



January 2009

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

A Ray of Light

You may have read this in one of my recent emails, but I feel that it's an important message for all families and students to see again for the start of 2009

Starting the day or the year off on the right foot and staying on the path is as simple as taking a first step.

Last night my wife and I went out for dinner and to a movie. We ate at Famous Dave's and went to see Benjamin Button with Brad Pitt.

The beef brisket was phenomenal and I really enjoyed the movie even though my wife was all google eyed and blubbering over Brad Pitt. I told her that I thought I looked a bit like Brad and she smiled and said nothing.

This morning through no fault of my own I woke up on the couch. It's one of those things where when I get horizontal after a good meal and movie forget about it, I'm out.

My wife scolds me sometimes because even when we have company I tend to pass out if I lay down on the floor or on this really comfortable couch.

I tell her it's nothing to get shook up about. It's just the way it is. When I'm tired, well fed, and among friends, I'm at peace. So what better thing to do then to go to lala land.

So this morning I woke up and looked up at the west family room wall. A few years back while on a trip to Key West I purchased a portrait by the Hawaiian artist Walfrido.

It's a beautiful scene of the sun peaking over the Hawaiian mountains and starting to light the forests on the mountainside.

As I looked at the portrait I thought what a great thought for the beginning of 2009. The

start of a new day. The start of incredible possibility and hope.

Whatever may have happened in 2008 is now a distant memory. Hopefully you gained experience and knowledge whether your year was a good year or a tough year.

Take that new knowledge and combine it with an energy and attitude that 2009 will be your best year ever and a year that you truly want to keep at the forefront of your mind.

As I've mentioned to you before, there's just too much negative being thrown at us everyday. It's easy to fall into the trap and start believing, like so many do, that we have no control over our destiny.

It must be a terrible feeling to feel helpless.

As long as we breathe there is potential. All of our skills and paths to happiness may be different but the paths are there if only we choose to explore.

We are given a true gift. It's up to us to take the gift and turn it into a creation.

Recently while at my mom's house I looked at a saying that she has posted on her refrigerator.

The great native American runner Billy Mills said, **"Our life is a gift from God. What we do with our life is the gift that we give back to God."**

What are you planning to do with your life in 2009? I hope it's something special and something that inspires your heart and your imagination.

Happy New Year,

Fred Nicklaus

**Fred Nicklaus
Owner & Master Instructor
Nicklaus' Martial Arts America**

A Very Special Holiday Concert

Recently I went to a concert featuring a good friend of mine from college. If you want to hear some of my college stories this is a guy you will want to talk to. I will remind him to be sure that he doesn't dig too deep into the closet.

My friend's name is Kris Risch and Kris is a marvelous singer, songwriter, and story teller. He is a teacher and basketball coach along with being a fun guy to be around. Many of Kris' songs are about kids and their potential and their questions.



I've asked Kris to do a concert for our families and friends and he has agreed. It will be a fun evening of song, stories, and guaranteed much laughter. It will be something that I am confident you will enjoy.

The date for this very special show is
**Saturday January 17th
at 6:30 pm.**

I will let you know of the location within the next week.

Kris' music and his stories will inspire both kids and adults. It's a story and an evening that you will not want to miss. It's a great way to start off your new year.

Be sure to bring as many friends as you think would enjoy an evening of fun and music

-Fred Nicklaus

Comments About "The Smile Of Stupidity"

Recently I send out an email that was entitled the Smile of Stupidity. I received many emails

back nodding approval. Here is the email in case you missed it.

Subject- The Smile Of Stupidity

Every day people cover up dumb decisions with a smile, a stupid smile

It seems that some folks think that as long as you smile before or after you are about to do something dumb, it makes everything ok.

Let me give you an example.

A while back during a meeting with a child, mom, and dad I encountered the **Smile Of Stupidity Law**

Before this meeting the mom had told me that she is very uncomfortable around her 9 year old son. It seemed that he would become quite irritable, to the point of being violent, if he didn't get his way.

To her credit, she was asking for help so she could help her son.

Mom and dad happened to be divorced and the son lived with the mom

Dad came in to the meeting that we had and told me how great his son was. How he was the second coming of everything good and perfect. After explaining that he proceeded to smile the smile of stupidity

You see, the smile of stupidity is usually used to cover up a load of bull or it's used by some to remain blissfully ignorant. This guy was dealing in both.

Next the 9 year old boy started to tell what he would like to see emphasized in the martial arts classroom.

I interrupted the boy sage and told him that I wanted him to be quiet and listen to what I had to say.

A look of shock immediately came upon the boy genius' face. I would guess it was because it might have been the first time that someone had told him to be quiet and listen.

I explained to him what I was going to do for him. I made it clear that we would do this my way and I would expect him to make the meetings that I had scheduled.

After a few private meetings with me he started to see things in a different light. He realized that listening and showing respect to his parents was important.

I was told by his mom that he stopped being as moody when things didn't go his way. To his credit he was a very intelligent young man who needed help realizing where he fit in the pecking order.

Back to the smile of stupidity. Why would someone smile when their world is absolutely coming apart? Why would they allow their household to be governed by an unruly 9 year old?

