

MARSHALL'S ATA BLACK BELT TIMES

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

Get Ready for the
Valentines Testing
Four Candidates
test for Black Belt
New Announce-
ments for 2009

January Birthdays
Black Recommended
Seminar on Jan 29th
Otomix Week 1st
Week of February

Getting Ready for the February Valentines Testing

Russell Linton Success- fully Tests for Black Belt

Mr. Russell Linton tested successfully for his First Degree Black Belt at last month's Christmas Belt Testing. His diligence and determination paid off in the long run and he was awarded his black belt on his first attempt. Congratulations to you, Sir.

Marshall's ATA Christ- mas Party

The Marshall's ATA Christmas Party and Awards Banquet was held on Dec 13th from 6:00 to 8:00 pm at Master Grill Brazilian Steakhouse in Denton. The banquet and awards dinner was attended by over 60 students and families from Marshall's ATA. Mr. Christian Williams won Black Belt of the year 2008. Mr. Jake Tanis won Student of the year 2008, Miss Summer Lopez won Leadership Member of the year 2008, Mr. Preston Couch won Junior of the year 2008, and Trinity Germer won Tiny Tiger of the year 2008. The

Williams won Family of the year 2008, and Mrs. Silvia Couch won dedicated Parent of the year 2008. Mrs. Jan Burwell won Adult of the Year 2008. Ian Ivory won Black Belt Attitude of the year 2008. Mr. Justin Kragh won Junior Black Belt Attitude of the year 2008. Mr. Russell Linton won Father of the Year 2008.

New Black Belt Candidates

Now it seems we will have several Black Belt candidates testing for their belts in 2009.

Mrs. Jan Burwell

Mrs. Jayne Kraus

Mr. Drew Gatlin

Mr. Dewey Middlemiss-Kurtz

Mr. Preston Couch and Mr. Luke Hilton tested successfully for their *Black Belt* rec-

ommended belts and will be testing for their Black Belts this year in 2009 as well.

Christmas Break

Marshall's ATA was closed for the Christmas 'Winter' Break from December 22nd thru 27th and on Jan 1st (New Years Day) 2009. We hope you and yours had a wonderful Holiday Season filled with wishes that came true and family togetherness and food and all the tradition you could shake a spoon at.

Black Belt Induction Ceremony

Marshall's ATA conducted a Black Belt Induction Ceremony immediately following Belt Testing on **December 6th**. The attendees were:

Mr. Christian Williams

Miss Summer Lopez

Mr. Jake Tanis

Mr. Russell Linton.



Special points of interest:

- **Mr. Russell Linton successfully tests for Black Belt.**
- **Marshall's ATA Christmas Party**
- **Winners of Prestigious 2008 Awards.**
- **January Birthdays**
- **New Black Belt Candidates journey to Black Belt**
- **Marshall's ATA Closed for Christmas Break**
- **Black Belt Induction Ceremony Attendees**
- **New Announcements for 2009**

Tournaments:

Black Belt Nation- als, Los Angeles, CA	1 / 30 1 / 31
Humble Regional	2 / 28

In Case of Inclement Weather Conditions

Now that the Holidays are over and as we return to our normal schedules, we need to remember that with the winter season; winter weather can suddenly change for the worse. In the event of bad weather conditions, Marshall's ATA will

follow the directives of the Denton Independent School System (DISD) to set our plans for closing due to weather. Bridges and overpasses are particularly susceptible to icing and freezing over and travel across

the Lake Lewisville bridge is necessary for some of our students. Please use good and sound judgment whenever you have to venture out in wintry weather. We want everyone to be safe and healthy this New Year.

Diligence - "If you mix equal parts determination, perseverance, intensity, passion and maybe just a little bit of stubbornness, you are well on your way to understanding the concept of diligence."

Mr. Robert Marshall

New Announcements for 2009

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-The current Word of the Cycle is Diligence

-Black Belts will now have their own testing schedule in 2009 and they will be conducted quarterly in March, June, Sept and December.

-A new Black Belt class has been placed on the class schedule on Mondays at 6:15 to 7:00pm and Thursdays at 7:00 - 7:45pm.

-The Marshall's ATA Newsletter will be published quarterly as well in 2009. Each Newsletter will contain a calendar covering 3 months of school events and activities. The Newsletters will be titled Winter '09 published in January, Spring '09 published in

March, Summer '09 published in June and Fall '09 published in September.

-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 will implement a new schedule of Knowledge Stripe weeks. The 3rd week of the cycle students will become eligible to test for and receive their 1st

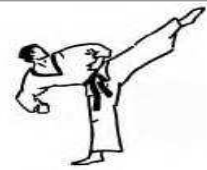
knowledge stripe. The 6th week of testing students will become eligible to test for and receive their 2nd knowledge stripe. And the eighth and last week of the cycle, students will be eligible to test for their 3rd and final stripe to be eligible to participate in the upcoming belt testing.

