



July 2008

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

There Is A Champion Among Us

As a 10 year old he was quiet and didn't stand out in a crowd. It was hard to know what he was thinking because he would hardly ever express his opinion.

As his time in the Karate school passed his technique continued to grow. Even though he was quiet, he was always there working on his skills. Because of this constant presence his skills began to become evident to those of us who were his instructors. You could count on him being there for any extra events that we sponsored.

As time passed we finally teased him to smile and talk a bit more. It was now becoming evident that he had a love and passion for the martial arts. His technique continued to become crisper and cleaner to the point where he was one of our very best students. His ability to communicate also started to grow. At the age of 14 I decided that it was time to give him a chance to become one of our assistant instructors.

He became stronger still as he continued to work on his martial arts skills but more importantly on his ability to communicate and make his students comfortable while they were in his classes and in his company. Over time he was given the responsibility to run the Karate school. He was given the challenge of being the chief instructor, complete with all of its responsibilities. All of this happened when he was still at the University finishing his studies.

As his communication skills continually grew he was able to communicate a desire to parents and adults that he wanted the best for his students not only on the martial arts floor but also in their lives. He came to understand that to become the leader that he wanted to be that he would have to push people to levels that they would never push themselves to. He would have to say and do things that people might not want to hear or do. He would also have to realize that some people might not agree with his methods and he might lose them.

It's not an easy journey to be a leader and a champion. As his leadership skills continued to improve he continued to work on his martial arts skills. Eventually he won a **world championship** in the WSKF, a national martial arts organization. He was thrilled with the accomplishment but his goal was to become a national champion and #1 ranked player in America's largest sport Karate organization, the North American Sport Karate Association (NASKA)

In order to accomplish his goal he has set his sites on traveling around the country to compete in NASKA tournaments. Over the past two years he has logged many miles and spent much time in travel and in ongoing practice to achieve his goal. Because of his dedication he has worked to become the #2 ranked person in the organization.

Even though being #2 is quite an accomplishment, it is his desire to become #1. This requires an entirely different set of thoughts and beliefs in oneself. Over the past 6 months we have begun to spend more private time working together to fulfill the goal of becoming #1.

He had been telling me about what the number one person in the country had been doing at the tournaments. It became obvious to me that his focus needed to shift from what the other guy was doing to what he was doing. We can only control what we do and what we think. Everything else is out of our hands. I started to talk about the pictures that we bring to our own minds. What successes of the past, along with success feelings and emotions of the past, are you bringing to your mind to set yourself up for future successes?

We worked on technique and cleaning up small things to make them stronger. Being a champion really is about little things, but having the desire and discipline to change little things is what separates those that are champions from those that want to be champions. The most important things that we worked on were being sure that his mind was ready to accept the thought of being a national

champion in America's largest martial arts organization.

I asked, "what does the #1 one guy in the country do to prepare to become a national champion. What do you look like as you enter the competition area." We talked about the way he looks, the way he walks, the way he prepares. We picked apart all of the little pieces of physical performance, physical appearance and presentation, and mental preparedness.

Then two Saturdays ago I received a phone call from Kentucky. It was him on the other line and his voice said, "you're talking to the #1 guy in the country" I was thrilled and I knew that he was proud of his accomplishment. I also knew that he was now understanding what he needed to do to continue to win national tournaments and stay as the #1 guy in the country.

Just last week I came to the Karate school after classes and found him there working out after hours. As I entered the room I watched as he was practicing. Something looked different, it was how he was practicing. It was perfect practice with passion and conviction. I now knew that the picture was now becoming very clear in his head. I was watching the #1 guy in the country practice. Everything about his movement and his energy spoke of being the #1 guy. It was exciting to watch.

Mr. Cornell has displayed the qualities of a champion both inside and outside of the Karate school. His character, work ethic, and willingness to continually put himself in challenging positions are the things that will always serve him well and push him to new levels of excellence. These same qualities are those that he can teach his students and that will help his students become the best that they can be.

I'm confident in saying that all of our students are fortunate to be trained by a champion. Do your best to learn from him and spend as much time as you can with him so that you too can learn the skills necessary to become a champion in whatever field you strive for excellence in

Remember to learn from those who have been there. Remember to follow a proven system and not reinvent the wheel. Remember to put yourself in challenging situations and not expect to win every time you participate. Some of your best

learning experiences happen after you lose. Remember to trust those you ask to teach and show you new ways to grow.

