

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA BLACK BELT ACADEMY
4145 E. I 35 SOUTH # 108
DENTON, TX. 76210
(940) 271-4217

World Championships

New Black Belts

School Picnic

July thru September Birthdays

Allen Tournament

Back to School Testing

Getting Ready for the In-School Tournament

Blake Haubold, Luke Hilton, Logan Moonier and Brooke Moonier are our new First Degree Black Belts

Blake, Luke, Logan and Brooke tested successfully for their First Degree Black Belts at the Summer Testing last month. Their confidence in their ability never wavered as their perseverance and determination paid off and they were awarded their black belts to thunderous applause. We were all so proud as we witnessed little Brooke's persistence with her board break and she broke them at the Monday night testing. She joined her proud mom, dad and brother as Black Belts at Marshall's ATA. Congratulations to you all.

World Championships

World Championships 2009 in Littlerock, AR was a fantastic experience. There were eight students in attendance from Marshall's ATA.

-Christian Williams

-Drew Gatlin

-Preston Couch

-Mr. Kevin Engel

-Mrs. Cindy Engel

-Miss Erin Engel

-Miss Carleigh Engel

-Mr. Brandon Engel

The Opening Ceremonies hosted by Grand Master Soon Ho Lee were a dazzling spectacle of martial arts at the highest levels. The World Championship tournament was held at the luxurious Peabody Hotel and conference center. The opening ceremonies were held at the spacious Verizon Arena formerly Alltel Arena. The ATA family was welcomed by the Mayors of Littlerock (Mark Stodola) and North Littlerock (Patrick

Henry Hays) as well as the Secretary of State of Arkansas (Charlie Daniels). The Teenage Mutant Ninja Turtles made an appearance commemorating their 25th anniversary.

Results from Littlerock

The competition at World Championships was incredible, but the competitors from Marshall's ATA were more than up for the challenge. Erin Engel won *1st place* in Forms & Sparring. Christian Williams won *2nd place* in Weapons. Mr. Kevin Engel won *2nd place* forms & *Third* in weapons. Mrs. Cindy Engel won *3rd* in One Step Sparring. Carleigh Engel won *3rd* in One Step Sparring after tying for *2nd*. Drew Gatlin, Preston Couch & Brandon came away with *4th place* and a great experience.

Marshall's ATA Summer Picnic

The annual school picnic will be held at Waterworks Park on Sat July 18 from 10:30am to 2:30pm.

Special points of interest:

- World Championships
- New Black Belts
- School Picnic
- In-School Tournament
- Allen Tournament
- Back to School Testing
- Fall Nationals Orlando
- Erin Engel Wins First Place Forms and Sparring at World Championships.
- Regional Tournaments
- Leadership Classes

Tournaments:

South fork Ranch Sr. Master Mark Sustaire	7/31 - 8/01
Katy, Texas Gerald & Carol Frenz Get Fired Up!	9/18 - 9/19



In-School Tournament

We will be hosting an In-School tournament at Marshall's ATA on Tue July 14th & Wed July 15th beginning at 6:00pm. The tournament on the 14th will be for the Juniors; and the Adults tournament will be on the following day also start-

ing at 6:00pm. This will be an excellent opportunity to use your forms and sparring prior to the upcoming Texas Twister tournament at Southfork and the Get Fired Up! Tournament in Katy, TX as well as prepara-

tion for the upcoming school testing. The entry fee will be \$35.00 for the first two family members and only \$5.00 for subsequent family members. This will include the categories of Forms, Sparring and Weapons.

Knowledge-

Information is vital to a leader. You need a grasp of the facts, and understanding of the factors involved, and a vision for the future.

Marshall's ATA Community Events

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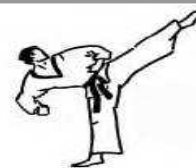
The Immaculate Conception Catholic Church in Denton (2255 N. Bonnie Brae, St.) has invited Marshall's ATA to be a part of their Annual Fall Festival, Raffle and Auction activities on October 4th, 2009. We have also been invited to appear and perform a martial arts demonstration at the First Baptist Church of Krum, Texas (12 Gregg Rd, Krum, Texas) on Labor Day weekend. We look forward to these opportunities to be a part of the activities at these outstanding churches and perform a Forms, Weapons and Board Break demonstrations for the families of these wonderful communities. Marshall's ATA will have a booth at the

Immaculate Conception Fall Festival with a performance area. We will also have access to a performance area with a sound system at First Baptist Church in Krum. We will be organizing a Demo Team for the school and if you would like to be a part of the group, please see Mr. or Mrs. Marshall. We will begin the process of organizing Demo Team.

