



ROCK SOLID NEWSLETTER



November 2008

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

A Time for Change and New Growth

October marked the closing of our Onalaska Martial Arts America. After 22 years in the Onalaska community I had to make a decision in order that our business could survive for the long term.

Change is never easy. I thank and welcome the Onalaska families who have made a decision to join us in La Crosse. I also feel badly that some of our Onalaska families chose not to join us. I wish those families the best in all they do and hope that they may be able to begin classes in La Crosse at some time in the future.

This decision was a very difficult one, easily the most difficult one that I've had to make in my 30 years in the business. It was hard to know that this would be an inconvenience for many of our families and a reason for others to have to stop their martial arts lessons. At the same time it was a decision that had to be made and now that it has been made it's important that we move on with a new energy and passion as one Martial Arts America school.

In my mind and the mind's of my instructors there in no longer La Crosse and Onalaska but just one Martial Arts America school. It is my belief that it's not the location of a school that matters but the fact that strong skills and values are taught along with a prime energy and spirit. If this is the case, all else will take care of itself.

We encourage all of our families to do your best to get to meet and know each other and

be as involved in our school and our activities as you can be.

If you have questions or concerns at any time we would be happy to make time to sit down with you and answer your questions.

The strength of Martial Arts America has always been in providing a quality product but also in providing a family atmosphere where all of our families are welcome and appreciated. We fully intend to grow and develop this atmosphere.

We are excited about the opportunity to work with all of our students and help them grow into strong martial artists and people. We thank all of our families for giving us the chance to be part of your family. We take that honor very seriously.

Respectfully,

Fred Nicklaus
Owner & Master Instructor
Nicklaus' Martial Arts America

November Classes with Mr. Nicklaus

All of us need mentors, people who can share inspiration and knowledge with us that we wouldn't find by ourselves. This month I'm excited to announce that our students will be able to spend some additional time with my teacher and mentor, Mr. Nick.

Over all the years, he's taught me that small details make a difference. He's shown me that in my martial arts movements, in how I handle

people in the martial arts business, and also in the thoughts and inspirations that I put into my mind. He has helped me think thoughts that make me a better person and martial artist.

This month all of our students will have the special opportunity to spend some time with Mr. Nicklaus, learning some of the “Little Things” that make big differences.

REGULAR CLASS DOESN'T CUT IT.

In my experience the extra events and, more specifically, the extra classes have made the biggest impact on my life. The special classes help spark an explosion of growth. Mr. Nicklaus puts things in a way that people understand. All students will benefit from all the years of professional experience that he has.

Don't Miss These Classes.

Put them on your calendar. You won't be disappointed.



William Cornell

November Classes with Mr. Nicklaus

Saturday November 1

Anti Bullying Seminar

2:15 pm - Martial Arts America

Tuesday November 11

Special Leadership class

6:45- 8 pm - Blessed Sacrament School

Friday November 14

Training w/ Instructors lead

by Mr. Nicklaus

6:45-7:45 pm Blessed Sacrament School

*Note- This workout will be followed by a **PIZZA PARTY** for all participants (You must **PRE-REGISTER** for this class – Do it soon. **LIMIT OF 75 TOTAL PARTICIPANTS**)*



Upcoming Presentations and Demonstrations

During the month of November we will be out showing people in our community what we do. Here is a look at the presentations and classes that we will be doing in area schools during November.

- Mr. Cornell and Mr. Nick- teaching Martial Arts and Combat Endurance at Mt. Calvary school Nov 3, 10, 17, 24
- Mr. Cornell and Mr. Nick- All School Presentations – **The Making of a Champion**
 - Friday Nov 14, 1 pm - Mt Calvary school
 - Friday Nov 21, 1 & 2 pm - Blessed Sacrament School

These classes and presentations are great ways for us to show and let people feel that benefits of our program. We are always on the lookout for more of these shows.

YOU CAN HELP

If you would like us to arrange a demonstration for your child's school or a presentation for a scout troop, church group, or any other group that you belong to just give us a name and contact number and we will be happy to do the rest. Many more people can benefit from our martial arts teachings and philosophies. The focus, discipline, respect, and fitness that we bring to our students are skills that many more people in our society can use. Help us deliver our message to more people in our community.

Congrats Kick-A-Thon Drawing Winners

Congrats again to our \$250 Kick-A-Thon drawing Winners:

**Josh Beach
Zach Redfearn**

A special congratulations to Josh Beach who over the last 3 years has raised over \$3,000. One person can make a difference. Until next year!



Happy Birthday!

- 2 Jordan Arquillo
- 13 Cameron Sahagian-Crandall
- 16 Ashley Miller
- 19 Vikram Ailiani
- 21 Mr. D. Hickok
- 26 Joey Yoshizumi
- 28 Paul Kosir



November Events



A Special Congrats to Diamond Nationals Participants

During October many of our students and instructors competed in the Diamond Nationals Karate tournament in Minneapolis. All of our students and instructors did well and should be proud of their achievement and their willingness to put themselves in the arena. Here is a list of all of our competitors and how they did at the tournament.