Monday January 26th is the last day to sign up for the February Valentines testing.

Thursday January 29th is the Black Recommended seminar from 7:00 to 7:45pm.

Saturday January 31st is the last day to pay for the Valentines testing.

The week of February 1st is an Otomix week in preparation for the testing.



New Members

Marshall's ATA

welcomes

new members:

Erin Engel

Brandon Engel

The Solt Family

Cannon Ingram

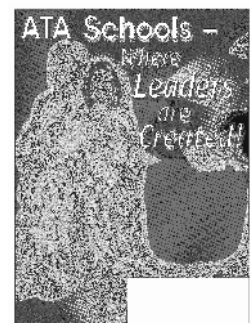
Congratulations to Luke Hilton. Luke has now achieved and displays 25 stars on his current silver Victory Patch and has now earned his gold Victory Patch.

Congratulations to Madolyn McPhail on becoming a member of the Master Club.

Congratulations to the Engel family on joining the Master Club Leadership Program.

Thank You Mrs. Holly Roberts

I would like to take this space to send out a thank you to Mrs. Holly Roberts for the excellent job she did in organizing the Marshall's ATA Christmas party at Master Grill. We really appreciate her efforts and the many Marshall's ATA families who came out and supported and made the event such a wonderful success.



Congratulations to Dewey Middlemiss for earning 2nd place in the Science Fair. His entry was a scale model of a bridge. Dewey shared his impressive prize winning science project entry with us here at Marshall's ATA and earned his Silver Victory Patch star for community service. We are always proud and honored to have our students who've achieved notability for a display of excellence whether it be in the classroom or on the athletic field or at home or elsewhere in their community share with us. Please share all your accomplishments, notable achievements and recognitions here with us and let us brag about you too.

Marshall's ATA is happy to welcome back the Moonier Family. Mrs. Tracey Moonier took a hiatus from her training to undergo surgery and rehabilitation on a knee that was injured last summer. Mrs. Moonier is a Black Belt recommended who is diligently pursuing her 1st Degree Black Belt. We applaud her determination and her work ethic while working on her goal of becoming a Black Belt in the Martial Arts. Now that's what I call Diligence! Way to go Mrs. Moonier!



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

HAPPY BIRTHDAY

CHRISTIAN WILLIAMS 1/8

JANET KINCAID 1/11

IAN IVORY 1/31

JUSTIN KRAGH 1/24

GRACE WHITE 1/19

OWEN WHITE 1/19

MICHELLE SOLT 1/22

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



Mrs. Jan Burwell Testing for
1st DEGREE BLACK BELT



Howling laughter! That was my response to my daughter, Jayne, when she said, "You know, Mom, we could get our black belts together."

"Right." I said, "And I could fly to the moon, too!"

After all, I'm just a mom, an old one at that! I have 2 perfect daughters and 2 perfect granddaughters. I have 9 international kids that my husband, Randy, and I have hosted for an exchange program. My role in life has always been to care for and support those I love. I think I have met most of the challenges of parenting and life in general with nerve, determination and a good sense of humor. I thought at the time I was ready to retire to my knitting. Ah! Not so. Challenges I could not have imagined were yet to come and I still had a lot to learn.

The first challenge was physical. I started moving and stretching body parts that hadn't been tested in years. When Mrs. Marshall said she

wanted to hear the snap of my pant leg when I kicked, all I could imagine was the sound of a tendon flying wildly through my body. Jayne termed my first attempts at the punching bag as "sissy". Consequently, I went home with wrists unable to lift a pencil. She knows I can't pass up a dare. Then came the butterfly kick. Mr. Marshall, a whiz at spotting my weaknesses, convinced me I could fly and Advil became my new best friend.

My most difficult challenge has been mental. Memorizing forms is real work for me as my short term memory keeps getting shorter. Testing is the worst. I have tried whining, feigning illness, and outright lying to get out of it but nothing works. I sweat blood, make innumerable trips to the bathroom and swear this is the last time I will put myself through this torture. At the time I'm sure I can't remember my name much less the forms and just forget sparring combinations.

So, why do I keep my eye on the black belt? One reason is that I have learned I can still move and think at the same time. And while the moving will never be as graceful or as powerful as others and the thinking may slow to a crawl, it is all for a goal I thought could never be met. When each testing is over and I have kicked as high and as hard as I can, been punched in the gut by a 12 year old, and thrown to the mat by my daughter I am truly elated. But the drive home is the best. Jayne and I recount the whole thing, bragging about how good we are, teasing each other over mistakes we made and howling with laughter. I feel like I could fly to the moon!

