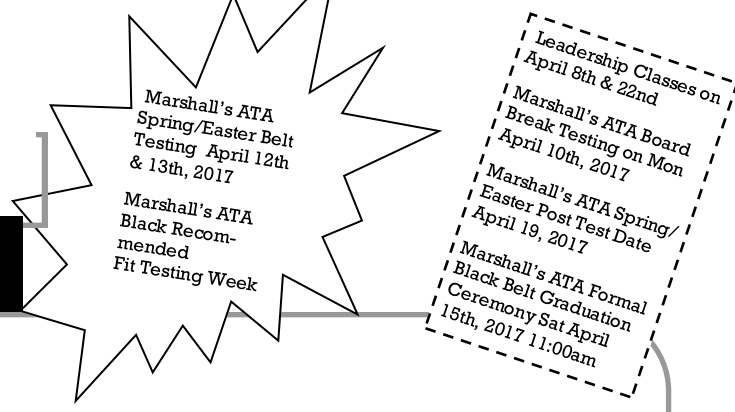


**MARSHALL'S ATA BLACK BELT TIMES**

MARSHALL'S ATA MARTIAL ARTS  
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DENTON, TX. 76208  
WWW.MARSHALLSATA.COM



**Marshall's ATA Spring/Easter Belt Testing**

**Marshall's ATA Spring/Easter Board Break Testing**

April showers bring May flowers and Opening Day has arrived! We have a lot going on in this rainy month of renewal. The Board Break Testing will kick off the start of the Marshall's ATA Spring/Easter Belt Testing and Black Belt Midterm/Testing Week for 2017. The Board Break Testing will take place on **Mon April 10th**. All Board Breakers ranked Brown Belt thru Recommended Black Belt will be in full uniform and break during their class.

**Marshall's ATA Spring/Easter Belt Testing**

The Marshall's ATA Spring/Easter Belt Testing will take place on **Wed & Thur, April 12th & 13th** during class. All Marshall's ATA students both Juniors & Adults will Belt Testing on Wednesday during their class with the exception of the Black Belt Decided and Recommended Black Belt students who will midterm/Test on **Tue**

**April 11th from 6:00 - 6:45pm & Thursday April 13th, from 6:00 - 7:30pm.** The All/Ranks Juniors & Adults class will be cancelled on Thursday evening in order to accommodate the length of the Black Belt midterm/Testing and the extraordinary number of Recommended Black Belt students Testing with them on **Thu, April 13th**. The **Mon/Wed 4:00pm** class will Test on **Thur**

**Marshall's ATA April Leadership Classes**

The Marshall's ATA April Leadership classes will be held this month on **Sat April 8th & 22nd from 8:30am to 9:30am**. The agenda of the classes will be dissemination of the most current information from Marshall's ATA and ATA HQ & the Leadership themes of the month. We will also share new school information & planning during a question and answer segment about the happenings specific to Marshall's ATA for the Spring Season 2017. We will discuss the logistics of the upcoming Belt Testings and Midterms as well and the Black Belt Graduation Cere-

mony on **Saturday April 15th, at 11:00am**. We will also discuss ideas for material for Community martial arts Demo opportunities for school promotion and outreach. We will have our Leadership Fitness workout that will facilitate coverage of our required Cardio/Strength/Flexibility & Agility material as well.

**Marshall's ATA Will Be Closed for Training**

Marshall's ATA will be closed on **Mon April 17th**. We will reopen with our regular schedule on **Tue April 18th**.

**Marshall's ATA April Birthdays Party**

Marshall's ATA will be continuing our monthly birthday parties celebration with our April Birthdays Party celebration on **Monday April 24th**. We will have cake, drinks & food to show our appreciation for all of our students; especially those with birthdays in April.

