

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
 2430 S. IH-35E, #230
 DENTON, TX. 76205
 WWW.MARSHALLSATA.COM

Metroplex Mayhem Class A Tournament Southfork Ranch, TX. March 4th/5th
 Daylight Savings Time Begins March 13th @ 2:00am
 Marshall's ATA will authorize our casual Break Week March 14th - 18th.
 Lonestar Challenge Class -A- Tournament Conroe, TX April 8th & 9th
 Songahm Spring Nat'l's Las Vegas, NV April 13th thru 16th, 2023.
 Marshall's ATA Summer Camps June & July

Songahm Spring Nationals in Dallas at the Kay Bailey Hutchinson Center

Songahm Spring Nat'l's at Kay Baily Hutchinson Convention Center

Schedule of Events:

WEDNESDAY, MARCH 1

9:00AM - 5:00PM

1:00PM - 5:00PM

6:00PM-TRADITIONAL GUM DO TESTING

THURSDAY, MARCH 2

8:00AM - 10:00AM

INJURY PREVENTION

8:00AM AND 10:30AM

BLACK BELT WEAPONS

Mid Range Jahng Bong

Jee Pahng Ee

Whether you are a competitor or an instructor, these seminars are for you. Join us as we offer form training & clarifications in 2 different Protech weapons. Our World Champion instructors will review each weapon form to make sure you are at the top of your game. Knowledge of the form and weapons are required. Participation in all sessions is not mandatory.

Open to all ATA Black Belts 13 years and above.

8:00AM AND 10:30AM

COLOR BELT WEAPONS

10:30AM - 12:30PM

MAXIMIZE YOUR BUSINESS WITH ATA MAX

2:00PM - 5:00PM

COLOR BELT WEAPONS - 2023 WEAPONS COMPETITION ROLL OUT

2:00PM - 4:00PM

TEAM SPARRING COACHES CERTIFICATION

2:00PM - 5:00PM

RTTL MEETING & JUDGES CLINIC

2:00PM - 5:00PM

TEAM ATA-USA TRAINING

5:30PM - 6:30PM

PRESIDING GRAND MASTER M.K. LEE WORKOUT. Presiding Grand Master M.K. Lee would like to personally invite you to join him on in this Traditional Songahm Taekwondo training session.

6:00PM - 8:00PM

WEAPONS TO THE MAX!

FRIDAY, MARCH 3

7:00 am - Doors Open

7:00AM - 30 MINUTES AFTER LAST ROUND HELP DESK - REGISTRATION/SPECTATOR ADMISSION

8:00AM - 11:00AM

INTERNATIONAL RANK & MIDTERM TESTING

8:00am Rank Testing & Midterms Begin

11:00AM - 2:00PM

CREATIVE & XTREME COMPETITION

All Ages/All Ranks (Except

Tiny Tigers)

11:00AM - 2:00PM

6TH, 7TH, 8TH DEGREE MASTERS COMPETITION

11:00AM - 2:00PM

11:00AM - 2:00PM 4TH & 5TH DEGREE COMPETITION

2:00PM - 3:00PM

TEAM DEMO & TEAM SYNC COMPETITION

2:45PM

TEAM SPARRING/COMBAT COACHES & JUDGES MEETING/CHECK-IN

3:15PM - 5:30PM

TEAM COMBAT SPARRING COMPETITION & TEAM SPARRING COMPETITION

SATURDAY, MARCH 4

7:00 AM - Doors Open

8:00 AM - Opening Ceremony

8:00 AM - TIGER COMPETITION - ALL TRADITIONAL & CREATIVE/XTREME EVENTS

8:00AM - 6:00PM

JR. & ADULT - COLOR BELT TRADITIONAL COMPETITION - ALL AGES/ALL BELTS JR. & ADULT - BLACK BELT TRADITIONAL COMPETITION - ALL AGES/1ST-5TH DEGREES

8:00AM - 6:00PM

4TH & 5TH DEGREES COMPETITION

Remaining Divisions

Special points of interest:

- **Daylight Savings Time Begins on March 12th @ 2:00am**
- Denton ISD Spring Break March 13th - 17th, 2023
- First Day of Spring March 20th, 2023
- Songahm Spring Nat'l's March 1st - 4th Kay Bailey Hutchinson Convention Center, Dallas, TX Schedule of Events in this Newsletter.
- Songahm World Championships July 10th thru 16th, 2023 Phoenix Convention Center, 100 N 3rd St. Phoenix, AZ.
- Marshall's ATA Martial Arts **Sparring, Fitness & Weapons Spring Break Camp March 13th thru 17th, 8:30am - 12:30pm.** Spring Break Camp Early Birds: \$100.00 if paid by March 1st. \$125.00 if paid by March 6th and \$150.00 if paid after start of Camp.
- **Summer Camp beginning June 19th thru 23rd, 2023.** Summer Camp Early Birds: \$100.00 if paid by March 1st. \$200.00 if paid by May 1st and \$250.00 if paid after start of Camp on June 19th. The Sparring/Fitness Spring and Summer Camp can be purchased together for \$300.00 if purchased before the March 1st deadline.

