

# ROCK SOLID NEWSLETTER



January 2008

website: <http://Students.RockSolidKids.info>

## **Getting the Most Out of Your Martial Arts Experience** *Looking ahead to a fantastic 2008*

Every year brings with it high expectations for positive change and exciting growth. This year is no different in that we are continuing to plan for ways that we can serve our families in ways that will make your martial arts experience second to none.

One of the biggest ways for us to make sure that you understand what we are trying to accomplish in our program is to continually explain what we are doing. This year we will again be doing our best to communicate by e mail, with handouts, by newsletter, and with announcements in class.

### **Wake up call**

We must remember that the things that we think are easily understood because they are so common to us ( martial arts instructors) may not be easily understood or common in any way to our students and families.

We've continued to learn this in speaking to some of our families over the past few months. So in response we will continue to work on talking to you and explaining the things that will help you better understand what you should expect in order that you can help us make this the experience that we all want for our students.

Here's something to be very careful of. If you every hear these words from your martial arts student I would encourage you to bring it to our attention immediately.

### **Those words are "I'm Bored"**

"I'm bored" ranks right up there with "I can't". Negative thought brings on negative emotions. Negative emotions crush self esteem and our willingness to accept challenge. This takes away from our ability to live a vibrant, inspired life.

Kids are mesmerized with the martial arts because the movement is dynamic, explosive, and powerful. Kids,

and adults for that matter, want to feel powerful and physically fit.

### **There in lies the challenge**

Martial arts takes work. Martial arts can be awkward. Martial arts can be painful. Martial arts can be frustrating. The martial arts experience is certainly not easy but it can be extremely rewarding and uplifting. "I'm bored" is usually an expression of something else that is happening and very often times can be turned around quickly upon detection.

Boredom happens because of lack of movement, uninspired action, and feeling that one is not making progress.

It's my hope that you experience much growth and happiness because of involvement in your martial arts program. It is also my hope that you let us know if something is not working for you. It is always easier to correct a situation if it is brought to us as soon as it comes up.

Thank you for the chance to work with your family. We'd like to hear about the good but we would especially like to hear if something is not working for you. Join us to make this a great year of growth for your family and for Nicklaus' Martial Arts America.

**To your best,**

A handwritten signature in black ink, appearing to read "Fred Nicklaus", with a long, sweeping underline.

**Fred Nicklaus**

P.S. Let us know if you are not receiving our e mails. I send them out Monday-Friday and do my best to make the subjects uplifting, pertinent, and thought provoking. These daily e mails give you an opportunity to keep your fingers on the pulse of the Karate school. Whether you read them everyday or not do your best to keep an eye on them.

## It's already turning into a busy first part of the year

We've worked on scheduling some programming to fill our calendar. Here are some of the things that are coming up.

**January 9-** Mr Nick teaches PE classes at Prairie View school near DeSoto

**January 9-** Martial arts and personal safety presentation at Good Shepherd Church

**January 19-** Girl Scout karate presentation at our Onalaska School

**January 25-** Holmen Moms Club- Karate presentation

We'd like to do 1-2 programs per week. We're looking for programs in schools, churches, service groups, and any other ideas for demonstrations and presentations.

**Can you help us bring the value of our program to more families in this area?** Your help would be greatly appreciated and help us help more kids and adults benefit from martial arts training.

Note- Our most popular school programs are **Show and Tells and P.E teacher for the day**. During Show and Tells one of our Karate students invites us into their classroom to do a Karate show for their class. Our Karate student is the star of the day and gets to demonstrate his/her skills for their friends in the class.

The P.E. teacher for a day gives us a chance to show kids fitness and martial arts ideas in their P.E. classes. Both programs have been well received and our Karate kids enjoy having their instructors be part of their school day.

## A Combat Endurance Training Update

Things on the Combat Endurance Training front are moving along nicely. For those of you that are not aware of this program it is something that I've been working on since the fall of 2006. Mr. Cornell has been there to help me with the computer programming that we've done and we have now started to promote and sell Combat Endurance Training locally and to all corners of the world. Because of what we are learning about how to market our product on the Internet we have recently sold products to people in Spain, Norway, Australia, Canada, U.K. and many places in the U.S. It's been a great learning experience.

**Combat Endurance Training Local Classes-** I will also be teaching Combat Endurance classes locally beginning the week of January 7. Classes will meet on Monday and Wednesday evenings at 7 pm at Blessed Sacrament school. We will also have Tuesday and Thursday morning classes at 5:45 am also at Blessed Sacrament.

If staying in shape, getting in shape, trying something new, or simply wanting to feel healthier and full of energy are goals that you might have, come and join us for some Combat Endurance.

I will be doing one more Introductory class before we start classes the week of January 7. That class will be **Thursday, January 3 at 7:15pm at Blessed Sacrament**. Call me at 792-4006 to register if you are interested.

## Karate Seminar Series

We were originally planning to start our martial arts seminar series in January but found that it would be difficult to get the instructors that we were hoping for. Instead of January we will plan to start in February. We will plan to have one seminar each month from February through May.

We are working on bringing in some top notch martial arts talent for our students to learn from. We would encourage you to make it a point to do your very best to take part in these seminars which will help to get you more excited about your martial arts training and the many things that you might learn and become proficient at.

