



February 2008

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

The Lance Nicolai Memorial Seminar Series

A few months back, one of our long standing Black Belts, Steve Nicolai, came to me with an idea and an offer. Steve and his son Lance had earned their Black Belts with us in 1986, and Steve reminded me how much the experience means to both Lance and himself. One day Steve got a phone call that no parent should ever receive. Lance had passed on. Steve's pain will live with him forever, but so will his memory of his son. Steve's memory of Lance and his time at Martial Arts America is strong and lasting. He asked me if I could do something to honor Lance. I told him that I would welcome the opportunity.

Steve's original idea was to sponsor a few kids into Martial Arts program. I thought about his suggestion for a while and a few weeks later, I suggested that I think we can offer more opportunity to hundreds by introducing a seminar series in honor of Lance. Steve agreed, and we're both excited and proud to bring to the families of Nicklaus' Martial Arts America

The Lance Nicolai Memorial Seminar Series

Lance and Steve always put their full heart and energy into their Martial Arts training. Steve is still coming into an occasional sparring class. He told that being in the karate school gives him a power and a hope. Good for you, Steve! Keep coming!

So what about this 1st ever Seminar Series?

Our Martial Arts families will be exposed to some of the world's leading Martial Arts Instructors. I'm honored to bring these people to you. I've had the good fortune to learn from all of these people, and I can vouch for their knowledge and their teaching excellence. Most importantly, they are quality people – the kind who can give much to our students and families.

Here's the Seminar Series Line Up

February, 15 – 17:

Grand Master Charles Warren

I met Mr. Warren as a college student in my early 20's, and he was bigger than life. The stories that come with him were truly tales of legend.

Mr. Warren trained with one of the true legends of the Martial Arts – Gogen Yamaguchi (Google 'Gogen Yamaguchi' for more background). Ask Mr. Warren to tell you the well documented story of Yamaguchi's Battle to the Death with a Bengal tiger.

Incredible Martial Arts history! Mr. Warren was noted for his Martial Arts fighting team that he trained in his Dojo in Milwaukee. His team was talented, intense, and a force to deal with.

Besides sparring, his knowledge of all elements of the Martial Arts is second to none. It was my pleasure to attend Mr. Warren's seminars and camps and to have him as one of the Black Belt Guests at my Black Belt testing. This man is the real deal, folks. Don't miss the opportunity to work with him and learn from him

March 14, 15:

10th Degree Black Belt

Grand Master Ron Van Browning

The Legends continue to roll into La Crosse. We've had exceptional Martial Arts Instructors visit us before, but never in this concentration.

Mr. Van Browning learned from three renowned Grand Masters. They were Grand Master Jimmy Wu, Grand Master Remy Presas, and Grand Master Wally Jay. Take time to Google all of these karate legends.

I met and talked with Mr. Van Browning a while ago and introduced him to Matt Hirsh, the young man that I'm training for Ultimate Fighting. Mr. Van Browning has agreed to share his vast knowledge with Matt. He will help Matt tremendously. I watched the training session as Mr. Van Browning worked with Matt. This 62 year old moves like a cat and with a power and speed that only comes with years of dedicated work. Our students and families will be amazed at his skill. This is another opportunity for our students to learn from a Martial Arts Great.

April TBA:

Master Gary Benson, Former Student, 5th Degree Black Belt World Recognized Escrima Instructor

Mr. Benson was one of my first Black Belts. During his training with me he traveled from Soldiers Grove

2-3 times per week. After his initial training with me, Mr. Benson opened his own school in Soldiers Grove. He also decided to further his Martial Arts education by learning another system of Martial Arts. His Instructor was another World Renowned teacher, Sifu Mike Iney. Mr. Benson has immersed himself in Sifu Iney's system and has learned an array of weapons and self defense systems. You'll be impressed with his knowledge and skill.

**May TBA:
7 Time World Champion,
Master Mike Bernardo**

Mr. Bernardo is a true pleasure to work with. Mr. Bernardo has taught and inspired Mr. Cornell, Mr. Hickok, and Ms. Koenig and is also the coach of the Canadian National Martial Arts Team. Mr. Bernardo displays a quiet confidence but watch when his energy is released. You'll see an intensity, power, speed, and precision that you've seldom witnessed. Mr. Bernardo is a true proponent of "perfect practice makes perfect." This 7 time World Forms Champion will amaze you with his presence and his knowledge.

You're being exposed to a true...

Martial Arts All Star Line Up.

This is a one time opportunity for our students and families to spend time and learn from these fine people and Martial Arts Instructors.

I encourage you to mark your calendars and plan to take part in these highly charged seminars. This is truly a heavy weight line up.

Thank you Steve for helping us bring these wonderful Instructors to our students and families. Lance will be happy.

To your best,



Fred Nicklaus

More Strength and Fitness in Class?

