



August 2008

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

The Value Of Role Models

I've heard it said many times, "A village raises a child." I agree with that statement. Everyone's village may be a bit different but if we all analyzed who our kids are around and who we trust with them, we would all be able to put together a list of people that help us take care of our children.

All of you have chosen to be a part of the Nicklaus' Martial Arts America family. When you made this choice you gave us the ok to be one of the select group of people or organizations that is given the privilege to work with your kids.

Having said that it's important for you to realize what it is that you gave us the ok to do. I want to make sure that you understand the scope of what it is that we can do.

Often times when a parent or parents give us permission to work with their child they think that they are giving us permission to teach their son/daughter Martial Arts. Even though this is true, what exactly does it mean to give someone permission to teach your child Martial Arts?

Now that you've been with us for a while you've come to realize that there is much more to this than kicking and punching even though kicking and punching may be what you signed up for.

Kicking and punching is the hook. I know that and my instructors know it. At the same time they are all keenly aware of the fact that they are all in charge of teaching many more important things. Here are some of the things that your children will get from this program as they continue on with their training.

- **Focus-** the ability to center one's attention on the task at hand. It's essential to getting good grades, completing projects in a satisfactory manner, and accomplishing goals and fulfilling potential and dreams
- **Respect for self and others-** It matters how we treat ourselves and how we treat others. Those who practice the skill of respect seem to be given better opportunities to better

themselves. It makes sense, take care of yourself and others, and you're a person who others want to be around.

- **A willingness to work and not give up when things get tough-** Nothing worth having can be had without a certain amount of work and sweat. In May, while in Florida I listened as America's most decorated wrestler and wrestling coach gave a presentation. Dan Gable went on to say, "I wanted to become a champion so badly that I made up my mind to work harder than anyone else." Even though some of us may never be champions, we can all work like champions and become our best.
- **A willingness to try new things and make mistakes-** I marvel at the number of people who say that they want to be like someone or accomplish something. When they are told some of the things that they need to do to achieve that goal, they stop before even starting. How dull and boring life must be to never accept challenges and learn how to handle one's mistakes and still press on towards the goal.

Now the next important thing to understand...

Putting your children in touch with those that can help them achieve their goals is essential to the fulfillment of your children's potential.

Take a look again at the 4 things that I mentioned above that your child will get as he/she continues on in our program. Now take a look at the instructors that your child will be learning these things from.

Every instructor at Nicklaus' Martial Arts America, whether they are national champions or not, knows how to get results out of kids. All of these people have gone through extensive training not only to teach them the proper way to kick, punch, and give effective directions, but more importantly they know how to get kids to perform.

When you started your program you may have been under the impression that coming to 2 classes per week was all that you would have to do to get your child to be able to really learn the martial arts and to even achieve their Black Belt.

**If that was your impression,
you were wrong.**

I tell you this not to make you feel bad or to embarrass you in any way but to help you realize that your son/daughter will get that much more out of this experience if she/he spends more time with his/her instructors and takes advantage of the many extra learning opportunities that we offer.

Spending time with and learning from champions and those that aspire to be champions is quite possibly the best way for our children to become the best that they can be. What's even better is when kids can learn from champions who are very close to their age. It seems to be easier for them to associate with young people who are closer in age to them.

As a parent I know that there are many things that I can and should teach my kids. I also know there are times where I need to step back and let someone else work their magic. It's hard sometimes. Letting someone else take over complete control of my child in a learning situation requires that I leave my ego and my views on how it should be done at the front door.

My kids are 18 and soon to be 16. They are both great kids. I'm proud of who they are and what my wife and I have done to make them the people that they are. I'm also proud of the fact that there have been times when we've let others help and we've given our kids permission to take full advantage of the other person's time and teaching.

You have entered a very unique learning environment. At times you may not understand or even agree with what your kids are being taught or how they are being taught. The fact remains that over the past 30 plus years we have helped thousands of kids become physically, mentally, and emotionally stronger than they could have become without their Martial Arts training.

We're excited about the opportunity that you have given us to work with your children. Rest assured that we will do our best to make it a worthwhile experience that will benefit them for a lifetime.

With respect,



Fred Nicklaus

Owner & Master Instructor

Nicklaus' Martial Arts America

Kids Helping Kids
5th Annual Kick-A-Thon

Another lesson that's good for kids to learn is that it's

***Important to give your time and energy
to help others.***

Here is one of the special opportunities for your child to learn that I talked about in the previous article.

We've chosen to have a yearly fundraiser to help **Kids with Cancer at the Gundersen-Lutheran Hospital**. We help our kids understand that they are fortunate to have their health. It's also good to give thanks in some way for having one's health. Giving thanks for one's health and showing concern for those who are not as fortunate is an essential character trait of a champion.

Over the past three years we've raised over 30,000 dollars for kids with cancer at Gundersen/ Lutheran. We want to raise at least \$10,000 again this year.

This past year we encouraged every student to raise at least \$35 for this cause. **This year we are going to ask that each student who participates raise at least \$50.** It might require a few more phone calls or knocks on doors but it's for a great cause and we know you can do it.

Our Children's Miracle Network Fundraiser for kids with cancer will be held on Saturday, August 16 at the Onalaska school. Watch for details about times in the schools over the next week.

We hope that you make it a point to come and kick for 30 minutes to help kids who can't kick. There'll be different kicking times that day for your son/daughter to kick at. You are blessed to be healthy. Help us give others the chance to be healthy.