## Sparring Days

We understand that Saturday's are sometimes tough for families to make. In order to ensure that our Advanced Students are getting enough sparring classes, the:

**First Thursday  
&  
Third Thursday  
of Every Month**

will be a sparring class for our upper belts at the  
**4:45 pm Purple, Blue, Sr. Blue &  
6:15 pm Red, Brown, Black Stripe Belt Classes**  
**REMEMBER! ALL Advanced Belts Must  
Spar 2 times/month.**

## Happy Birthday!

- 1 Emily Appold
- 4 Christopher Berg
- 8 Erick Glandt,  
Andrea Glandt
- 9 Colton Wine
- 17 Glennie Mihalovic,  
Xavier Yang
- 18 Jenny Myhre,  
Joshua Kistler
- 19 Mackie Schwertfeger
- 20 Gunnar Schwertfeger
- 21 Asya Her
- 24 Brooklynn Scott
- 25 Austin Helgerson
- 28 Samuel Naik
- 29 Anthony Fuchsel,  
Brandon Robley



### **BOOK CLUB MEMBERS FROM December**

**Tyler Ferson  
Abby Ferson  
Kylie Slaby  
Cameron Crandall  
Kristin Spencer  
Madessa Collins  
Sara Groetsch**

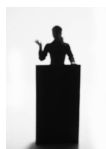
### ***Special Events for Members of the Black Belt Club & Leadership Team***

The last 15 minutes of regular classes are reserved for Black Belt Club and Leadership Team members to experience advanced training. Ask your instructor how you can become a part of these awesome programs. In December:

- **Bo Staff**



## January Events



### **Master Leadership Conference**

**Tuesday, January 15**

**at Blessed Sacrament School**

**6:15 pm (No Regular Leadership Class)**

As part of our **Leadership Program**, we hold periodic **Leadership Conferences** where we meet in a big group setting with both Leadership Groups from La Crosse & Onalaska. During the training conference, Leadership students will be exposed to special speakers (such Mr. Nickluas) or special workouts that students ordinarily do not get in Leadership Class or regular class for that matter.

Both La Crosse and Onalaska Leadership students plan to attend. Bring your Bo staff to this workout Basic/BBC students interested in becoming a Leadership Member please talk to your instructor.

### **New Schedule Classes**

***Remember, new schedule takes effect January 7<sup>th</sup>***

## **Do you want to double or even triple your child's desire to get to Black Belt?**

***The more you as the parent understand about Martial Arts,  
the more you can help your child get the maximum level of benefits.***

Moms and Dads – the answer is **Family Class**. The main reason we introduced the Family Class is because it goes with our family theme. One of the best ways to build a family unity is to do a family activity. One of the goals of the Family Class is to help parents who would not be able to train in the Martial Arts because of late adult classes spend time with their children and get Martial Arts training. As Instructors, we know that parents who train with their children understand the Black Belt Process more and serve as excellent role models to motivate their kids to do better. The Family Class also promotes working well with family members and working out together. Moms and Dads – you've thought about trying class for a while, now. Here's your chance. Jump in there, and you'll be glad you did.






## **If you worked out with your Instructors every week, how good would you be? A-MA-ZING!**

All the Instructors have the benefit of working out with their Instructors. It's not the same taking a class *FROM* an Instructor. Step up to the plate and enjoy this great opportunity to rocket fuel your Martial Arts growth.

**STARTS JAN 18<sup>th</sup>** (Adv. Testing Jan 11<sup>th</sup>) with Mr. Cornell & Company  
**SPECIAL DAY JAN 25<sup>TH</sup>** – **Master Instructor Mr. Nicklaus comes in to lead and work with you in addition to other Instructors.**

# ROCK SOLID CALENDAR – January 2008

Rock Solid Themes: *Value of Commitment and Creating an Exceptional Environment*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p>New Schedule Change Effective January 7<sup>th</sup>. Download at <a href="http://Students.RockSolidKids.info">http://Students.RockSolidKids.info</a> Or pick up at MAA School</p>			<p>Welcome to a New Year! Classes Resume.</p>	<p>Combat Endurance Training Intro Class 715 pm Blessed Sac School</p>		
6	7	8	9	10	11	12
	<p>New Schedule Starts!!!</p>			<p>How bout taking class with your Family? 615 pm Both Schools</p>	<p>Advanced Testing 7 pm Location TBA No Training w/ Instrs. Class</p>	
13	14	15	16	17	18	19
		<p>Master Leadership Conference 615 pm Blessed Sac. School No Regular Lead Classes</p>		<p>Sparring at 445 pm &amp; 615 pm Classes Bring All Gear.</p>	<p>1<sup>st</sup> Workout with Instructors Class 645 pm Ona – MAA</p>	
20	21	22	23	24	25	26
			<p>How bout taking class with your Family? 615 pm Both Schools</p>		<p>Mr. Nicklaus Leads Workout w/ Instructors Class</p>	
27	28	29	30	31	<p><b>Look For Exciting Seminars Offered. Starting Next Month!</b></p>	
						

**BBC/LEAD MONTHLY THEME: BO STAFF**

*Next Month: Escrima Sticks*