Alexis Arquillo – Spar Finalist	Megan Dawson – 4 th Form, Bo Finalist	Jayna Prieur - 4 th Form, 5 th Bo
Ben Boebel – n/a	Jaida Kenana – 3 rd Form, 3 rd Spar	Michelle Prieur-Form Finalist
Paige Buchanan – 3 rd Form	Kaitlyn Lee – 3 rd Form	Zach Redfearn-Form Finalist
Madessa Collins – 1 st Form, 1 st Spar	Jared Manderfield – 2 nd Form, 3 rd Spar	Justin Rohe – Spar Finalist
Stefanie Cox – 2 nd Form	Tori Meade – 2 nd Form, 3 rd Spar, 3 rd Bo	Brooklynn Scott – 4 th Form
Maria Cox – 1 st Form	Alec Nissen – n/a	Kylie Slaby – 3 rd Form
Kaitlyn Dawson - Form Finalist	Eric Prieur – 2 nd Spar	

A very special congratulations to Mr. Cornell and Mr. Hickok.

Mr. Cornell won the national championship against the best competition in the U.S. His skill is plain to see but it's his energy and spirit that is really coming out on stage and starting to separate him from his competition. Expect that he will become the #1 competitor in the North America during the 2009 competition season.

Mr. Hickok won a 2nd place and two 3rd places against a murderers row of the top under 17 year old Black Belt competitors in the U.S. Mr. Hickok is a great young man who has remarkable martial arts skills and presence. We hope that he might find more time to travel during this next tournament season.

Both of these instructors are exceptional role models for all of our students. There is certainly something to be said for commitment, passion, and a burning desire to achieve one's goals.

Check out Competition Videos at www.YouTube.com/karatelax

BOOK CLUB MEMBERS FROM October

**Sara Groetsch
Tyler Schaaf**

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 November:

- **Nun-Chuks**

Newest Black Belts

Congrats to our Newest 1st Degree & 2nd Degree Black Belts

1st Degree Black Belts

Aditya Ailiani	Lauren Meyers
Emily Appold	Mackie Schwertfeger
Simran Chand	Tiffany Thomson
Nikki Fike	Victoria Waters
Stirling Foley	Xavier Yang
Jared Manderfield	

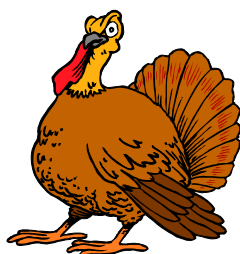
2nd Degree Black Belts

Austin Helgerson
Susan Lundsten
Eric Sesvold
Amanda Whalen

Workout with Instructor Days




**Friday, November 7th – 14th – 21st at the MAA
(except the 14th – Check out details on page 2)**

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.



ROCK SOLID CALENDAR – November 2008

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>Holiday Shopping November 12th – 26th SAVE 20% on Everything Shop & Order at: http://Students.RockSolidKids.info Coupon Code: holiday</p>					<p>1 Free Anti-Bully Seminar 215 pm MAA</p>
2	3	4	<p>5</p> 	6	<p>7 Workout w/ Instructors 645 pm At MAA</p>	<p>8</p> 	
<p>9</p> 	10	<p>11 Master Leadership Conference 645 – 8 pm Blessed Sacr School</p>	12	<p>13</p> 	<p>14 Mr. Nicklaus' Training w/ Instr. Pizza Party Blessed Sacr School 645 – 745 pm</p>	<p>15</p> 	
16	17	<p>18</p> 	19	20	<p>21 Workout w/ Instructors 645 pm At MAA</p>	22	
23	24	25	26	27	28	29	
<p>THE LAST FEW DAYS OF OUR MARTIAL ARTS HOLIDAY SHOPPING! Get all your shopping done from your computer chair at home even before the Thanksgiving Crazy Sales! Gear, Weapons, Holiday Gifts??? Grab 'em now! http://Students.RockSolidKids.info</p>				<p>Closed for Thanksgiving! Nov 27 - 29 Enjoy your break</p> 			

BBC/LEAD MONTHLY THEME: *Nun-Chuks*

Next Month: Bo Staff



Holiday Shopping 2008

November 12th – November 26th

Simply go to: <http://Students.RockSolidKids.info>
(Check Out the Gear Site in All its Glory November 12th)

You don't even need to stand in line. No Sub-Zero Temperatures. No Ornery Customers to fend off. You can even sit in your pajamas and order everything that you need to order from the comfort of your own home.

EVERYTHING IS 20% OFF!!!

Pick out what you want and enter in the **COUPON CODE: holiday**. You'll be set to go (note: all bundled items will reflect the 20% savings because coupon codes do not work with bundles)



What to get a Martial Artist?

Here's some suggestions for your Karate Christmas gift list

- **Wavemasters Heavy Bags** that can be filled with water or sand. This is a great tool for developing explosive punching and kicking power and also give students something to work on by themselves. Kids really love to hit these things. (comes in adult and kids sizes)
 - **Grab the Wavemaster/Boxing Gloves Bundle**. Use the boxing gloves because it's not a good idea to hit the bag with your hands or to use your martial arts gear to hit the bag. The gear will tear and is not made for that type of consistent impact.
- **Martial arts sparring gear**. All of our students should have their hand and foot gear and now is a good time to get the entire set.
- **Belt racks**- a great way to organize and display your old belts rather than putting them in a box in your closet. You've worked hard to earn those belts. Display them where you can see them.
- How about a **fancy competition bo staff or pair of chuks?** Check out the
- **Handpad striking targets** are a great way for students to develop control and speed on their technique and also provide a chance for family members to get involved in the training.

Note- Occasionally we get someone who says that they have been surfing the net and found lower prices at another martial arts equipment site. We ask you to please go to the Century Internet site that we have set up for our students to buy your martial arts supplies. It's easy and convenient and Century has proven to be a dependable supplier and good company for us to work with. You may be able to save a few dollars elsewhere but we ask that you use the service that we have set up for you. By doing so you are also supporting the continued growth of our schools and helping us provide the best service possible. Thanks for understanding.