

**MARSHALL'S ATA BLACK BELT TIMES**

**MARSHALL'S ATA MARTIAL ARTS**  
 1800 BRINKER RD, SUITE 200  
 DENTON, TX. 76208  
 WWW.MARSHALLSATA.COM



**Marshall's ATA Parent's Night Out!**

**Daylight Savings Time Ends**

Welcome to November. I hope you didn't forget to set your clocks back one hour on Sunday Nov 1st at 2:00am (remember: Fall Back one hour)

**November Leadership Class Nov 7th & 21st**

The Nov Leadership classes will be held on Sat Nov 7th & 21st from 8:30am to 9:30am. Self-Control, Class Management, Speed & Power. Red Belt physical material.

**Marshall's ATA Parent's Night Out**

We will host a Parent's Night Out! at Marshall's ATA on Sat, Nov 21st from 6:30 - 10:00pm. Only \$35.00 per child and there is a 10% multiple child discount. Fun, movies, games!

**Regional Class - B- Tournament**

Mr. Daron & Mrs. Melissa Bilyeu will be hosting a Class -B- tournament in Sulphur Springs Texas on

Fri & Sat Nov 13th & 14th, 2015.

**Marshall's ATA Closed for the Thanksgiving Holiday**

Marshall's ATA will be **Closed for the Thanksgiving Day Holiday from Wed Nov 25th - Sat Nov 28th.** Please have a safe, healthy & happy Thanksgiving holiday. We will reopen with our regular class schedule on Mon Nov 30th.

**November Leadership Classes**

The November Leadership Classes will be on Nov 7th & 21st and will be covering the themes of Self-Control / Class Management Speed & Power. The physical material will cover Red Belt.

**Casual Uniforms for December**

I am authorizing the students of Marshall's ATA to wear their casual uniforms for the entire month of December (excluding the Testings of course).

**Breast Cancer Awareness**

**Month is Over Now**

I would like to express my gratitude to our students & families who joined us during the month of October in commemorating Breast Cancer awareness month. We had the pink T-shirts and other apparel items for sale in order to raise funds to help in combating this terrible affliction. Now that October is over, the pink t-shirts are no longer authorized as a daily uniform item but may still be worn on Saturday or when otherwise authorized.

**Six Kinds of Strength**

- **Wisdom & Knowledge** - Mental strength this entails the acquisition of knowledge
- **Courage** - Emotional strengths this involves the exercise of will to accomplish goals in the face of internal or external opposition
- **Humanity** - Interpersonal strengths that involve "tending and befriending" others.

**Special points of interest:**

- Back to Full Uniforms Pink T-shirts only on Sat.
- Marshall's ATA Leadership Class Nov 7th & 21st
- Parent's Night Out! From 6:30-10:00pm \$35.00 per
- Class -B- Tournament in Sulphur Springs, TX Nov 13th & 14
- Marshall's ATA Closed for Thanksgiving Holiday
- November Birthdays
- Class -A- Tournament in Humble, TX Feb 26 & 27
- Casual Uniforms for the month of December

**Tournaments:**

<b>Class - B Tournament in Sulphur Springs Mrs. Melissa Bilyeu</b>	11/13 thru 11/14
<b>Class -A- Tournament in Humble, TX Master Kevin Hender-</b>	02/26 thru 02/27

**Consistency**

"I like consistency, if you've had a childhood like mine, you like some things you can rely on to stay the same." - *Norman Wisdom*

"Trust is built with consistency." - *Lincoln Chafee*

**Six Kinds of Strength Continued...**

- **Justice** - Civic strengths that underlie healthy community life
  - **Temperance** - Strengths that protect against excess
  - **Transcendence** - Strengths that forge connections to the larger universe and provide meaning.
- Strength -**
1. The quality or state of being strong; bodily or muscular power; vigor.
  2. Mental power, force, vigor
  3. Moral power, firmness or courage.
  4. Power by reason of influence, authority, resources, numbers, etc.
  5. Power of resisting force, strain, wear, etc.
  6. Something that is beneficial.

