SCAN THIS QR CODE TO SEE ALL THE RING ASSIGNMENTS THAT WILL BE STAGED THROUGHOUT THE DAY OF THE EVENT.

Lone Star Championship "Class A" Tournament April 15 2023

2023 LSC Schedule

Saturday, April 15th - Lone Star Convention Center

7:00 am: Instructor and student registration open

7:30 am: MANDATORY Black Belt Meeting

*** Ages 13 and up, including Rec. Black Belts Competing in Black Belt Divisions**

8:00 am: OPENING CEREMONIES AND INTRODUCTIONS

8:15 am: All Special Abilities, ATA Tigers and Team Sparring Begins

***Adult Team Sparring, along with 1st-5th degree ADULTS competition will be staged throughout the day.**

STARTING RING ASSIGNMENTS

Ring 20-22: TIGERS White, Orange & Yellow Belt

Ring 19: TIGERS Came, Green and Purp, Belt

Ring 18: TIGERS Blue, Brown, and Red Belt

Ring 14-17: Executive Team Sparring (50+ Years) / Bantam Team Sparring (10yr & Under)

Ring 13: Special Abilities

Ring 9 - 12: Legends (40+ Years) / Rookie Team Sparring (12yr & Under)

Ring 5 - 8: Elite (18+ Years) / Jr. Varsity Team Sparring 14yr & Under

Ring 1- 4: Premier (30+ Years) / Varsity Team Sparring 17yr & Under

8:30 am: All 8 & Under Year Old Color Belts, 1st, 2nd, and 3rd Degree Black Belts

9:30 am: 9 &10 Year Old 1st, 2nd, & 3rd Degree Black Belts

10:30 am: All 9 & 10-Year-Old Color Belts

11:30 am: All 11 & 12 Year-Old Color Belts, 1st, 2nd, & 3rd Degree Black Belts

12:30 pm: All 13 & 14 Year-Old Color Belts

1:30 pm: All 15 - 17-Year-Old Color Belts

2:30 pm: 18 Years & Up Color Belts

Team Combat Weapons and Traditional Sparring: $75 per team, per event.
Teams must email the roster to masterh@murphyata.com by 8 AM 4/12/23 to register.

All ATA Tigers, Color Belts, and Black Belts, please be on-site and in the main competition area no later than the times listed.
These times apply for male, female, champion, and recreational divisions.

* These are not competition times, but these divisions can be called any time after the listed time for each rank.

* Region 112 students: Please pre-register with your instructor. Out of Region competitors may register upon arrival.

Spectators Passes $10.00 per spectator. (4 and under FREE)

Stander ATA Regional Tournament Fees Apply

TOURNAMENT LOCATION:
LONE STAR CONVENTION CENTER | CONROE, TX
9055 AIRPORT RD, CONROE, TX 77303, USA

TEXT MESSAGE NOTIFICATIONS:
TEXT "LSCHAMP" TO 888-230-1550
FOR ALL UPDATES BEFORE & DURING THE EVENT

www.LSChamp.com

To all Masters, School owners, Instructors and ATA Family,

Greetings!
It is such a great honor and pleasure that we welcome you to the Cox ATA Inaugural Lone Star Championship.

We are honored to hosts such an event and would like to extend our sincere THANK YOU to everyone that are here today that are able to come and join us. We definitely would like to make it the best event we could for everyone and we would appreciate any feedbacks to make your experience much better.

We would like to send our genuine THANK YOU to the many parents, students, businesses and volunteers from our COX ATA family – for your generosity with your time, efforts and gifts to make this weekend possible. All these would not be possible without each one of y'all. Thank you for being such a blessing to our school, us and others.

Most importantly we would like to give our big Thank you to our Savior Jesus Christ, for His unconditional love and grace for each one of us and for always giving us great opportunities like this to serve others. We hope that may each one of you have a very Blessed day and enjoy this weekend.

Sincerely,

Mr.Kalob & Mrs.Charissa Cox

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

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ATA MARTIAL ARTS

REGION 112

2023 BLACK BELT CAMP

CAMP LOCATION

Lakeview Methodist
Conference Center.
400 Private Road 6036,
Palestine, TX 75801

May 19th -21st

Bow-In 19th 6:30pm - Bow-Out 21st 10:30am

Fee Includes: Training, Camp T-Shirt,
Saturday Meals, & Lodging

WHO CAN COME?

Brown, Red &
ALl Black Belts
13yrs & Up

REGISTER WITH YOUR SCHOOL TODAY!

$199 PER-PERSON

WHAT TO BRING

Sunscreen, Water Bottles, Shoes, Snacks, Sleeping Bag, White Uniform, All Sparring Gear, All Weapons, Black T-Shirt & Baggies, BJJ Gi If you have one,

Camp Games,
Combat ,Forms,
Sparring, Weapons,
Ground Fighting &
Much More!

Deadline to Register is May 8th

Remember that tournaments are not just for a trophy.
They allow you to meet new people, make new friends, put nerves to the test, and display life skills.
By focusing on these principles, it is very possible to be happy weather on wins or loses.
Most people think that the reward at a tournament is the medal, but it is much....much.. more!