Jan Burwell



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



**Mrs. Jayne Kraus Testing for
1st Degree Black Belt**



Mr. Marshall asked me to write down a little history about myself and my Tae Kwon Do journey. Three years ago I never would have imagined that I would be preparing to test for my black belt. This experience has been a fun and challenging one with both good times and bad times. For those who don't know me, I imagine that I look like the average mom. I "stay at home", yet, I am always on the move. I volunteer at both my daughter's schools regularly and I am passionate about scrapbooking. Oh... and I drive a minivan. Taking Karate classes is probably the last thing my fellow homeroom moms would expect me to be doing. For those who know me, taking TKD was not too surprising. I have done a little bit of just about everything. I have worked in many different fields, owned my own companies, and have started more than a few hobbies. Even though "life" changed my path a few times, the one true constant in my life is my family. I have a wonderful husband and two beautiful girls that happily lead me into many new adventures. My oldest daughter, Lauren, gets the credit for my TKD adventure. In the summer of 2006, I enrolled Lauren into the Tiny Tiger program. Mrs. Marshall convinced me to join the program in hopes of motivating Lauren a little. I started attending the daytime classes to catch up to Lauren's belt. One afternoon, my mother attended class with me because her car was in the shop. We had a lot of fun together practicing

forms, experimenting with weapons, and wrestling with self-defense moves. We were hooked. Shortly after that day, Lauren changed her hobby of choice to horseback riding and Mom and I set our sights on the black belt.

My mother and I have always had a good relationship but taking TKD changed that. We became great friends, each other's motivators and antagonizers, and sparring partners. There aren't many chances in life to kick or throw your mother and get points for it! She has definitely taken a few shots at me as well. We have traveled to tournaments together, crammed for tests together, and have had more than a few laughing fits. We have learned how to channel the frustrations of "stay at home-ness" into positive physical energy. Above all, Mom and I have had a lot of fun together. It hasn't always been easy. There have been more than a few obstacles along the way. There have been colds and flues from mild to severe, a dislocated ankle during brown belt, a lengthy surgery recovery, family vacations, volunteering conflicts, not to mention the kids always changing schedules and general family responsibilities. Surprisingly though, one of my biggest obstacles has been the opinions of friends, family, and new acquaintances. Not many people can understand why I do this. Family members tended to be concerned with our general safety, wishing we would find something safer to do. Friends just say "That's nice." And people who don't know me always assume that when I am going to karate (at noon on a weekday) that I am driving one of my kids to class. But, Mom and I have both enjoyed the comments and funny looks we get at a store before or after class in our "kickin' It" t-shirts, white pants and slip on shoes when it is 35 degrees outside. Yes, we wear white in winter.

Oddly enough, this is the one aspect of my life that I don't care what other people think. TKD for me is a very personal experience. I feel healthier and more in-shape than ever. My balance, which has been a problem most of my life, is greatly improved. I have more confidence to defend and protect my kids and I am more flexible and self confident, even though my mother can do the splits and I can't. I don't feel as though I have to explain why I do this to anyone because I am only doing it for myself. I am not looking to be a world champion or start Women's MMA. A black belt will not be a trophy displayed on my wall but an accomplishment within myself. And... I am so proud of my Mom. Not many people can say "My Mom can take you!" and mean it!

Jayne Kraus



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



Mr. Dewey Middlemiss-Kurtz
Testing for 1st Degree Black Belt



One summer I was at a Kid Expo in Ohio, and I found a interactive exhibit for ATA Tae Kwon Do. I stayed there for a long time, making my mother worried about where I had gone. She found me eventually and I told her I was very excited about Tae Kwon Do and that showed her my coupon for one month of free lesson and one free uniform. I saw on the coupon that it had a ATA in Hermitage near where I was living. So, I went there once and had lots of fun. That is how I began going to ATA. At that time, I thought would probably quit long before I had my black belt because it sounded way to hard for me at the time.

In classes at the Hermitage ATA, we started out with a warm up and afterwards we split up to do our materials, like our forms. After we worked on our materials, 5 minutes before we would bow out, we would play a game, kind of like the Tiny Tigers do with Dodge ball. My first favorite game was Sticky Kid. Sticky Kid is where you run up to a wave master and jump up and try to knock it down by hugging it. By the time I left Hermitage, I could knock a wave master over playing Sticky Kid.

After about one week, another kid came in to class. His name was Larry and immediately we were best friends and have been every since. Larry already has his black belt.

