



ROCK SOLID NEWSLETTER



October 2008

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

The Making Of A Super School

Over the past few weeks you all know that I made a decision to close Nicklaus' Martial Arts America of Onalaska. This was without a doubt the toughest decision that I have had to make concerning my martial arts business. I thought about it many times over the past two years all the while hoping that our continued efforts in the Onalaska school and with increased advertising and marketing would be enough to resurrect that school. It turned out not to be so.

A decision had to be made but a vision for the future also has to continue. Now that I have decided to close the Onalaska school I have also decided to move forward with a new momentum and a desire to create what I believe can be a **Martial Arts Super School**.

For the first time all of our students and families will be exposed to our very best instructors. Every one of these people is a product of the training system at Nicklaus' Martial Arts America and all of them realize the importance of not only teaching good martial arts but more importantly teaching people to become the best that they can be.

Teaching people to become the best that they can be often times involves making the student do things that he/she may be uncomfortable with or even unable to do in the beginning. The ideal teacher/student relationship is one where the student trusts what the teacher is helping the student to understand and the teacher does what is

necessary to help the student reach his/her potential. It's about creating a trusting relationship between teacher and student.

Over the past 30 years I have had to make many decisions that I thought were important to the continued success of our martial arts business. Many of those decisions were greeted with enthusiasm while some may have been greeted with disagreement and a sense of wonder as to why that decision was made. Many of the decisions were the right decision while some of the decisions did not work out as planned. Whatever the case, every decision that has been made for the Karate schools has always been made with the best interest of maintaining a strong business and with the best long term interests of our students and families in mind.

The decision to close Onalaska was a decision that had to be made. It is my hope that all of our families will benefit from the energy, teaching expertise, and consolidation of all of our efforts. This is a move that can and will prove to make our business stronger and more able to survive some of the harsh economic times that all of us can encounter over time.

I encourage all of our students and families to be a part of this new Nicklaus' Martial Arts America Super School.

Sincerely,

Fred Nicklaus
Owner & Master Instructor
Nicklaus' Martial Arts America

New Schedule

Be sure to pick up your new schedule in the office. The schedule will be effective Monday, October 6. We ask that all of our families be patient as it will take a few weeks for us to realize which classes will be our largest classes. At this point we have left Fridays open in order that we can use Fridays to add class times for those classes which are unusually large. Once we see which classes need to be broken down we will schedule classes on Friday as needed. Note that we have switched our start times for classes to 4:30 pm to allow for additional time to get kids from school and home to the Karate school.

Thanks,

Fred Nicklaus

P.S. All instructors are looking forward to having larger classes. Larger classes have an energy that can not be found in a smaller class. All students will be watched and helped with their individual progress during class but do remember that students will still be allowed to make mistakes. Keeping a high level of energy in our classes is more important than making sure that every student do every movement correctly. Correct and effective technique happens over time.



P.S.S. Our La Crosse school is smaller than our Onalaska school. Some families have expressed a concern about how the combining of both schools will affect the size of classes. We understand how this can happen so the first thing that we do is take a look at the schedule and do our best to accommodate our class size with effective scheduling. We ask that you give us time to evaluate the class sizes and that you be patient.

P.S.S.S. An additional request. Our lobby will be a busy, bustling area during many of our classes. We ask that parents and students who are in the lobby do your best to keep your voices to a low level as we will be conducting classes at all times. **PLEASE-** If you need to carry on a conversation with someone else in the lobby we ask that you take a moment to step outside or wait until class is over. We also ask that you **turn your**



cell phones off or on vibrate when waiting in the lobby of the karate school as cell phones can be a distraction for students and teachers. If you have to take a call, please do so outside or later. Thanks!

Anti Bullying Seminar

Our first **Bully Proof** class went very well with approximately 25 young people in attendance. Kids learned how to avoid bullying situations with a large emphasis on being strong and confident in a potential bullying situation. This is



information that every young person should know. Our next **Anti Bullying class is Saturday October 4 at 2 pm at our La Crosse location.** We ask that you register online at

www.RockSolidKids.info/nobully

for this important seminar for kids.