Congratulations Mr. Cornell on becoming a National Champion, someone who is willing to do what it takes to fulfill your dreams.

Respectfully,



Fred Nicklaus
Owner & Master Instructor
Nicklaus' Martial Arts America

Displaying Our National Champion

It is our goal at Nicklaus' Martial Arts America to take Mr. Cornell out in the community to tell his national champion story. He and I will be doing presentations for day cares, church groups, business meetings, and any other events that you might help us with.

We ask that you help us spread the story and value of what we do by helping us arrange presentations for any group or organization that you belong to.

Telling our story is the best way for us to let others know of the value of our program. As always, your help is appreciated.

Fred Nicklaus

Are You Getting the Latest???

Make sure that you keep up to date with the latest information that's happening at the karate studio by signing up for Our Daily Emails and Weekly Announcements at

<http://Students.RockSolidKids.info>

See the latest Beginner Curriculum on this site on July 10th. Also, visit

www.YouTube.com/user/karatelax

to see your Instructors in action and our demo team perform.

Happy Birthday!

- 1 Sara Groetsch
- 2 Jimmy Meyers
- 4 Mr. Yoshizumi
- 6 Max Doering
- 7 Alahna Keil
- 9 Maria Miller
- 13 Susan Lundsten
- 24 Morgan Barton
- 25 Eric Sesvold,
Leda Schwertfeger,
Thomas Seland
- 26 Darius Namazi
- 27 Owen Kosir
- 28 Janette Dawson
- 29 Nate Speckeen
- 30 Brian Kosir,
Nicole Burns
- 31 Ms. Facchinello



BOOK CLUB MEMBERS FROM June

**Kristen Spencer
Brandon de Zeeuw
Cameron Sahagian-
Crandall
Sara Groetsch
Gabi Baures
Jacob Weber**

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 July

- **Escrima Sticks**

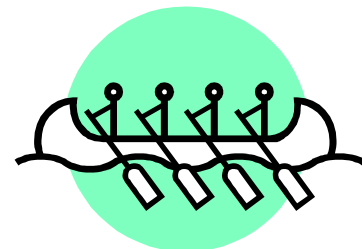


July Events



Family Canoe Trip

It was a blast last year. We have decided to change it to a weekend this time to allow more families to join us. We travel to Rushford, Minnesota for the trip (about 45 minutes) and spend a good part of the day enjoying the beauties of the river and the Minnesota countryside. We will plan to meet at the Onalaska Karate school at 10am



The cost of the trip is \$10 per person. The date for the family canoe trip is Sunday, July 20th

We ask that you let us know as soon as possible if you plan to join us as the canoe rental people need to know how many canoes we will be needing.

Hope to see you on the river!

Workout with Instructor Days

**Friday, July 18 & 25
Ona - MAA**

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.

Movie Night Thanks!

A Special Thanks to Mr. & Mrs. Christianson, owners of High Roller Skating, for supplying all of the popcorn at our Movie Night.

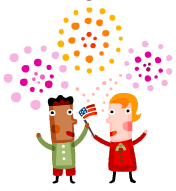

<http://HighRollerSkating.com/>

Also, Thanks to Mr. & Mrs. Meade, professional stage hypnotists, for providing the movie projector & screen.

<http://ProBookings.com/>

ROCK SOLID CALENDAR – July 2008

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Go to http://Students.RockSolidkids.info to purchase your 9 Minute Combat Endurance Package & Save \$20 (Check out special insert)				Happy Independence Day! No Classes Friday/Saturday. 		
6 	7	8	9	10	11 Black Star & Advanced Testing 7 pm Location TBA	12
13	14 	15	16	17	18	19 Mr. Cornell's Fitness & Focus Presentation at Children's Museum
20  Canoe Trip Meet Ona – MAA 10 am	21 Boot Camp II Starts!!!	22 No Adult Morning Classes	23  Take A Family Class for Free	24 No Adult Morning Classes	25	26 Black Stripe Testing 2 pm LaX - MAA
27	28	29 	30	31	Upcoming August Events: 5 th Annual Kick-A-Thon Beginner Graduation Aug 15	

BBC/LEAD MONTHLY THEME: *Escrima Sticks*

Next Month: Nun-Chuks