**Special points of interest:**

- April Leadership Classes Sat April 8th & 22nd 8:30am - 9:30am
- Marshall's ATA Recommended Black Belt Fitness & Knowledge Testing & Requirements Completion Week April 3rd thru 7th
- Marshall's ATA Board Break Testing April 10th, 2017
- Marshall's ATA Black Belt Midterm/Testing on **April 11th & 13th** at 6:00pm
- Marshall's ATA Black Belt Graduation Ceremony April 15th, 2017 11:00am
- Marshall's ATA will be Closed on **Mon, April 17th, 2017**.
- Birthday Party for All April B'days on **Mon, April 24th**

**Tournaments:**

<b>Songahm ATA South District</b>	05/20
<b>Songahm ATA World Expo</b>	06/19

**Marshall's ATA Formal Black Belt Graduation Celebration**

Marshall's ATA will be conducting a Formal Black Belt Graduation Ceremony for all of our new 1st & 2nd Degree Black Belt Decided students on **Sat April 15th**, at 11:00am. This will be a ceremonial event where our newly promoted Black Belts

will receive their new Black Belts & celebrate with their fellow Black Belt students, training partners & peers. There will be food. I am inviting remarks by our staff & parents about what this journey has meant in

the lives of their child. We may possibly have a special guest, so please bring your cameras to record this proud & momentous achievement. May this be one of many memorable accomplishments in their lives. May they savor this accomplishment and

have a renewed sense of their own capabilities & sense of themselves as they mature into the men & women who will make a difference in their own lives & others.

## This Might Be How Stress & Heart Attacks Are Linked

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A new study holds clues to exactly how stress may increase your risk of a heart attack or stroke. The findings are definitely novel, show promise and bear replication, "one expert says." Scientists have long known that stress can influence your heart health, but exactly how this relationship takes place has been something of a mystery--until now. Activity in the amygdala, a region of the brain associated with fear and stress, can predict your risk for heart disease and stroke, according to a study published in the journal *The Lancet* recently. "The study produced several novel findings. It showed, for the first time in animal models or humans, the part of the brain the amygdala-- that links to the risk of subsequent cardiovascular disease," said Dr.

Ahmed Tawakol, co-director of the cardiac PET/CT program at Massachusetts General Hospital, who was lead author of the study. "The amygdala is a critical component of the brain's stress network and becomes metabolically active during times of stress," Tawakol said. The findings suggest a complex chain of events that might explain the stress and heart risk link. Stress may activate the amygdala, leading to extra immune cell production by the bone marrow, which in turn may impact the arteries, causing inflammation, which could lead to a cardiovascular disease event, such as heart attack or stroke. Stress has scientists scratching their heads. Still, "the associations noted in this study, while statistically sig-

nificant, do not prove causation," Tawakol said. More research is needed to replicate the findings in a larger sample of patients. Measuring brain activity to predict cardiovascular events is "quite unique and interesting," Kamarck said. However, "the implication of the paper is that this measure of brain activity can be used as a marker of cumulative exposure to stress, This, I'm not so confident about and will require some additional validation." That's because there has been much debate among scientists about how exactly to measure stress, Kamarck said. "Certainly, diet, physical activity and genetics play an enormous role in cardiovascular disease. However, this study demonstrates that how the brain perceives stress is also tied up with future risks of cardiovascular disease."



### Protocol for Testing

Students must be on a program in order to be eligible to belt 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** and best wishes to Leila Cotman, Dulce Gervacio, Grace Jing, Sophie Leija, Claetyn Moore, Sam Peeksen, Jose Quiroz, Monica Ramon & Christian Slovacek as they Test for their 1st Degree Decided Black Belt at the Spring/Easter Black Belt Midterm/Testing.

### 2017 - Rededicated, Rejuvenated, Recommitted

**Marshall's ATA April Leadership Class April 8th, & 22nd**

**Marshall's ATA Fitness Testing Week April 3rd thru the 7th**

**The Marshall's ATA Spring/Easter Board Break Testing April 10th, 2017 - Results are Final**

**Marshall's ATA Spring/Easter Belt Testing Wed & Thur April 12th & 13th**

**Marshall's ATA Black Belt Midterm/Test Tues & Thur April 11th & 13th**

**Marshall's ATA Formal Black Belt Graduation Ceremony Sat April 15th, 11:00am No Regular Saturday Classes**

**Marshall's ATA will be Closed on Monday April 17th, 2017**

### Marshall's ATA 2nd Degree Decided & Recommended Black Belt Candidates

There are many requirements that Black Belt level students must accomplish in order to advance to the next level of Black Belt in Songahm Taekwondo. One of the accomplishments is to spend the required amount of time in rank acquiring the desired characteristics and attributes to function and perform as a true Black Belt. Did they just await the time or did they invest it in their training? Did they demonstrate Discipline, Perseverance, Resilience, Determination & Grit in line with their ability? Did they learn that mistakes and setbacks can be a positive and do they support their school leadership and consider themselves as part of the team? Do they demonstrate Courtesy & Respect to juniors & seniors. Can they make eye contact and speak up for themselves with confidence? Do they have the ability to sense threats & avoid dangerous situations? Are they enthusiastic about learning new martial arts