CPR Training

Marshall's ATA will have CPR training at the school on Thursday evening July 23rd from 6:00 to 8:00pm. Our training will be provided by Jennifer Khonsari who is an EMT and is an American Heart Association

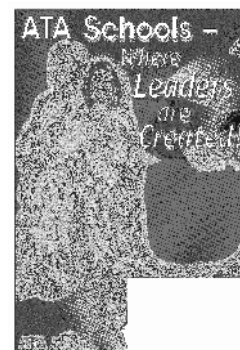
certified CPR trainer. At the completion of this course, the student will receive a two year American Heart Association CPR Certification. The cost of the training will be \$50.00 prepaid per student and there must be an eight student minimum in order for this course to convene at the school.



Marshall's ATA Welcomes

Kyle Panzer
Blaine Panzer
Dr. Shawn Panzer
Zachary Davis

Congratulations to all of the Marshall's ATA students for participating in the June Summer testing and performing so well. I would also like to take this opportunity to congratulate you all on a job well done during this last school year. Many students brought in wonderful report cards, outstanding Taks Test results and perfect attendance awards. Thank you all so much and please keep up the great work next Fall.



I would like to take this space to congratulate all the Marshall's ATA students who competed at the recent World Championships in Littlerock, AR. They represented themselves and Marshall's ATA extremely well. We are extremely proud of each and every one of you. Erin won first places for Forms and Sparring. Way to go!

Tues June 14th & Wed June 15th - In-School Tournaments

Saturday July 18th - School Picnic at Waterworks Park

Thursday July 23rd CPR Training 6-8 pm

Saturday July 25th - Parents Night Out

Parent's Night Out

It's about that time folks! Back by Popular demand! Marshall's ATA will host a Parent's Night Out on Saturday, July 25th starting at 6:00pm until 10:00pm. We will have plenty of fun and games as well as movies, soft drinks, popcorn, pizza, hot wings and hopefully Mrs. Middlemiss-Kurtz (Wendy's) famous oatmeal cookies. So come prepared to have some hot Summer Fun in the cool environs of Marshall's ATA. This will be such a blast! Don't you dare miss it. The cost will be \$25.00 per child with family discounts for multiple family members.



July 2009

Next Testing 8/7-8/10

Black Belt Testing 8/29

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 School Closed
5	6	7 Leadership Camp	8	9	10	11
12	13	14 In-school Tournament	15 In-school Tournament	16	17	18 School picnic
19	20	21	22	23 Leadership Class	24	25 PNO
26 Otomix Week	27	28 Leadership class	29	30 SCHOOL CLOSED	Texas Twister Tournament	Texas Twister Tournament

Schedule of Events

- 7/4- 4* of July School closed
- 7/7- Leadership camp 9am- 12pm
- 7/14 — In- School Tournament. Tiny Tigers at 6:00 pm Tuesday.
- 7/15 __In School Tournament Juniors and Adults 6:00pm Wednesday.
- 7/18— Marshall's ATA School Picnic, Saturday, 10:30 am-2:30pm at Denton Water Works Park. See flyers on front desk for more information. Please check out the sign-up sheet so that we will have an idea of how many participants to expect.
- 7/25- Parents Night Out 6:00pm- 10:00pm
- 7/26 — Otomix Week
- 8/1 — Texas Twister- School Closed

Happy Birthday

- SUMMER LOPEZ 7/1
- BROOKE MOONIER 7/2
- KELLY CHRISTIANSEN 7/5
- JASON PERRY 7/10
- LOGAN LANDERS 7/11
- JOHN ROBERTS 7/14
- LINDA SOLT 7/17
- HENRY ROBINSON 7/19
- BROOKE STEWART 7/19
- CINDY ENGEL 7/28

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August 2009

Next Testing October 2/3/5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OTOMIX WEEK					Texas Twister Tournament	Texas Twister Tournament
2	3	4	5	6	7	8
OTOMI X	SCHOOL CLOSED	CLASSES RESUME			TINY TIGER TESTING 6:00PM	
WEEK						
9	10	11	12	13	14	15
	TESTING 6:00 PM			LEADERSHIP CLASS		
16	17	18	19	20	21	22
Demo Practice						
23	24	25	26	27	28	29
				LEADERSHIP CLASS		
30	31					

