

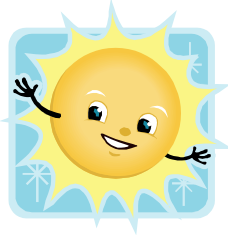


May 2008

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

Will Spring Ever Come This Year?

It's hard to believe that we had snow falling during the last week of April. Is winter finally over? It would be great if we could get on with some sunny, warm weather. When the nice stuff finally does come then moms and dads will be faced with some tough challenges.



When the warm weather does come it's only natural that your kids will want to be outside to soak up some of that warm sun. It's only natural and they certainly should enjoy the warm weather while it's here.

During this time of the year we at Nicklaus' Martial Arts America are confronted with many questions about how many times should kids come to class and what should parents do if kids lose some of their interest for their Karate classes at this time of the year?

Over time we've found that our students want to enjoy the nice weather, especially during the first few weeks. Here are a few suggestions that parents have found to be helpful in keeping their kids fired up about their lessons.

- Try cutting back on the number of classes that your son/daughter is coming to class. Sometimes just cutting back on classes a bit during the early warm weather lets the kids know that they can have time to do something other than martial arts. Tell them that you're going to let them enjoy the first few weeks, or the first month of the nice weather, and then you'd like them to get back to the regular schedule of classes that you were attending. We often times find that kids are wanting to get back to regular attendance after the newness of the warm weather wears off.
- We've even had parents give their kids a week or two off to enjoy the nice weather

with the understanding that after the break things will get back to the regular routine. We can all use a break once in a while.

- Do your best not to be alarmed if you notice a slight change in your son/daughter's excitement level. Sometimes all they need is one of these little breaks or a private lesson or two with an instructor to encourage them and even show them a few new things.

We've found that most situations can be turned around in order that a youngster can once again feel the full energy and the excitement of their involvement in the martial arts program. We encourage parents to do your best to keep your child involved in our program. All parents realize that there can be tough times and occasional bumps in the road. Many parents have also found that it is their parental persistence and the belief that martial arts training is a life style that can bring life long results for a child that makes these occasional struggles worthwhile.

**Your patience and your persistence
will bring your children many lasting
rewards.**



**Fred Nicklaus
Master Instructor**

The Last Installment of the Lance Nicolai Seminar Series

Our students have had three outstanding learning opportunities with three spectacular martial artists. There have been many smiles and much learning has happened. We have one more highly skilled martial arts instructor coming to you the first weekend of June.



Master Michael Bernardo
comes to us from Canada. He is a 7 Time World

Champion and has helped myself and Mr. Hickok soar to new heights of bo mastery. Mr. Bernardo has two schools in Canada and is also the **Coach of the Canadian National Karate Team**. Like all of the others this is an event that you will want to take part in. You'll start to hear more about the Bernardo seminars beginning in May.

He's been in Movies & Television such as the following



Feature Films

Batman and Robin
Shootfighter and Shootfighter II
Moving Target
Terminal Rush, Grid Runners

Television:

W.M.A.C. Masters "Turbo"
Television series shown on FOX

More than that, he's recognized as one of the **Legends of Bo Staff** competitive forms. From personal experience, I hold Master Bernardo in high regard for all that he's taught me and helped learn (not just with the Bo Staff but as a Martial Artist as well). **Folks, get your sharpie out now and mark JUNE 6 – 8 on your calendar.** You will be impressed with his presence and knowledge. Make it to this seminar!



Sincerely,

William Cornell

Combat Endurance Training Class
For Parents and Kids

Hey everybody, join Mr. Nick for an evening of great exercise on

Thursday May 22
6 pm at
Blessed Sacrament School

It doesn't matter whether you're in great shape or need a little work, Mr. Nick will show you how anybody can benefit from the movements of the Combat Endurance Training program. This class will give you some great ideas as to exercises that you can do in your own home to get yourself into incredible shape. **Bring the whole family!**



If you would like to try the regular Combat Endurance classes they are being held on

Monday and Wednesday Evening
at 5:45 and 7 p.m.
& Tuesday and Thursday Morning
at 5:45 am

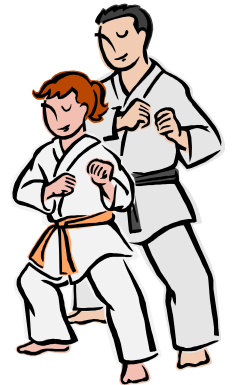
All classes are in the Blessed Sacrament gym
There is still room in any of these classes. Give them a try and get into your best shape for summer.

Family Classes

Since we've started the family classes a few months ago we've had parents telling us that they enjoy coming to classes with their kids and it makes it a bit easier on travel time. We were hoping that this was the response that we would get.

Have you had a chance to come to class with your son or daughter?

Other than the fact that it's a fun activity to do together, the family class allows parents to better understand what their kids are going through when they are in class. We're glad that many of you are able to watch class and watch your kids learn their movements from the sidelines. We also know that by trying the movements for yourself you will feel for yourself just how difficult some of these movements can be.



