



March 2009

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

Clothes For Kids

A while back after one of my Combat classes one of the gals came up to me and we started a conversation about the economy. Seems to be a subject spoken about quite a bit these days.

She told me that she was a guidance counselor at the Holmen Middle School and she had never seen so many kids wanting for the basic necessities (socks, undergarments, personal hygiene items)

I asked her to send over a list of things that I might help with and then got to thinking that I could only do so much so how about if I told all the families at the Karate school about how many kids and families in our area were struggling.

I scheduled a meeting and had a great turn out. When the meeting was over we decided that this was going to be much bigger than originally thought and could help many more kids.

So here's what happened:

- **We decided to change the date to gathering clothes and other items for kids from February 28th to March 28th**
- We have scheduled shifts of workers to help with the stacking, collecting, and shipping of clothes. (Ask in the office if you would like to help. These slots will fill quickly so don't wait)
- **What started as helping one school in Holmen has now grown to helping the entire Holmen, Onalaska, and La Crosse elementary and middle schools in all school districts Superintendents of all three districts are very excited**
- Trucks from each district will be on hand on the 28th to immediately pick up and deliver goods to the school districts. Extra clothes will be sent to the Goodwill
- **Area radio and TV stations are covering the event and I'm sure you will be hearing much more if you have your radio and tv on over the next month. The La Crosse Tribune has also offered to cover the story**

My thoughts are that even though we may be living in tough times for many, it's a good message for our entire community to take some time to help those in need. I'm hoping that the example that we set will make other businesses do the same with their employees and customers.

In my mind it's times like these that grow a community and make all those who live there believe that better times are just around the corner if you just keep on moving forward. Tough times only make us grow stronger and closer together.



Hope you can be there to contribute on March 28th.

Note-Our next meeting is this Thursday March 5th at 6pm in the Karate office. Come on over if you'd like to help us make final plans.

A Continuous Challenge To Create Value

September 2009

Marks our 30th year in business

It's been a great journey filled with many more ups than downs. Even when we've had downs we've taken them in stride and learned from them.

Here's some of the lessons that we've learned:

- **Things happen. Keep your head up and keep moving forward**
- Tough times make tough people and make us find better ways to do things
- **We always need to grow and what we did yesterday, last month, 3 months ago, and last year is on longer good enough. There is always a new standard to reach for and achieve**
- Be thankful for all that you've been given. Every day above the ground is better than the alternative.



So what's new for 2009? More than usual...

It's our plan to make Nicklaus' Martial Arts America and the good things that we do to make people feel good about themselves something that all of the La Crosse area knows about and understands better.

It all starts with taking care of the people in our business. We appreciate the energy and the opportunity that our students and families bring to us. It's our goal to continue to add value to your experience with us.

Here's some of the things we are planning.

- **Watch for the Simple Truths books in our lobby.** Simple Truths is a company owned by Mac Anderson. Mr Anderson does a remarkable job publishing books that have great messages and that are also pleasing to look at. All of the books also come with an audio and DVD so that you can both listen and see these important messages. If you want to purchase any of these motivational masterpieces for yourself to help reinforce what we teach in the classroom you can get these books at:



<http://Students.RockSolidKids.info>
then Click Books

- We've been using video in many more of our emails. It works and it gives people a chance to see us in person and also gives them a chance to make an easier connection. Watch for **Conversations with Mr Nick** coming to your computer very soon.
- **We're planning more specialty classes and events in the upcoming months.** It's our belief that it's our job to give families a reason to stay with us for the long term. Certainly it starts by taking good care of people in our classrooms, but it's also important to give our families a chance to enjoy themselves out of the classroom
- **Telephone teleconferences.** I interview experts in many different fields. The conversations are always interesting and informative. Be sure to spend an hour with us.



This month I'm going to interview a local person and Karate dad who creates truly innovative video games and products for the **fishing industry** as

well as a doctor who is a **leader in the study of Alzheimer's Disease and Brain Longevity.**

The fishing show is set for this Thursday March 5 at 7pm CST.

The Alzheimer's presentation is currently scheduled for Thursday March 12 but may be changed. We'll keep you posted.

Here are the numbers that you will need to get on the calls

Number: 1 - 218 - 486 - 7200
bridge # 776299

- **How can we help your school, place of business, girl scout troop, boy scout troop, and any other group or organization that you are a part of?** Our demonstrations and presentations are always well received and guaranteed to keep people talking long after we have left. Let us know if we can liven up a show or group that you belong to that could use a high level entertainment and educational presentation
- **Suggestion- I hope you take time to read the daily emails that we put out.** The conversations are about martial arts, fitness, everyday events, and even an occasional barb thrown in the directions of our political system. It's all meant to help our families connect with the things we believe in that can help our school, community, and country grow stronger. Even if you can't read them everyday be sure to check out our **blog** to catch up. See either **combatendurancetraining.com** or **The9MinuteWorkout.com** then click blog.