Soon afterwards the mom told me that the dad chose not to have the son continue with martial arts lessons. He didn't see how martial arts training was helping his son

I wonder what it must feel like living in a world of crap. It's at that point that you wonder if I was looking at the same thing as the father. Obviously not.

All of us can choose to see things in a real light or we can choose to see them with blinders on. Many times it's easier to put on the blinders and put on the smile of stupidity.

Sooner or later the situation will go away as long as we smile long enough and tell ourselves that it's ok.

Be sure that you don't wear the SOS (Smile Of Stupidity) concerning important matters in your life. Be sure to not let the need for commitment, effort, and worthwhile achievement scare you away from achieving your potential.

Additional point

What we do is very exciting and very life changing for kids and adults. We are given a very important job. It's the job of helping our students think, do, and become their best. There are many things that go into the mix.

It's important for all of our families to know that this is not just another activity for a child or adults to do.

If done well it takes commitment, dedication, ability to press on, all of these to be accompanied by feelings of pride, accomplishment, and ownership of skills and a way to live a better life.

The Smile of Stupidity happens when adult students or well meaning parents bring themselves or their children to us and assume that they know how we should do things or spend too much time wondering or worrying about whether or not this will turn out the way they want.

It very well may not turn out the way you want nor will it take the path that you thought it might. It's why you come or you bring your

children to martial arts experts who have been on the path to learning, self improvement, and accepting bigger and better challenges themselves.

Caution- Never assume that a young person is not capable or able to reach and teach another young person or adult things that a parent or grandparent can not. The Instructors that I have in your classrooms are extraordinary teachers of the physical movements of the martial arts but more importantly they are teachers and role models of the things that make for a better life for all of our kids. Please understand, every martial arts school is not the same.

We expect that 2009 is going to be our best year ever. We are very excited to have all of you in our program. I would encourage you to watch closely as we do our job to help both adult students and kids grow into the **Champions For Life** that we all want to be.



Be sure to come to watch class as much as you can and be sure to be patient and trust the process.

Notice to Parents and Adults.

You've been watching class for quite some time. ***When are you going to give martial arts lessons a try?***

Exercise, focus, taking your mind off of work and issues for a while, and feeling healthy and strong are all great reasons for you to try martial arts classes or our Combat Endurance Training classes.

New Combat classes are starting January 5 and there's room for you.

Make 2009 the year where you are stronger, healthier, fitter, and that much more ready to meet any challenge that life might throw at you.



Start your New Year off with a Bang!



Happy Birthday!

- 1 Emily Appold
- 17 Xavier Yang,
Glennie Mihalovic
- 19 Mackie Schwertfeger
- 21 Asya Her
- 24 Brooklynn Scott
- 25 Austin Helgerson



BOOK CLUB MEMBERS FROM December

**Sydney Weihe
Jack Papke
Gavin Weiske
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 January:

- **Escrima Sticks**



January Events



Martial Arts America Demonstration Team Shows

The kids on the demonstration team have been practicing very hard for some upcoming shows. We did a show at Logan High School on December 31 and have at least 3 more to do at halftime of Viterbo College basketball games.

The basketball games are on

Saturday January 10

Saturday January 17

Saturday January 31

All of the shows will be at halftime of these games which start at 3 pm

We hope that many of students and families can come over to see the show. I would recommend this highly for our families who have Tigers, Dragons, and White thru Purple belts in our program.

It's a great chance for you to see our students ranging from Purple belt thru Black belt perform. It gives you a very good idea of what your kids could be doing and how good they can be in a very short period of time with practice and dedication.



In addition you will also see all of our Instructors performing. This is always inspirational and I guarantee you that you will sit on the edge of your seat and go WOW while this demo is going on. Mark your calendar for these special demos.

Holiday Concert (page 2)

Saturday, January 17th

630 pm

Location TBA





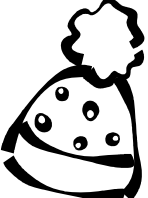
Workout with Instructor Days

Friday, January 2nd – 16th – 23rd – 30th at 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.

ROCK SOLID CALENDAR – January 2009

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Beginner Belts: White – Purple</u> Parents, make sure that you order gear so that your children can do the drills at the start of class. Click Order Gear at http://Students.RockSolidKids.info</p>				1	2 Workout with Instructors 645 pm	3 
4 	5	6	7	8	9 Black Star & Adv. Belt Testing 630 pm Blessed Sacr. School	10 Viterbo BBall Halftime Demo 3 pm
11	12	13 	14	15	16 Workout with Instructors 645 pm	17 Viterbo BBall Halftime Demo 3 pm Holiday Concert 630 pm Location TBA
18	19	20	21 	22	23 Workout with Instructors 645 pm	24
25 	26	27	28	29	30 Workout with Instructors 645 pm	31 Viterbo BBall Halftime Demo 3 pm

Events in February

Beginner Testing on February 13th
 Night at the YMCA aka Parents' Night Out

BBC/LEAD MONTHLY THEME: *ESCRIMA STICKS*

Next Month: Nun-Chuks