After teaching for much of my life and watching and working with many World Class Athletes, I've come to understand one very important thing.

A person must work to improve strength, cardiovascular fitness, and flexibility.



In order to do any sport well. We as a staff at Nicklaus' Martial Arts America have decided to employ certain components of my

Combat Endurance Training Program

in our regular classes. A stronger, more physically fit student is also a better Martial Artist. We understand that our students are coming to us for Martial Arts training and we will make sure that this continues to be our main emphasis. Combat Endurance Training will always play a small but important part in helping our students become their best.

Additions to our website



Have you been to

<http://Students.RockSolidKids.info>

website to check pictures, forms (available Feb 18th), and other interesting tidbits?

Something new in February

All of our curriculums will be on video on the website.



Visit the site often. Bring us or email us your pictures. We'll upload them. Then you can show your friends and family. Look for them in the on February 18th.

Nicklaus' Martial Arts America Shows and Presentations

We'll be asking you. Can you help us out? We're prepared to come to schools, church groups, service groups, or any gathering that you can think of to show people what we do. Gym teachers are asking us to come and teach their P.E. classes. Can you ask your P.E. Teacher if we could do that in your school?

We bring a fun, exciting presentation that always has high energy. Your help would be appreciated.



Happy Birthday!

- 1 Alex Flatten,
- Alex La Fond
- 8 Nathan Burns
- 9 Isaac Oelke,
- Ryan Faas
- 14 Austin Charles,
- Matthew Dietz
- 16 Jayna Prieur
- 19 David Solie
- 22 Laura Oestmann
- 25 Colin Buckley,
- Elizabeth Thometz
- 26 Allison Zink



February Events



Combat Endurance Classes

Regular Combat Classes have started. There are classes on **Monday/Wednesday at 7 pm and Tuesday/Thursday at 5:45 am.**

I'll also be starting another one beginning February 18. Keep your ears open.

1st Ever Combat Endurance Training Monthly Newsletter

The Combat Newsletter will include writings from 4-5 Fitness and Nutrition Experts along with great health and fitness ideas. There will also be a monthly exercise DVD that you can add to your fitness library.

Go to www.CombatEnduranceTraining.com to order your Free Copy of the 1st edition of the Health and Fitness Newsletter. Your cost after the 1st month will be \$29.



Gear

Remember –

- All students in the Basic Program, Black Belt Club, and Leadership need Hand & Foot Gear by Gold Belt for their regular classes
- All Purple Belts & above need ALL their gear & need to spar at least 2/month.

By Gold Belt Hand Gear
.....Foot Gear

By Orange BeltHead Gear

By Green BeltChest Guard
.....Shin Guard
..... Elbow Guard
..... Mouth Guard
..... Cup/Supporter

BBC/Leadership.....All Weapons



Order Gear at Our Gear Website:

www.NMAA.cmasdirect.com

BOOK CLUB MEMBERS FROM December

- 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:

- Escrima Sticks



Wavemaster & Gloves Valentines Special

Order in February & Save 10%

Check it out at www.NMAA.cmasdirect.com

Great Training Tools for Cardiovascular strength and Explosive Power.





MR. CORNELL IN KOREA?!?!?!?

Hi Folks, the last time that my mom and I saw our family in Korea was 15 years ago. I think we're due for a visit. We'll be there from Jan 30 - Feb 11. I'll post updates on my blog at WCornell.blogspot.com/ (also linked on our student site pg.2). See you when I get back!!!

W. Cornell

ROCK SOLID CALENDAR – February 2008

Rock Solid Themes: *Value Make Someone's Day and Smile! Have Fun!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • Check out Mr. Cornell's Blog with Updates on his Trip in Korea http://Students.RockSolidKids.info • Reminder, Purple Belts and above need to make 3 Friday Training with Instructors to Graduate • Part 1 of Lance Nicolai Memorial Seminar Series: Grand Master Charles Warren, Feb 15 – 17th Weekend 					1 Train With Instrs. 645 pm Ona - MAA	2
3	4	5	6	7 Sparring In 445 pm & 615 pm Classes	8 Train With Instrs. 645 pm Ona - MAA	9
10	11	12	13	14	15 Beginner Graduation 7 pm Location TBA	16 Grand Master Charles Warren Seminar Weekend
		The Lance Nicolai Memorial Seminar Series Kicks off this Weekend With Grand Master Charles Warren				
17	18	19	20	21 Sparring In 445 pm & 615 pm Classes	22 Train With Instrs. 645 pm Ona - MAA	23
24	25	26	27	28	29 Train With Instrs. 645 pm Ona - MAA	Mar 1 Mr. Cornell & Ms. Facchinello in Calif. for National Tournament

BBC/LEAD MONTHLY THEME: Escrima Sticks

Next Month: Nun-Chuks