Here's Some Events On The Schedule Over The Next Few Months:

1. **March 28th - Fitness for Parents and Kids** at the La Crosse Children's Museum
2. **April 7th - Gunderson Clinic- Onalaska** presentation
3. **April 13th - Gunderson Clinic- La Crosse** presentation
4. **April 25th - Fitness for Parents and Kids** at the La Crosse Children's Museum
5. **May 1-2 La Crosse Fitness Festival** presentations and booth- We're also looking

for families who would like to take part in a walk or run on that weekend as part of Team Martial Arts America

6. **May 9th - Minutes in Motion** presentation sponsored by Gundersen/Lutheran
7. **May 30 - Fitness for Parents and Kids** at the La Crosse Children's Museum

We're pleased to have you with us and we're looking forward to the many new things that we have planned that will continue moving our business forward in an exciting direction.

Fred Nicklaus

Fred Nicklaus
Owner & Master Instructor

A Very Special Presentation
For All Of Our Karate Families,,,

Guest Speaker- Suki Engle
Tuesday March 24th
6:30 pm Blessed Sacrament

During a lifetime we might be fortunate to become acquainted with and learn from one truly gifted individual. On March 24th we are going to sponsor a presentation by someone who fits that description.

Over the years she has cured people who have suffered from cancer, rheumatoid arthritis, diabetes, migraine headaches, broken bones, and an assortment of other ailments.

Suki Engle has a very special gift. In order to feel and understand her gift you must witness it for yourself. So without going too much further into what she does I would encourage all of our families to make it a point to hear this very exciting, very different presentation.

This is not some type of magic and there is no voodoo involved. It's hard to explain it. That's why you need to hear it for yourself.

So much in life happens when we have passion and trust. Many things can't be explained. What Suki does to heal people of their ailments is one of those occurrences that defies description.

I will tell you that even though Suki is small in stature she possesses the most incredible understanding and feel of the power of energy and

it's impact on our lives. You will feel this energy yourself being in the room with her.

If you suffer from any ailments, know someone who does, or just want to learn I would encourage you to join us this evening. This presentation is for anyone interested in learning more about the power of the body to heal itself by having someone in the know direct your own body's energy so that it flows healthfully.

This is a night that you do not want to miss.

Note: Parents please bring young children to this presentation only if they are able to focus their attention for 60-75 minutes. Your understanding in this matter is appreciated.

-Fred Nicklaus

We're Sorry To Report

Recently we were informed that Mr. Hickok will no longer be on our teaching staff. We'll miss him as he is a good young man who was continually working on becoming a fine martial arts teacher. We would have liked him to be part of our team for a long time to come. He's been with us as a student and instructor for nearly 9 years and we wish him the best.



Happy Birthday!

- 1 Lilli Christianson
- 2 Quinton Peters
- 4 Britani Kabat
- 6 Ms. Dawson
- 12 Lilly Kosir
- 30 Victoria Waters



March Events



Check out all the videos we have on YouTube by checking out our page:



www.YouTube.com/karatelax

The Book Club



Presentation with Suki Engle

Tuesday, March 24th

630 pm – Location TBA

BOOK CLUB MEMBERS FROM February

Cameron Crandall

Hunter Owen

Clayton Phillips

Sydney Weike

Jack Papke

Gavin Weiske

Sara Groetsch

Tyler Schaaf

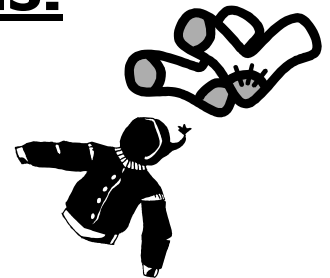
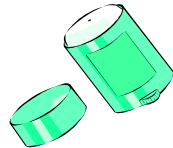
Clothes for Kids!

Saturday, March 28th

9 am – 4 pm

No Regular Classes

(details page 1)



Help us make this day an incredible day for the benefit of others. Please tell your friends and family and we'll really make a difference in the community.

JUST BLOGGING

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 March:

- Bo Staff

If you haven't checked out Mr. Nicklaus' Blog or Mr. Cornell's Tournament Blog, take a peek. Mr. Nicklaus posts his daily email and special videos on his blog. Each entry has his special message for self-improvement, motivation, and things to think about. Plus, he'll include bonus workout or special message videos.

Mr. Cornell will update you on the tournaments he's going to this year and "Lesson Learned" from each tournament. Plus, you'll see the video of his performances.

Mr. Nicklaus' – www.CombatEnduranceTraining.com/DailyNews






Mr. Cornell – WCornell.blogspot.com

Workout with Instructor Days

Every Friday in March 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 – March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4	5 Meeting for “Give Hope Day!” 630 pm at MAA	6 Workout with Instructors 645 pm At MAA	7
8 Daylight Savings Starts	9 Stripe Check Week: Beginners 1 st & Advanced 2 nd	10	11 	12	13 Workout with Instructors 645 pm At MAA	14
15	16	17 Happy St. Patrick’s Day 	18	19	20 Workout with Instructors 645 pm At MAA	21 
22 Plan for Saturday The 28 th	23	24 Special Presentation w/ Suki Engle 630 pm Blessed Sacrament School	25	26	27 Workout with Instructors 645 pm At MAA	28 Clothes for Kids! 9 am – 4 pm No Regular Classes
29 	30	31	April Events: Beginner Graduation – April 10th Black Star & Advanced Testing – April 17th			

BBC/LEAD MONTHLY THEME: *BO STAFF*

Next Month: Escrima Sticks