Marshall's ATA Martial Arts Attitude & Manners

yes M. A. A. M. (Martial Arts Attitude & Manners)

Are you acting like a Black Belt?

The following items are taken from the Black Belt Code of Conduct.
For each item, circle the appropriate response. How often do you do the behavior described?
A - Always, S - Sometimes, R - Rarely, N - Never



Permission

- | | | | |
|---------|--|---------|--|
| A S R N | I ask permission when I must use the restroom during class. | A S R N | I am given permission by the senior instructor while I am participating in class. |
| A S R N | I must ask permission when I want to workout in classes not of my specific belt level. | A S R N | I show respect for my facility by refraining from the use of tobacco products or alcoholic beverages while in uniform, around a Taekwondo training facility or at any Songahm Taekwondo event or function. |
| A S R N | I ask permission if I desire to work on a form or techniques of any rank higher than my own. | A S R N | I show respect for my facility by never entering the Taekwondo facility while under the influence of drugs or alcohol. |
| A S R N | I ask permission if I want to instruct, correct or assist another student in Taekwondo training. | A S R N | I show respect for my facility by always being on time for my classes and other Taekwondo functions. |
| A S R N | I ask permission if I plan to attend any non-Songahm Taekwondo school or club tournament. | A S R N | I show respect for my facility by avoiding unnecessary "horse play" in the Taekwondo facility, dressing rooms, waiting area or at any Taekwondo function. |
| A S R N | 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. | A S R N | I show respect for my facility by telling my instructor if I am injured. |

Respect for Instructors and Seniors

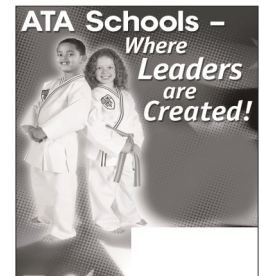
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|---------|--|---------|---|
| A S R N | I show respect to my instructors and seniors by standing at attention (feet together, hands by side) and waiting to be acknowledged if I desire to converse with them. | A S R N | I show respect for my facility by not chewing gum while in class or working out. |
| A S R N | 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. | A S R N | I show respect for my facility by bowing in respect to the flags and 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

- | | | | |
|---------|---|---------|---|
| A S R N | 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. | A S R N | I show respect for Taekwondo by wearing the uniform properly. |
| A S R N | I show respect by standing when an instructor enters the workout area, dressing rooms, or like situations. | A S R N | I show respect for Taekwondo by treating my uniform and belt with respect. |
| A S R N | I show respect to instructors and seniors by greeting high ranking visitors with appropriate respect and courtesy. | A S R N | I show respect for Taekwondo by wearing a complete uniform to each class. |
| A S R N | I show respect by raising my hand if I do not understand a directive. | A S R N | I show respect for Taekwondo by not rolling the pants/sleeves and always wearing full length pants/sleeves. Shorts or cutoffs are never permitted. |
| A S R N | I show respect to my instructors and seniors by not arguing. | A S R N | I show respect for Taekwondo by wearing a white, v-neck, T-shirt (or tank top) under my uniform (women only). |
| A S R N | I show respect by turning away from my instructor or partner when adjusting my belt. | A S R N | I show respect for Taekwondo by always keeping my uniform clean, pressed and odor free. |
| A S R N | To show respect for my training facility, I stand during the recitation of the Songahm Spirit of Taekwondo. | A S R N | I show respect for Taekwondo by wearing either my proper uniform or respectful workout clothing (with instructor's permission) during any informal workout. |
| A S R N | I show respect for my facility by not wearing shoes on the workout floor at any time. | A S R N | I show respect for Taekwondo by never washing my Taekwondo belt. |
| A S R N | 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. | A S R N | I show respect for Taekwondo by not wearing my belt in public except at Taekwondo functions. |
| A S R N | I show respect for my facility by being an example for others. | A S R N | I show respect for Taekwondo by keeping my hair short or restrained. |
| A S R N | I show respect for my facility by not making unnecessary conversation with other students and speaking only when acknowledged by or | A S R N | I show respect for Taekwondo by removing all jewelry before class. |
| | | A S R N | I show respect for Taekwondo by keeping my finger and toe nails trimmed and smooth at all times. |

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



You are a student of Taekwondo 24 hours a day, not just while you are 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. Look on page 27 for more.



The Way of Taekwondo, Spring, 88

Songahm ATA Spring Nationals Dallas, TX / Songahm ATA World Championships 2023 Phoenix, AZ

The Songahm ATA Spring Nationals - AA Tournament will take from March 1st thru 4th, 2023. The action will take place at the spacious Kay Bailey Hutchinson Convention Center in Dallas, TX.

The Songahm South District Championships June 2nd & 3rd, 2023 at Mesquite Convention Center.

The Songahm World Expo - AAA - will take place in Phoenix, AZ. on July 17th thru July 21st, 2023 at the Phoenix Convention Center ATA students & school owners from AROUND THE WORLD will come together for some EPIC Moments from the 1st level tournament students to the Worlds Top Competitors.