material and then performing it in a manner worthy of emulation with excellent attention to detail? Are they knowledgeable and can they actually speak with confidence about their chosen martial arts discipline? Do they observe, maintain and follow the rules & traditions of Marshall's ATA? Can they win with humility & learn from a loss? Are their abilities esteemed highly & are they a challenging, encouraging & joyful training partner?

- Max Jordan - 2nd Degree Decided Black Belt
- Gilbert Leal, Jr. - 2nd Degree Decided Black Belt
- Ben Worley - 2nd Degree Decided Black Belt
- Molly Cullum - 2nd Degree Recommended Black Belt
- Tomas Matta - 2nd Degree Recommended Black Belt

# The Hidden Risk of Running a Marathon

Running is a great workout, and it comes with all of the heart-strengthening benefits of aerobic exercise. But doing it for long distances — like a marathon — may come with unintended health consequences. A small new study finds that marathon runners can experience short-term kidney injury after the race. In the study, published in the American Journal of Kidney Diseases, researchers took blood and urine samples from 22 people who ran the 2015 Hartford Marathon, and looked for evidence of kidney injury. The researchers reported that based on the markers they observed in the samples, 82% of the runners had evidence of stage 1 acute kidney injury after the race. The problem appeared to be short-term, and most people's kidneys returned to normal within 24 to 48 hours. Still, the researchers say their findings underline the fact that running a marathon is a

stressful event for the body, and that some people may want to be extra vigilant. "We knew we would find something, but I was surprised by the level [of injury]," says study author Dr. Chirag Parikh, a professor at Yale University. "It's comparable to what I see in hospitals." More research is needed, but Parikh says that people who have no risk factors for kidney disease probably don't need to worry. People with diabetes or high blood pressure, or people who are older, may want to work closely with trainers and doctors to keep an eye on their kidney health if they're running marathons. Though the researchers did not determine how exactly running a marathon can temporarily hurt kidneys, Parikh says the damage may be due to less blood flow to the kidneys, high core body temperature and dehydration.

It's still unknown whether this short-lived kidney injury can cause cumulative damage, or if some people may not recover in the short-term. The study is not the first to find that marathons can come with health risks. While it's clear that getting exercise is important, research suggests that more isn't always better. A 2015 review published in the journal Current Sports Medicine Reports found that while runners in the study lived longer than non-runners, men and women gained the lifesaving benefits of running if they ran at slow or moderate speeds for about one or two hours a week. Among the runners, the people who ran the most had worse survival rates than people who ran less. Dr. Parikh says that his study did not identify who might be at a higher risk, but notes that people over age 40 are increasingly signing up for marathons, and may want to take more precautions.

Today, people 40 and older make up nearly 50% of marathon finishers in the U.S., compared to 1980 when this age group made up just 26%. "Is there a right amount of distance for each person?" says Dr. Parikh. "Like everything else, there might be a balance of the benefits and risks. People can find the right distance for them and train their body."

*"Truth is not what you want it to be; it is what it is, and you must bend to its power or live a lie." - Miyamoto Musashi*

*"Karate aims to build character, improve human behavior, and cultivate modesty; it does not, however, guarantee it." - Yasuhiro Konishi*

## Martial Arts Attitude and Manners

Are you acting like a Black Belt? The following items are taken from the Black Belt Code of Conduct. You are a student of Taekwondo 24 hours a day, not just while in the school. You are expected to conduct yourself accordingly at all times. The Songahm Spirit of Taekwondo is not just something we say in class, it is something we live by. For each item circle the appropriate response. How often do you do the behavior described?

- A - Always
- S - Sometimes
- R - Rarely
- N - Never

### A S R N Permission -

I ask permission when I must use the restroom during class.

I must ask permission when I want to workout in classes not of my specific belt level.

I ask permission if I desire to

work on a Form or techniques of any rank higher than my own.

I ask permission if I want to instruct, correct or assist another student in Taekwondo training.

