1	3	5
12. I avoid drugs and alcohol.	1	3	5
13. Instead of holding all my problems inside, I talk to someone about them .	1	3	5
14. I feel like I am fairly popular at school; I have a group of friends who like me for who I am	1	3	5
15. I have a good family life.	1	3	5
16. I am generally pleased with my appearance.	1	3	5
17. I am able to organize things; schoolwork, bedroom, time, etc.	1	3	5
18. I can put my problems in perspective and calm down when I need to.	1	3	5
19. My parents support me in what I do.	1	3	5
20. I find time to just be by myself.	1	3	5

Total points for each column.

Total all columns and then subtract 20 points.

Total points: _____



Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor



Jeremy and Tracy Moonier
Testing for 1st DEGREE BLACK BELT



Our Journey in Taekwondo

We learned about Marshall's ATA Karate for Kids back in April 2006. There was a Taekwondo program being set up for the children at Corinth Montessori and of course our (then) 4.5 yr old son Logan wanted to participate. We signed him up, but unfortunately there was not enough participation at the school to start the program. Logan was so upset, so we started asking around about where to find a good Taekwondo school and Marshall's ATA was highly recommended (especially for children). After speaking with Mrs. Marshall, we showed up at the school to see if Logan would enjoy it and the plan was for Logan and Jeremy to join together for some father & son fun. As Mrs. Marshall coaxed Logan on to the mat, our (then) 2 year old (almost 3yr old) daughter Brooke also wanted to participate and couldn't get her shoes off fast enough. We were very impressed with the class, especially the patience and attention Mrs. Marshall gave to every one of the children. They had so much fun they decided right then and there that they wanted to come back. What started as a father & son sport for fun became a family activity for fun with a 3 year commitment in Master Club and a dedication to becoming "Black Belts" in Taekwondo. For us, first and foremost, Taekwondo has been about "family" and together time. We recognize the importance of being able to spend time together working toward a common goal. In addition to that, Taekwondo also has the obvious fringe benefits of getting some exercise, and learning self-defense. The not so obvious benefits became apparent as we continued our

journey. Things like balance, dedication, perseverance, confidence, honor, respect, leadership....are not just the words of the cycle Mr. Marshall comes up with, but traits that are taught and practiced at our Do-Jahng. These traits seem to be lacking in today's world and Marshall's ATA is a place that we can go to remind us of these traits and re-enforces those same traits and beliefs that we teach to our children. It is what makes Taekwondo more than a sport, but a way of life. We both enjoy being able to work with our children and other children teaching them both the physical and mental/spiritual part of Taekwondo. We are a bit competitive (really??) and like being able to channel that energy to strive to be better. We both love the beauty and strength of the forms, but Jeremy prefers weapons and Tracy prefers sparring. We have always had an amazing relationship but doing activities like Tae Kwon do together helps keep that relationship amazing. We have so much fun teaching (and teasing) each other in class, preparing for testing and sparring. Not too many couples can say they kick and punch each other for fun :). It's funny to see the expressions and hear the observer's when we spar. You know they are thinking- I wish I could do that to my spouse every once in a while :) It has not been an easy journey, as most of you know. We were supposed to test for our Black Belts in August of 2008, but in June while practicing the technique for a mid-term testing (scheduled 3 days later) board break Tracy landed very badly. Tearing her ACL, MCL, fracturing her femur and tibia and spraining hamstring and quad muscles in her right leg. To use Jeremy's words, "Tracy tried to be like Bruce Lee and ended up looking like Forrest Gump (with her hinged brace)!!". Needless to say, Black Belt testing in August was out of the question. Jeremy could have gone on to test, but since we started this together, we were going to finish it together. It was frustrating not being able to attend class and was hugely disappointing to both of us because we were so close. We could have easily given up and not returned after being out for 6+ months, but after Tracy's knee surgery (in November) and physical therapy, the Moonier's were back in January 2009! We could not give up. We worked way too hard toward a common goal and we were determined to achieve that goal by becoming Black Belts. Not to mention that if we quit, we would not be setting the right example for our children and in essence giving them permission to quit themselves. Remember, Taekwondo is not just a sport it is a way of life so quitting would not be about quitting at a sport, it would be about quitting in life. We want to teach our children that You never give up as long as you have determination you CAN do anything and have no limitations! For us, becoming a Black Belt is representation of that message.



Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor



Rachel Madison
1st Degree Black Belt



Rachel's Journey to Black Belt

Rachel's journey to her Black Belt was quite a challenge, but something she will always look back on with great pride. It started with a piece of paper coming home and she excitedly wanted to sign up for "another" activity. I was reluctant at first because she was already involved in sports, scouting, and struggled a bit in school with being organized and making friends. We now know she was also battling anxiety and depression. One thing that sold me was that it was at the school, and all I had to do was pick her up two days a week a little bit late. At the time, the school was about seven or eight miles away, no small trek from home to school, and I had two very young children at home as well. All that said, little did either one of us know how much our lives would be affected and change from that "one little class". Soon, it was four or five days a week, she couldn't wait for class or get enough if it.

At first, I thought it's just something new and at the end of the term she'll move onto something else. Wrong!! Her enthusiasm grew, she attended a few tournaments and placed well. She was surprising herself, and her confidence was exploding! Problems with school became something of the past, and she started taking the principles of TaeKwonDo to heart and living them out daily. When it came time for the Black Belt Testing, I'd never seen her so nervous. She was so concerned about letting her instructors, and herself, down. She fought through this, persevered, and came out the other side a much stronger person than when she had begun the journey, and it showed in everything she did, and has done since then. She is more aware of her responsibilities as a citizen in her community, and within her family unit, and it has given her the confidence to know that she can succeed at anything she puts her mind to. I do believe that she will one day return to the sport and pursue higher degrees of a Black Belt, because of how it makes her see herself and makes her want to be a better person.



Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor



Andrew Castro
1st Degree Black Belt



Andrew's Journey to Black Belt

When Andrew started at ATA he was going through some difficult times. He was having issues in school with bullies and very low self-esteem. My husband and me were trying to figure out what we could do to help him. Our first thought was for him to join a karate class. We talked to him about it and he said he would like to try. I remember a little boy who was so unsure of himself when he started there, but as he learned to have self control self respect for himself I saw him start to change. He went through a lot of things while going to classes at ATA and him knowing that he was going there after school helped him focus and vent a lot of his frustrations. He learned how to deal with bullies, he learned how to care about himself and not what everyone else thought. Mind you this was very hard for him to do. But knowing that he had the respect of his peers at ATA made him realize how much he was cared for and liked.

He would come home from school upset about kids making fun of him then he would go to your school and come out feeling much better about himself. He learned self control, how to listen to others, not to react and think later, and how to respect others people's opinions. The young man that he is now is the results of a lot of team work. Between his parents and all the people that care and love him. He now has lots of friends, is always texting with his cell phone, (he has gotten yelled at for doing that while doing his homework). His self confidence has grown like a weed. He walks taller, smiles wider and is a very happy young man. I no longer see the scared little boy that he was when he started there with you. I see a confident young man who knows how to handle his emotions, can defend him self if needed. He is doing very well in school and is keeping his grades up. We have told him if this continues we will let him return to ATA. He has already asked us three time when he can go back.

His determination to get his Black Belt and stay on task to reach it has been one of the most important things to happen to him. He is very proud of that Belt and always will be. He is happy that he did not give up, that he followed through. He realized when he received that belt that if he tires hard enough he can do anything.

I am happy that you are writing about the people that received and worked hard for there Black Belt. When Andrew reads about this he will get a kick out of it. Thanks for asking and I hope this helps explain what he went through to get were he is today. Andrew is a great kid and we all love him dearly. Thanks for what you guys did to help him. He wants to go visit so I will take him soon. I have attached a picture of him. Talk to you soon

Andrew's Mom!
Miny Castro



Mr. Robert W. Marshall, Sr.
4th Degree Black Belt, Certified Instructor



Christiana Blume
1st Degree Black Belt



Mr. Marshall: What qualifies you to attain this goal of becoming a Black Belt?