Over the years we've found that kids who have parents who are watching their classes whenever possible and who are actively involved in martial arts themselves seem to find it that much easier to stay motivated and continue to do their very best.

Give a Family Class a try if you haven't already. Remember you can try it for a month and get your own uniform. We guarantee that you will like it and your son or daughter will like having you in class. Martial arts training can truly be a fun family activity.



Happy Birthday!

- 1 Brent Robley
- 3 Jacob Ghelfi
- 6 Justin Rohe
- 8 Joseph Vandermus
- 12 Aditya Ailiani
- 16 Kyle Van Dyck
- 17 Zach Twite
- 21 Seth Donskey
- 23 Mr. Bushek
- 24 Hunter Willer
- 25 Maesen Bade
- 26 Mykala Miller
- 27 Andrew Thometz
- 28 Christopher Flaten,
Beth Flaten
- 29 Kokee Vue
- 30 Stirling Foley,
Tom Greguska
- 31 Jaida Kenana



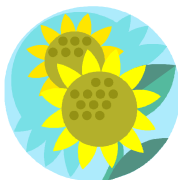
BOOK CLUB MEMBERS FROM April

**Kristen Spencer
Brandon de Zeeuw
Cameron Crandall
Sara Groetsch**

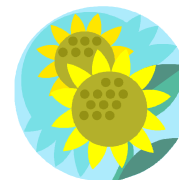
Special Events for Members of the Black Belt Club & Leadership Team

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 April:

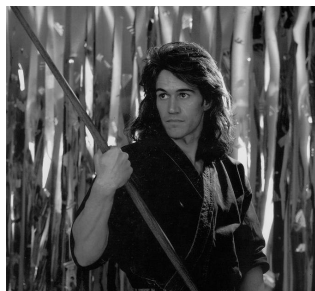
- **Bo Staff**



May Events



Lance Nicolai Seminar Series Part 4:



Master Michael Bernardo – Bo Staff Seminar

June 6 – 8

Onalaska MAA

No Regular Classes

Check page 2 & Make Sure you Plan for this Seminar

Special Master Leadership Conference

Tuesday, May 20th at 530 pm – 645 pm

Blessed Sacr. School

We have a **SPECIAL PRESENTATION** lined up for you. Steve & Carol Meade are parents of one of our leadership students in La Crosse, Tori. They are **Professional Hypnotists**. They're going to do a special presentation for Leadership Students. One part will be an entertaining show. They also work in other areas of personal development that we want them to present on – **Success Visualization**. We try to bring special events for our Leadership Students. Here you are! ***Don't Miss Leadership This Night!***



**BOOT CAMP I DEADLINE MAY 30TH –
REGISTER FOR THE FUN NOW!**



Workout with Instructor Days

EVERY FRIDAY THIS MONTH! WHOOO!!!



Remember, that ALL Purple Belts and above including Black Belts must attend at least 3 Workout with Instructor Classes during the 3 month Graduation Cycle. The Workout with Instructors class is exclusively for Black Belt Club & Leadership students. If you're interested in trying the class, however, talk to your Instructor for a special invitation to try the class.

Sparring Days in March

Note: Sparring Days in March will be held on

May 1st & May 15th

The sparring sessions are at 445 pm & 615 pm. The two classes are interchangeable so if one time works better than another, go ahead and strap on your gear and be ready to rock!



Online Curriculum Videos

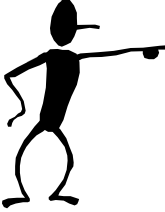
<http://Students.RockSolidKids.info>

Curriculums will be available online by May 9th

Let us know if you have any request or idea about what you would like to see on the website at **MAAweb@RockSolidKids.info**

ROCK SOLID CALENDAR – May 2008

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starting May 15th – May 31st – BO STAFF SALE www.NMAA.cmasdirect.com 15% OFF (coupon code: bo) Get Your Fancy Bo Staff Just In Time for the Bo Seminar				1 Sparring Night 445/615 pm	2	3
4 Advanced Belt Stripe Check Week	5	6	7  Try Family Class	8	9 	10 Black Belt Testing Ona – MAA 2 pm All Welcome to Watch!
11 Beginner Belt Stripe Check Week	12	13 	14	15 Bo Staff Sale Starts! Coupon Code: bo	16	17
Happy Mother's Day!				Sparring Night 445/615 pm		
18	19 	20 Master Leadership Class Blessed Sacrament School 530 – 645 pm	21	22 Parents & Kids Combat Endurance Training Class Blessed Sacr. 6 pm	23	24 
25	26 Memorial Day No Regular Classes	27	28	29 	30 Boot Camp I Registration Deadline	31

UPCOMING JUNE EVENTS

Michael Bernardo Seminar June 6 – 8

Beginner Graduation June 13th

Boot Camp I: June 23rd – 27th

BBC/LEAD MONTHLY THEME: *BO STAFF*

Next Month: Musical Form