I ask permission if I plan to attend any non Songahm taekwondo school, seminar or club tournament.

I ask permission if I want to attempt to break boards (or other materials), practice with martial arts weapons and/or desire to learn martial arts forms or techniques outside of Songahm Taekwondo.

### Respect for Instructors & Seniors

I show respect to my instructors and seniors by standing at attention {feet together, hands by my sides} and waiting to be acknowledged if I desire to converse with them.

I show respect by responding Yes/No Sir or Yes/No Ma'am as

appropriate, in all conversations with Instructors or higher ranked Black Belts.

I show respect by running to position if called by an instructor or senior Black Belt and more than three steps are required to take position in front of them.

I show respect by standing when an instructor enters the workout area, dressing room or like situations.

I show respect to instructors and seniors by greeting high ranking visitors with appropriate respect and courtesy.

I show respect by raising my hand if I do not understand a directive.

I show respect to my instructors and seniors by not arguing.

I show respect by turning away from my instructor or partner when adjusting my belt.

### Respect for Training Facility

To show respect for my training facility, I stand during the recita-

tion of the Songahm Spirit of Taekwondo.

I show respect for my facility by not wearing shoes on the workout floor at any time.

I show respect for my facility by refraining from the use of profanity on the school premises or at any Songahm Taekwondo function, class or activity.

I show respect for my facility by being an example for others.

I show respect for my facility by not making unnecessary conversation with other students and speaking only when acknowledged by or given permission by the senior instructor while I am participating in class.

I show respect for my facility by refraining from the use of tobacco products or alcoholic beverages while in uniform, cont on next pg

## Martial Arts Attitude & Manners Continued

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around a Taekwondo training facility or at any Songahm Taekwondo event or function.

I show respect for my facility by never entering the Taekwondo facility while under the influence of drugs or alcohol.

I show respect for my facility, instructors and training partners by always being on time for my classes and other Taekwondo functions.

I show respect for my facility by avoiding unnecessary "horse play" in the Taekwondo facility, dressing rooms, waiting area, or at any Taekwondo function.

I show respect for my facility by telling my instructor if I am injured.

I show respect for my facility by not chewing gum while I am

in class or working out.

I show respect for my facility by bowing in respect to the training area each time I enter and/or leave the classroom area, even if the area is not being used for workout.

### Respect for Taekwondo

I show respect for Taekwondo by wearing the uniform properly

I show respect for Taekwondo by treating my uniform and belt with respect.

I show respect for Taekwondo by wearing a complete uniform to each class.

I show respect for Taekwondo by not rolling the pants/sleeves and always wearing full length pants/

sleeves. Shorts or cutoffs are never permitted.

I show respect for Taekwondo by wearing a white or black V-neck T-shirt (or tank top) under my uniform (women only)

I show respect for Taekwondo by always keeping my uniform clean, pressed and odor free.

I show respect for Taekwondo by wearing either my proper uniform or respectful workout clothing (with instructor's permission) during any informal workout.

I show respect for Taekwondo by never washing my Taekwondo belt.

I show respect for Taekwondo by never wearing my belt in public except at Taekwondo functions.

I show respect for Taekwondo by keeping my hair short or restrained.

I show respect for Taekwondo by removing all jewelry before class.

I show respect for Taekwondo by keeping my finger and toe nails trimmed and smooth at all times.

*"If you prepare for the worst and nothing happens, you've lost nothing." - Ronin Crucibles*

*"Being both soft and strong is a combination very few have mastered."*

*"You never know how strong you are, until being strong is the only choice you have," - Bob*

## Through Struggle Comes Strength

**Payten Clouse** is currently ranked 4th in weapons & 4th in Combat Weapons. She has placed in the Top 10 in 3 competition categories during this Songahm Taekwondo tournament year. Payten Clouse recently competed in the Conroe, TX tournament during this past week that was hosted by Mr. Caleb Cox. She placed 2nd in her broad sword competition. We are very proud of her competition year and wish her well in the South District Championships in May.

*"Beginners must master low stance and posture, natural body positions are for the advanced." - Gichin Funakoshi 1868—1957*

*"You are allowed to be both a masterpiece and a work in progress, simultaneously."*

*"Let your works remain a mystery. Just show people the results." - Lao Tzu*