Chris Blume: I have spent my entire life being dedicated to fitness, sports, and living a healthy and full life. My profession and my leisure activities revolve around wellness in both the physical and mental aspects. I have found martial arts to encompass all of these things that are important to me. I enjoy challenging myself and setting goals that I work to eventually accomplish. Obtaining a black belt is one such goal. Even though I had to take a break from training and then return years later to finally reach the goal of earning my black belt, I always finish what I start! I believe in the attributes that ATA Taekwondo teaches its students and try to conduct myself with honesty, loyalty, integrity, and perseverance in my daily life. In obtaining a

black belt, I can model these attributes to others to show them what they can accomplish! I believe that my leadership skills, work ethic, fitness level, teamwork mentality, and desire to excel are the qualities of a black belt and I will work hard to continue to improve my skills and techniques and achieve even higher goals in my future training.

Mr. Marshall: Why do you want to be a Black Belt?

Chris Blume: To serve as an example to other people, women in particular, that you can be strong, fast, fit, and confident in martial arts and in life. I think it is important that our young people have high standards to aspire to and realize that with consistent effort and desire, they can accomplish long range goals like achieving their black belt. I am concerned with the poor fitness and health of our country's citizens in general and look for every opportunity to model good health and physical fitness and the benefits that these things bring to life.

Bullying: What to Do About It

Although it's always been around, bullying should never be accepted as normal behavior. The feelings experienced by victims of bullying are painful and lasting. Bullies, if not stopped, can progress to more serious, antisocial behavior. Recent incidents of school violence show that bullying can have tragic consequences for individuals, families, schools, and entire communities.

Recognize It (for what it is)

Bullying is aggressive behavior. A child is targeted by one or more youths with repeated negative actions over a period of time. These are intentional attempts to cause discomfort or injury and can include name-calling, making faces, obscene gesturing, malicious teasing, threats, rumors, physical hitting, kicking, pushing, and choking. More subtle is simply excluding a child from the group. Generally, bullying occurs when there's an imbalance of power favoring the bully. Victims usually feel they don't have the strength to defend themselves. Make no mistake, bullying is a form of violence that shouldn't be tolerated.

See the Scope of the Problem

- The Journal of the American Medical Association recently reported that one-third of U.S. students experience bullying, either as a target or a perpetrator.
- A high level of parents (47%) and teachers (77%) report children victimized by bullies.
- Bullying and violence cause 160,000 fearful children to miss one or more school days each month.

Only a small percentage of children believe that telling adults will help. Children generally feel that adult intervention is ineffective and will only bring more harassment.

Spot the Bullies

- They are both boys and girls. Boys bully more often and more physically than girls. Girls are more likely to use rejection and slander.
- Bullies usually pick on others out of frustration with their own lives. They target other children because they need a victim who is weaker than them.
- While they may feel uneasy about it, many children tease their peers simply to go along with the crowd.

Bullies sometimes suffer from depression. They're often from homes where harsh punishment and inconsistent discipline are used. Sixty percent of male bullies will be arrested by age 24.

Know Their Targets

- Girls and boys alike are targeted.
- Those who are physically different in race, body size, or clothing. Those with disabilities or those who are dealing with sexual orientation issues. Both groups are kids who are typically anxious, insecure, and suffering from low self-esteem. This makes them good targets.
- There are few differences among racial and ethnic groups in the numbers of students being bullied. White and black students are more likely to report it than others.

Three million U.S. teenagers have serious problems in school because they're taunted with anti-gay slurs. According to several surveys, four out of five gay and lesbian students say they don't know one supportive adult at school. They say teachers ignore harassment 97 percent of the time.

Take Steps to Stop It

Start early. Parent/child talks are critical. Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis. Even small acts of teasing should be stopped in their tracks. Don't fail to correct this kind of behavior due to a child's young age. This is exactly when to stop it.