## The Marshall's ATA Mission Statement

Page 2

The mission of Marshall's ATA Taekwondo & Karate for Kids is to create a dynamic learning environment that inspires each member to achieve Black Belt Excellence through quality training, active goal setting, and character development. Marshall's ATA Martial Arts will endeavor to train students both physically and mentally. To train them to become Black Belts who make a difference in the world around them. To be an integral part of the community while providing a support system for our leaders and students. With that being said, I want to continue to emphasize a point that I don't believe that I've made abundantly clear. At Marshall's ATA, we want to see all of our students be successful and prosper in all

of their endeavors in life, whether it be educationally, athletically, career wise, socially, mentally, spiritually, marriage, family, health, financially, commercially, politically, legally, etc. We believe that people tend to be successful in the areas that they emphasize, focus on or give consistent priority to and this of course includes your martial arts training. We're here to do our part in partnership with our students & families in achieving stated goals for optimal health, fitness & well-being. Nothing should have more importance than your health. "i.e. He lost his health getting wealthy, then lost his wealth getting healthy." Mrs. Marshall & I have dedicated ourselves to Taekwondo for nearly 20

years to our vision for the hundred of students trained at Marshall's ATA since 2003. I don't want to overstate this but achieving a color belt is one thing, achieving Black Belt levels may require students to focus & prioritize their activities to achieve this goal. This cannot be a successful effort if there are too many competing interests. If a student is unable or is unwilling to dedicate themselves to the time necessary to train consistently and with sufficient determination to master the skills to achieve Black Belt excellence, then they must be honest with themselves in assessing the feasibility of this goal. We understand that achieving a Black Belt is not necessarily the goal for all students, but they are all expected to be actively working toward self-improvement.

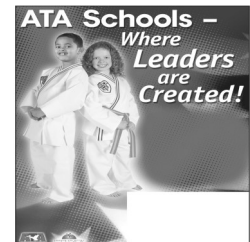


### Protocol for Testing

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 Miss Carmela Younse, Jacob Sterzik & Luke Sterzik on their successful Testing and promotion to 1st Degree Decided Black Belt.

**Congratulations** Justin Everett, Payten Clouse, Olivia Hollander, and Clayton Moore as they are now our newest members of the Songahm ATA Junior Leadership Program. They are team members now with Mr. Ben Worley, Mr. Max Jordan & Miss Molly Cullum. Congratulations!



## 2015 - The Year of Physical, Mental & Spiritual Transformation

**Daylight Savings Time Ends Sun Nov 1st, at 2:00am**

**Marshall's ATA Leadership Class will be held on Saturday Nov 7th & 21st 8:30am - 9:30am**

**Marshall's ATA will host a Parent's Night Out! From 6:30 - 10:00pm only \$35.00 per child**

**'Hug a VETERAN on Veteran's Day Wednesday Nov 11th, 2015**

**Mrs. Melissa Bilyeu will Host a Class - B - Tournament in Sulphur Springs, TX on Nov 13th & 14th**

**Marshall's ATA will be Closed for the Thanksgiving Day Holiday from Wed Nov 25th thru Nov 28th**

**Marshall's ATA Thanksgiving Break Camp Fri Nov 27th, 2015 from 8:00a- 3:00pm ??**

**Marshall's ATA Will Reopen with our Regular Schedule on Mon Nov 30th**

Hey! How many of you know that Birthday Parties are the best at Marshall's ATA? Bring your party here for two hours of fun and games and music and 'kraziness' with us. We tie an honorary Black Belt on the birthday boy or girl after we bow the class in with 10 or 20 of your closest friends. We would be honored to help you celebrate part of your special day. Contact Mrs. Marshall at Marshall's ATA for details and pricing.

Thanksgiving Break Camp - Marshall's ATA has conducted Thanksgiving Break Camps during previous Thanksgiving holiday Breaks. This is a fun camp with lots of great taekwondo drills, skills & activities. The Camp runs from 8:00am to 3:00pm. We may see one of the new family friendly holiday films that are usually in theaters during this time of year. The cost is \$75.00 per student & we need a minimum of 12 to make the Camp. If you're interested in a Thanksgiving Break Camp, let us know.