I missed 7 months of classes due to living in New Zealand. But I did do Tae Kwon Do when I went to New Zealand. I did do Tae Kwon Do with ITF (International Tae Kwon Do Federation). ITF was a lot different than ATA. One of the big differences was the only class was a huge all-ages class, and most of the people there were adults or older kids. So, the program wasn't very kid-friendly. As for differences, the classes were 90 minutes long, the exercises were vigorous and lasted half the class, and the classes were mostly repetitions of moves and stances. We learned how to put strength in all our moves by doing them very exactly and doing them over and over again. Occasionally, the instructors would

teach us our form or a part of it.

Testings were very far apart, about 1 every three or four months. I did one testing with ITF. There is a different system of ranking, like white belt, and then a stripe that would be the color of the next ATA belt. For example, orange belt was called yellow stripe. You kept your white belt and then you were given a stripe of the next color if you tested successfully. Then you would have a yellow belt after your yellow stripe. I tested in New Zealand for my yellow stripe and was successful. The testings were very long and huge. Multiple schools came together at once and tested. So, you tested for only 2 or 3 minutes, but since there were so many people, the entire testing lasted over 4 hours.

While I was in New Zealand, I hated Tae Kwon Do, and I almost quit because of my experiences at ITF. I hated that the exercises were hard and there wasn't really all that much fun. Also, I felt like a fish out of water because I was the only kid who was not at least a teenager in a class of many adults. But, I persevered and never quit even when I really wanted to quit. ITF became very hard for me, almost too hard.

I left New Zealand and came back to Hermitage ATA. Things were the same for a long time and really liked Tae Kwon Do and decided to continue on to my black belt. I eventually moved to Texas. In May, I had gone down to check out the school and all that. At that time we looked for an ATA and found Marshall's ATA and we went in for one class. And, I actually kinda liked it. At the time, I was really sad I was moving and I was kinda trying to make everything seem bad, but Marshall's ATA was just too good to be bad. So, on August 12th I moved down and started by journey here.

If Marshall's ATA hadn't been so good, I might not have been able to find a good school and be able to continue Tae Kwon Do. What I liked about Marshall's ATA is that it takes the good things from Hermitage ATA and New Zealand's ITF and combines them. For example, Marshall's ATA had the perfecting from ITF, but not constant repetition. Also, the people at Marshall's ATA were real nice just like Hermitage. I made friends relatively easily at Marshall's ATA.

It wasn't an easy transition trying to come in to Marshall's ATA. I had to learn things from an entirely new perspective. I guess that kinda helped me in getting to my black belt. When I first started, I didn't really get the point of it. But, now that I get the point of it, I realize that it is really a great thing. It was very great. I had to work to get my new belts and to work toward my black belt. When the trail of Tae Kwon Do got steep, at least I had trusting trail guides, Mr. and Mrs. Marshall.

Dewey Middlemiss-Kurtz



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



Mr. Drew Gatlin Testing for
1st DEGREE BLACK BELT



My rough and exciting journey began when I was watching an action movie when I was about six. I saw their movement and how rough, yet, beautiful it was. Immediately I wanted to take Taekwondo. A couple of months after turning ten I signed up for martial arts down by Poncho's in Denton. But, a couple of weeks after getting my green belt, I had to quit after stupidly hopping a rail six feet tall. After waiting about two years, I was shocked to hear that I could go back into Taekwondo again. I was told that my former school was not certified. After hearing this I decided not to go back. But not all hope was lost, we wound up finding a real certified school by the name of Marshall's ATA. I was pumped, excited, and a little nervous about finding a new school. Though after making new friends and meeting the extremely nice instructors the nervousness went far away from me. Being in Taekwondo for almost a year my excitement grew larger after hearing my brother Ethan was joining. My parents, my brother, friends, and my awesome teachers have made Taekwondo a fun and large part of my life.

Drew Alan Gatlin

Drew's journey in Taekwondo started in 2004. He desired to be in some type of Martial Arts since he was 4-5 years old. When we thought he was serious and ready, we enrolled him in the Denton Taekwondo Academy. We realized quickly that this was something he was cut out for. He gave it his all from the first day he arrived.

Drew made it to Green Belt before breaking his arm. That put him out for about a year. For a brief time, Drew was discouraged and was uncertain about his desire to continue in Taekwondo. One of the major factors in him not pursuing it any longer was him not being able to compete in class (contact sparring).

Then we heard about a place called Marshall's ATA on the south side of Denton. Drew took his first class in Krum (where he lives). He was told that he "still had it," and should come to the main campus for maximum benefit- So, he did. Drew joined in the fall of 2007 and has never looked back. His determination for Black Belt, and all its levels, has been a major drive in his life. His pursuit of his faith has carried over to his pursuit in all areas of his life.

We are proud of Drew and his determination to be the best he can be. He says with his own mouth that he owes much of this to his teachers, Mr. and Mrs. Marshall.

Clay and Laura Gatlin