Teach your children how to be assertive. Encourage your children to express their feelings clearly, say no when they feel uncomfortable or pressured, stand up for themselves without fighting, and walk away in dangerous situations. Bullies are less likely to intimidate children who are confident and resourceful.

Stop bullying when you see it. Adults who remain silent when children are bullying others give permission to the behavior and thereby encourage it.

Tell your children to take action when they see bullying behavior. Tell them to speak out against the bully and inform a teacher if the behavior doesn't stop. Bullying continues only when we allow it to.

Communicate clear policies and consequences. Bullying is less likely in schools where adults are involved and firm about stopping bullying behaviors. Send out a clear message at your school that bullying will have negative consequences.

Team up. Work with your PTA or local mental health association to make sure that schools treat bullying as violence. Help them develop programs to prevent bullying and promote safe school environments.

MARSHALL'S ATA MARTIAL ARTS

Every kid's a Winner
Every kid's special

April 2009 next testing June 5th/ 6th/8th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Otomix Week			1	2 7:00PM RED/BLK SEMINAR	3 Tiny Tiger Testing 6:00pm	4 no Tiny Tiger class Open Floor
5 Week 1	6 no classes Jrs/Adults Testing 6:00 pm	7 Sparring Clinic 6-7:45pm	8 Marshall's ATA Spring Break -School closed	9	10	11
12 Easter Otomix Week 2	13 6:15pm B-Day Celebration Jan-.March	14	15	16 Leader-ship class 7:00pm	17	18 closed Master Rose Tournament
19 Week 3	20	21	22	23	24	25 no classes School Photo Day
26 Week 4	27	28	29	30 Leadership class 7:00pm		

HAPPY BIRTHDAY

Lexi Ivory 4/1

Will Pearson 4/10

Daniel Febres 4/20

Sophia Richardson 4/29

Carrie Pearson 4/29

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**MARSHALL'S ATA
MARTIAL ARTS**

**Every kid's a Winner
▶ Every kid's special**

May 2009 NEXT TESTING JUNE 5TH/6TH/8TH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4					1	2
3 Week 5	4	5	6	7 Leadership Class 7pm	8	9 Mother's Day Workout
10 MOTHER'S DAY Week 6	11	12	13	14 Leadership Class 7:00pm	15	16
17 Week 7	18	19	20	21 Board Break	22	23
24 Week 8	25 School Closed Memorial Day	26	27	28	29	30
31 Otomix Week	1	2	3	4	5 Tiny Tiger Testing 6:00pm	6 Black Belt Testing 12pm

HAPPY BIRTHDAY
ALAN BRUCE 5/6

RADLYN BARNES 5/14

ETHAN GATLIN 5/8

TRISTON HYMAN 5/26

RENEE LANDERS 5/31

SHAWN LANDERS 5/15

HAYDEN MULLINS 5/24

GARRETT NEWLAND 5/4

ANDREW CASTRO 5/8

KEVIN ENGEL 5/4

MEGAN ROBERTS 5/24

DAVID SAYERS 5/7

CLOE WEITMAN 5/17

MACHAELA HENNESSY 5/25

NICHOLAS LOHR 5/28]

CYNTHIA MARSHALL 5/28

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**MARSHALL'S ATA
MARTIAL ARTS**

► **Every kid's a Winner**
Every kid's special

June 2009 next Testing August 7th/8th/10th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Otomix Week	1	2	3	4	5 Tiny Tiger Testing 6:00pm	6 Black Belt Testing 12:00pm
7	8 Jrs/Adults Testing 6:00pm	9 Summer Uniforms begin	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
World Championships, Little Rock, AR - June 22nd-28th						
28	29	30 1 day Leadership Camp	1	2	3	July 4th School Closed

HAPPY BIRTHDAY

LUKE HILTON 6/27

JACOB ROBINSON 6/1

KATELYNN PEARSON 6/4

DAVID SOLT 6/22

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