Schedule of Events

TEXAS TWISTER

7/31-8/1/2009

TINY TIGER TESTING

• 8/7—6:00PM

Adult/Jr. Testing

8/10—6pm

HAPPY BIRTHDAY

HAROLD KING 8/29

Blaine Panzer 8/3

CHARLES KURTZ 8/1

SHAUNI STEWART 8/5

ROBERT MARSHALL SR. 8/27

DEWEY MIDDLEMISS KURTZ

8/25

JEREMY MOONIER 8/5

• BENJAMIN SAYERS 8/3

• MELISSA SEHIC 8/2

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MARSHALL'S September 2009

Schedule of Events

- BLACK BELT TESTING 9/5 12PM
- DEMO LABOR DAY EXTRAVAGANZA FIRST BAPTIST OF KRUM 3:00 PM
- School Closed for Labor Day 9/7
- Marshall ATA 5th Anniversary
- Katy Tournament 9/19

HAPPY BIRTHDAY

Preston Couch 9/13
Logan Currie 9/27

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Black Belt Testing
6 Demo First Bapt. Krum 3pm	7 School Closed	8	9	10	11	12
13	14 Marshall's ATA Anniversary	15	16	17 Leadership class	18	19 Katy Tournament
20	21	22	23	24	25	26
27	28	29	30			

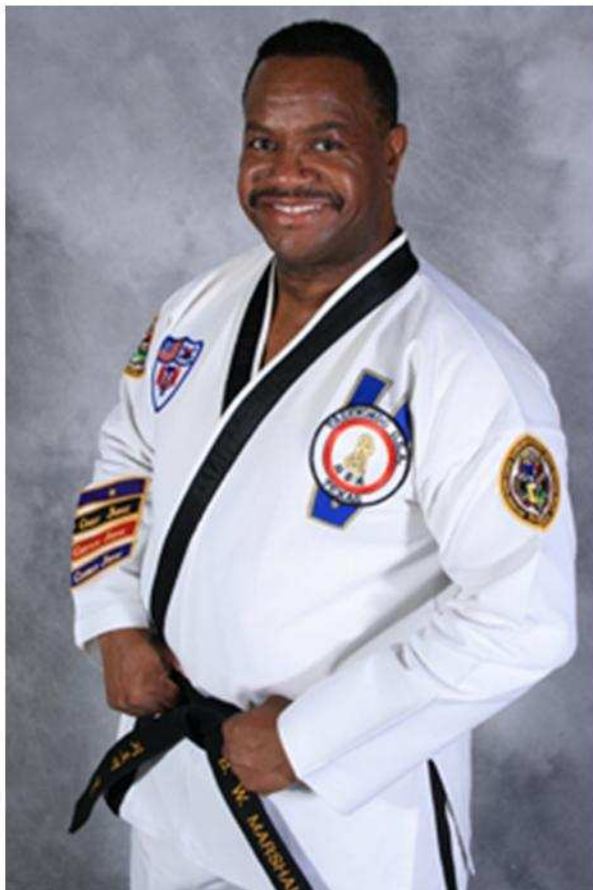
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Mr. Robert W. Marshall Sr,

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Heat wave: Your Guide to Exercising in the Heat

During the hottest months, you may decide to minimize or stop outdoor activities. To keep up your physical activities during the dog days of summer "heat sense" is the best sense. " Below are a few tips to continue your physical activity even in the hottest weather:

- The sun's UV rays are the hottest between 10:00am and 4:00pm. Whenever possible, try to avoid sun exposure during these times.
- Do your activity early in the morning or late in the evening when it's coolest.
- Look for indoor, air-conditioned places to do your activity such as gyms, community centers, or shopping malls.
- Switch the channel. Try other physical activities that can easily be done indoors (e.g., using a treadmill) or try swimming to cool down.

Dress for the weather, Wear bright, breathable fabrics that are loose fitting. Wear hats to protect your head and sun glasses. Don't forget sunscreen!

Any piece of knowledge I acquire today has a value at this moment exactly proportioned to my skill to deal with it. Tomorrow, when I know more, I recall that piece of knowledge and use it better. - Mark Van Doren

The Current Word of the Cycle is **Knowledge:**

1. The state or fact of knowing.
2. Familiarity, awareness, or understanding gained through experience or study.
3. The sum or range of what has been perceived, discovered or learned.
4. Learning; erudition; teachers of great knowledge.
5. Specific information about something.

"Knowledge is learning something everyday. Wisdom is letting go of something everyday. - Unknown

Knowledge speaks, but wisdom listens. - Jimi Hendrix

Knowledge is a process of piling up facts; wisdom lies in their simplification. - Martin Fischer, American Philosopher, poet and essayist.

Private Lessons

We offer private lessons by appointment. These sessions enable students to receive intensive one-on-one instruction. They are a great way to prepare for an upcoming graduation or tournament, or simply to improve your skills. You can select an area of focus – forms, one-steps, sparring, weapons, kicks, blocks, self-defense, etc. – or we can choose for you. The cost is \$25 per half hour of instruction. You may schedule a private lesson by calling Mr. or Ms. Marshall at 940-271-4217.