COX ATA
MARTIAL ARTS
WE TEACH LIFE SKILLS WE BUILD LEADERS WE LEAVE A LEGACY

We would like to recognize our High Rank Judges & School Owners

"8th Degree Black Belts"

Chief Master Mark Sustaire

Chief Master Nominee Jason Dendy

Chief Master Nominee Tina Newberry

Chief Master Nominee Barbara Sustaire

"7th Degree Black Belts"

Sr. Master Jeff Newberry

Sr. Master Jack Hornbuckle (RTTL)

Sr. Master Laura L. Zant

Sr. Master Larry Hitt

Sr. Master Wes Boyer

Sr. Master Dometrius Hill

Sr. Master Chantell Barrett

Sr. Master Michael Scott Morrison (TS)

"6th Degree Black Belts"

Master TJ Martinez

Master Melissa Bilyeu (TS)

Master Don May

Master Tom Allemier

Master Damaris Moncada

Master Cesar Ravedutti

"5th Degree Black Belts/School Owners"

Carol Frentz

Richie Rodriguez

Augie Palmisano Sr. (TS)

Donna Palmisano (TS)

Christy Bamburg

Jacob McManus

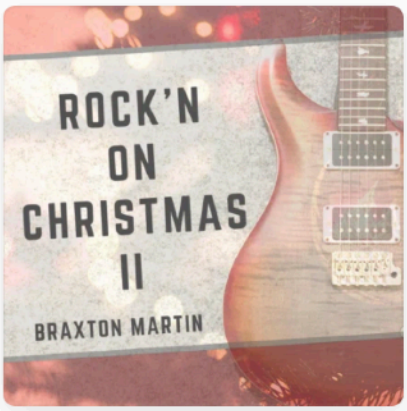
Kalob Cox (TS)

Mary Johannesen

#LSCHAMP TEXT MESSAGING

To receive updates before, during & after the event- please text "LSCHAMP" to 888-230-1550

Albums



Rock'n on Christmas 2
2019

Call on Jesus Name
2018

Rock'n On Christmas
2015

National Anthem Performed by Artist

Braxton Martin

You can find all his music on any streaming music platform

TRAIN SMART, STAY HUMBLE

What Is The **The Machado Method®**

A Systematized Process

The Machado Method of teaching Brazilian Jiujitsu has been developed by Master Carlos Machado over the last 50 years to provide the best blueprint for long term teaching success. This means incorporating Warm Ups, Solo-Drills, Partner Drills and Flow Rolling to create the most complete students from white belts to black belts. There are no gaps with the Machado Method.

Complete Curriculum Cycles

As part of the Machado Method curriculum cycles, each month Master Machado provides full curriculum for Adults, Kids, No-Gi, Gi , and Self Defense while giving you the ability to add the techniques that you find valuable at the same time. Each cycle includes full video covering the process concept , and extensions of all techniques. We also have professors note cards containing written instructions for all techniques.

Rank Certification & Standards

As part of the Machado Method curriculum we have full ranking standards for all belt levels from the white belt to the black belt and every degree in between. This means there is no more guesswork on what your students should know and if they are up to the Machado standards!

Business Systems

Our team is dedicated to your success and that means leveling up your skills on AND off the mat. With a library of our best practice documents, you will have all the tools and standard operating procedures necessary to run your martial arts school. From waivers to advertising methods, and sales, our library of business systems will help your school thrive.

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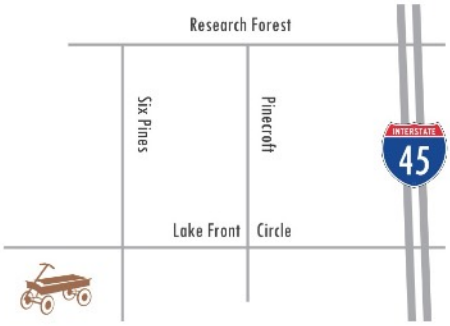

Kristie Chandler, MD, FAAP
Pediatrics

Tony John, MD, FAAP
Pediatrics

1595 Lake Front Circle
The Woodlands, TX 77380
hometownpediatrics.com

Mona Smith, MD, FAAP
Pediatrics

Sarah Moore, MD, FAAP
Pediatrics

Amanda Hathaway, MD, FAAP
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WE WOULD LIKE TO RECOGNIZE THESE AMAZING STUDENTS ON COMPETING TODAY & SUPPORTING THIS EVENT WITH THEIR STUDENT SPONSORSHIP!

WAY TO LEAD THE WAY!

Jacob Ferrugia/Savanna Haverstock	**Ferrugia Mechanical**
Rex Salazar	**Magnolia Veterinary Hospital**
Gunnar Anderson	**J & G Tactical**
Kyrene Cox/Alannah Cox	**Hughes & Cozad Orthodontics**
Mikel Shaw	**Mobility City**
Jill Andersen	**R4 Specialties**
Gunnar Andersen	**R4 Specialties**
Max Westmoreland	**Cards and Comics Connection Inc.**
Danielle White	**CHW Energy Services**
Paul Bayless	**Ellen Bayless**
Jeremy and Cat Splawn	**Christian Brothers**
Mikel Shaw	**Shaw Family**
Kraig Paul Cox	**Convos with Kraig**
Finley Emergy	**Emery Family**
Kyrene Cox/Alannah Cox	**Papa Lou**
Seth Hudson	**Silicon Auto Group, LLC**
Luke Hudson	**The Golden Knob Boutique**
Zachary Shackelford	**My Academic Coach**
Kevin Albiter	**AMG Partners Trucking**
William Comunale	**Matthew Newson Books**
Galilea Jauregui	**Galilea Jauregui**
Diego Albiter	**Woodlands Nursery**
Aaron Peck	**Light Load Electric**
Luke Hudson	**Sherri Sassin**
Kaleo Collier	**Debrah Phalen and Daronelle King**
Ryan Barren	**Barren Family**
Marcia Barren	**Barren Family**
Cooper Hite	**Hite Family**
Paxton Hite	**Hite Family**
Casey Gorbett	**Charles Gorbett**
Logan Schilder	**The Adventure Begins**
Rhyland Gossett	**Gulf Oak Realty**
Kolton Oosthuizen	**Oosthuizen Family**
Ajay John	**Hometown Pediatrics**
Kinsley Fabro	**Jason Hustus**