Mark your calendar for August 16. All students Dragons, Tigers, Kids, Teens, and Adults will kick. This is a fun workout for you that gives you the chance to hang around other Martial Arts who are also willing to give of their time and effort for this worthwhile cause. **Looking forward to seeing you on the 16th!**

Happy Birthday!

- 4 Kylie Slaby
- 8 Kaden Hansen
- 11 Matt Braunshweig
- 18 Cody Zink
- 22 Gillian Caretta
- 30 Eric Prieur



BOOK CLUB MEMBERS FROM

April

**Jacob Weber
Kristen Spencer
Brandon de Zeeuw
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 August:

- **Nun-Chuks**

福 August Events 福



5th Annual Kick-A-Thon Saturday, August 16th

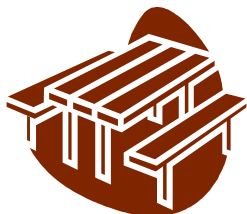


As you've just read on page 2, the Kick-A-Thon is annual event at Nicklaus' Martial Arts America. It's our once year Fundraiser. As a Thank You for your help, Mr. Nicklaus awards every participant with a FREE Kick-A-Thon Shirt (must raises the minimum of \$50).

Also, every student has the opportunity to win a \$250 prize to use any way that he/she would like – a new bike, a new TV, a new video game, some books, invest in an IRA or college fund(maybe a parent's idea ☺). Here's how it works. One student from Onalaska & La Crosse will win. Each student that raises a minimum of \$300 will be entered into the drawing as follows:

- \$300 – 399: 3 Names in the Drawing
- \$400 – 499: 5 Names in the Drawing
- \$500 – up: 7 Names in the Drawing

The Annual School Picnic



Wednesday August 27th

5:30 p.m. - until the cows come home

**West Salem Gun & Rod Club (only water shootin' going on)
Remember: No classes that day. Maps will be on our website soon
and at the karate school**

Great food, Waterfights, Lots of fun!!!

Our annual picnic is almost here. We ask that you:

- Bring a dish to pass (main courses are always appreciated)
- Bring as big or as many water guns as you can pack into your family vehicle
- **NEW THIS YEAR: Our Hill Water Slide!**
- How much does your water gun cost?1
 - BEWARE! A \$1 BUCKET 3000 is all we Instructors need.
- Bring dry clothes & a towel for the ride home

We encourage all families to make it for a night of fun and great food. It's also a wonderful opportunity for students to get back at their instructors for all of the hard work they've put you through. Mark it on your calendar.






Workout with Instructor Days

Friday, August 1st – 8th – 22nd – 29th at the 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. **NOTE: HEY – Sometimes Friday's fill up with our karate events, and you'll get busy during the school year. MAKE AUGUST FRIDAY NIGHTS KARATE NIGHT WITH ALL THOSE TIMES!**

ROCK SOLID CALENDAR – August 2008

Rock Solid Themes: *The Pitfalls of Comparison and Overcoming the Fear of Failure*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 KICK-A-THON Start Collecting your Pledges now. Check out the display boards and Goal Meters at each school. Turn Pledges in to Instructors on <u>Saturday, Aug 16th</u> .					1	2
3	4	5	6	7	8	9
MAKE IT TO CLASS AND PRACTICE UP FOR THE KICK-A-THON!!!						
10 PROGRESS CHECK WEEK: Adv Belts: 1 st Stripe Beg Belts: Testing Stripe	11	12	13	14 	15 Beginner Graduation 7 pm Location TBA No 6:45 pm Class	16 5th Annual Kick-A-Thon Ona – MAA 10:30 am or 12 pm No Regular Classes
17	18	19	20	21	22	23
24	25	26 <i>Beware of the Bucket!!!</i>	27 MAA School Picnic 5:30 pm West Salem Rod & Gun Club No Classes	28 	29	30
31	1 Closed for Labor Day					

BBC/LEAD MONTHLY THEME: *Nun-Chuks*

Next Month: BO STAFF

As many of you know, I started my martial arts journey nearly 20 years ago. I never realized what avenues and pathways this journey would open up for me. To give you a small glimpse—I, of course, learned about the basics - self-discipline, respect, facing challenges head on, setting and reaching goals, the importance of making mistakes, and the importance of always doing my best. Though it took some time, because of my instructors, I finally learned that my parents weren't as wrong as I thought they were - whether it regarded getting my homework done, cleaning my room, or simply dropping an attitude or stopping some eye-rolling. I have made friends with people that in some way or another have enriched my life and made me a better person. Most importantly, I have been fortunate to teach and work with countless families over almost 14 years of instructing. I could go on and on, but I promised Mr. Cornell that this would only be a paragraph or two....

To get straight to the point, I have worked at Festival Foods for 10 years. I have been asked to help open a new store in Manitowoc (near Green Bay and on the coast of Lake Michigan). While it was somewhat of a difficult decision, I have decided to take on this new challenge. Before I head out East, I wanted to take a moment to thank everyone I have been lucky enough to work with - the students, their families, and of course all of the other instructors. I appreciate always having a place to go to - a place that has kept my feet on the ground and has always reminded me about what's important in life. Thank you for all of the good times, the memories, the laughs, and the friendships - they will never be forgotten.

Sincerest Regards,

Miss Duresky

Ms. Kristin Duresky