Interested in learning more about how your kids can learn essential personal safety tools to help them be confident and able to defend themselves in a bullying situation?

Want to give yourself the peace of mind knowing that your son/daughter can be safe in most potential bullying situations?

Be sure to tell your friends about these important seminars to help kids stay safe in potentially dangerous situations. IT'S FREE TO EVERYONE!

Diamond Nationals



The country's biggest and best Karate tournament is coming again to Minneapolis on October 10-11. It's a chance for our students and instructors to compete against the very best that this country has to offer. Consider watching or competing. There is a very good chance that you will see Nicklaus' Martial Arts America instructors competing for the Grand Championship on the evening stage. We will be closed these two days. **Wish your fellow students & instructors Good Luck!**

www.DiamondNationals.com

Happy Birthday!

- 1 Gabi Baures
- 3 Mr. Curt Hickok,
Elisabeth Lichtie
- 8 Kaitlyn Dawson
- 11 Simran Chand,
Ardaas Singh
- 13 Will Sebranek
- 21 Nikki Fike
- 22 Dan Wilson,
Jack Nelson,
Reed Milsna
- 24 Michelle Prieur
- 26 Tiffany Thomson,
Alex Koegel
- 30 Michelle Wilson



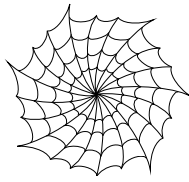
BOOK CLUB MEMBERS FROM October

Sara Groetsch

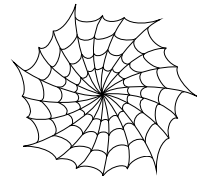
Special Events for Members of the Black Belt Club & Leadership Team

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 October:

- **Escrima Sticks**



October Events



Black Belt Testing

Saturday, October 25

1st Degree Black Belt Test - Noon

2nd Degree Black Belt Test - 2 pm

At the former Onalaska Martial Arts America location

All are welcome to watch these Black Belt Tests where you'll see how good these candidates have become to reach this awesome testing level. If you've never seen one before, You'll get an idea of the what the Black Belt test entails. If you have seen one before, then you know why you should be there to cheer on your classmates and friends.



Halloween Party

Friday, October 24 6pm - 7:30 pm

Blessed Sacrament School gymnasium

(24th and King street La Crosse)

No classes that day

Wear your coolest costume! We'll have a costume contest for different age groups. Good luck!

Kick-A-Thon Drawing

The moment has finally arrived. All of our participants have turned in their contributions by this point, and we're ready to pick a winner. The winner of the 2008 5th Annual Kick-A-Thon contest will be drawn on **October 17th at our Beginner Graduation which starts at 7 pm.** The winner of each school will receive a **\$250 CASH prize.**

ALSO, Kick-A-Thon participants, look for your t-shirt gift from Mr. Nicklaus in the office for those that qualified by raising a minimum of \$35.

ROCK SOLID CALENDAR – October 2008

Rock Solid Themes: *Power of Choice and Power of the Words You Choose*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p style="text-align: center;">Anti-Bully Seminar October 4th 2 pm – La Crosse MAA Make your child BULLY PROOF. Register at: <u>www.RockSolidKids.info/nobully</u></p>						<p style="text-align: center;">Anit-Bullying Seminar 2 pm La Crosse MAA Bring-A-Friend</p>
5	6	7	8	9	10	11
					<p style="text-align: center;">Closed for The Diamond Nationals Karate Tournament Good Luck Students & Instructors! <u>www.DiamondNationals.com</u></p>	
12	13	14	15	16	17	18
					<p style="text-align: center;">Beginner Graduation 7 pm Location TBA No 6/645 pm Classes</p>	
19	20	21	22	23	24	25
					<p style="text-align: center;">Halloween Party 6 – 730 pm At Blessed Sacr. School No Regular Classes</p>	<p style="text-align: center;">Black Belt Testings 1st Deg Test – Noon 2nd Deg Test – 2 pm at Former Ona - MAA</p>
26	27	28	29	30	31	
						

BBC/LEAD MONTHLY THEME: *Escrima Sticks*

Next Month: Nun-Chuks