



April 2009

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

## It Changes Your Life, How You Think

Sometimes the stories that make the most sense are the ones about people who are close to us. So here goes.

You all know him as a confident, capable young man who is also an exceptional martial artist. At 26 years of age he is a focused, very goal directed young leader.

Mr. Cornell has always been a committed, motivated person who has been willing to pay the price to get to where he has wanted to go.

Over the past two years he has traveled around the country in his quest to become the number 1 rated martial artist in the U.S. His travels and competitions have gained him many rewards and have taught him much.

The ultimate goal has, however, escaped him.

Insanity is defined as doing the same thing over and over again and expecting different results. Mr. Cornell has decided that it is time, time for a change.

The following week after you've read this his goal will have become a reality.

Here's why.

Not only has he committed to being his fittest and strongest over the past few months but more importantly he has also committed to developing the mindset that will take him to the level of excellence that he strives for.

Here's a few ways to describe that mindset

***Act as if it were impossible to fail.***

***Recapture the state of mind in which you once succeeded***

The secret that Mr. Cornell is continuing to discover for himself and for his students is that past successes called upon with emotion and

feeling can lead to future high energy successes and grand memories.

Our imagination is a powerful tool that many of us never are able to tap into to gain our fullest potential.

Be sure to ask Mr. Cornell about how he did in Rhode Island. He's now ready to claim the treasure that he's been working so hard for over these last two years.

We should all expect to see Mr. Cornell lay claim to the #1 rating in the U.S. beginning in Rhode Island. After all of his hard work he's found out that even though the work has been important, accepting and imagining the fact that he is America's best is really a matter of belief and emotion.

Congratulations to America's #1 martial artist. You deserve it. We're proud of you.

(Interested in finding some powerful ideas to change your life, pick up **Dorothea Brande's book- How To Wake Up And Live.**)

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## Students and Families at Nicklaus' Martial Arts America Rise to the Occasion



Two months ago an idea was born to help gather needed items for kids in our elementary and middle schools.

It seems that there have been a growing number of youngsters whose families have come upon some tough times with the recent economic situation.

After a few meetings to decide what could be done the plan was put into motion.

Area radio and TV stations came on board and before we knew it a big event had been born.

A special thank you to all the parents who helped make this event a reality for local kids with an extra special thank you to Jan Crandall who is the closest thing to the Energizer bunny that I know.

It really is true that people show their true colors when things are tough. Congratulations to all of you who made this a very special day. Your true colors shown brightly.



# 3619 lbs

of clothes, food, and personal hygiene items were collected on  
**Clothes For Kids Day.**

An idea can really change a life. It was good to see something positive in our news for a few days. Hopefully we can see more of that in our area.

## Something Unlike Anything You've Ever Seen Or Heard

A short while back we had a very special guest do a presentation for us. Suki Engle is an energy therapist.

Suki talked to the audience about energy and how it's all around us and the ways it affects our lives.

Talk about energy can be new and even scary for some but Suki put a friendly spin on it along with opening some minds in the audience.

One of the most interesting points that she made was that many times people's physical health is directly related to their emotional health. Sometimes the answers to changing a life for the better are as simple as realizing that we need to make some changes inside before we can see the changes outside.

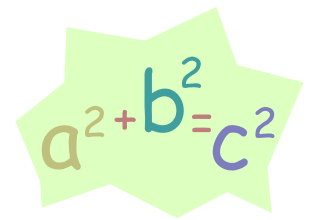
Thanks for your time and energy Suki. It was a fun evening.

## **Master Leadership Class- Tuesday April 21<sup>st</sup> 6:30 pm at Mt Calvary School (No Black Belt or Leadership 2 Classes)**

This is going to be a big event. This is a leadership event but we want to invite all of our students to take part in this very special presentation.

Join our **Black Belt Staff** along with our other **Black Belts** for an evening of working out and learning.

**Give the Secret Formula  
For Your Better  
Performance A Try-**  
Everyone who is at the event will learn a skill that will improve your performance at home, school, work, and karate class. Don't miss this secret.



**Mr. Nicklaus** will be sharing with you some of the same things that he has taught me about maximum performance. They've worked for me. They can work for you too.

Take advantage of your chance to learn *from my teacher* who is a true teacher and student of maximum performance.

We take pride in bringing all of our students unique learning and growth opportunities. It's what makes Nicklaus' Martial Arts America an Island of Positive.

I look forward to seeing you at this class.

A handwritten signature in black ink that reads "William Cornell".

William Cornell  
Chief Instructor





## Happy Birthday!

- 3 Lauren Meyers
- 5 Josiah Sievert
- 6 Alexis Arquillo
- 9 Kristin Spencer
- 13 Cameron Sokolik
- 17 Jared Manderfield
- 19 Jerimiah Koll,  
Olivia Moen
- 22 Jordyn Thompson
- 25 Nicholas Noelke



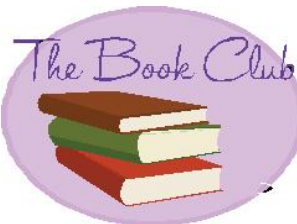
## April Events



### **Verona Tournament Congrats**

Tournaments are not the most important thing that we do at Nicklaus' Martial Arts America. We know for the students that decide to do tournaments, they can learn valuable lessons about goal setting, attitude, sportsmanship, and perseverance. It's neat for us Instructors to see the progress, growth, and success of our students. In the last weekend of March, a handful of our students went and competed at a local tournament in Verona and did really well. In fact, in the Black Belt Junior Traditional Form Grand Championship – all but one of the competitors was a representative from our school. Ms. Jaida Kenana, Mr. Brendan Rasinski (who travels from Rochester to do tournament training specifically with us), Ms. Dawson, and Mr. Yoshizumi were in the championship division. Nine year old, Ms Jaida Kenana emerged the victorious Black Belt. The promoter of the event joked by saying “She’s gotta carry the trophy to keep the trophy.” No problem for her. Congrats to all the competitors:

Alexis Arquillo	Kaitlyn Lee	Jake Prieur	Keelyn Slaby
Jordan Brown	Tori Meade	Jayna Prieur	Kylie Slaby
Kaitlyn Dawson	Joe Meyers	Michelle Prieur	Gavin Weiske
Megan Dawson	Robbie Papenfus	Brooklynn Scott	Sydney Weiske
Jaida Kenana	Jack Papke	Kerry Redfearn	Joey Yoshizumi
Sireen Kenana	Eric Prieur	Zach Redfearn	Kris Yoshizumi



**BOOK CLUB**  
**MEMBERS FROM**  
**February**  
**Cameron Crandall**  
**Hunter Owen**  
**Sydney Weike**  
**Jack Papke**  
**Gavin Weiske**  
**Sara Groetsch**  
**Tyler Schaaf**

## **BOOKS**

You’ve seen the inspirational books in the lobby. We’re already incorporating **What It Takes to Be #1** and **The Strangest Secret** in our Leadership Classes. You can order your copies of any of the books at our student website. Plus you can check out all the other titles from the Simple Truths catalog.

<http://Students.RockSolidKids.info>

(hit ctrl+D to bookmark the website when you get there)

### **BLOG UP & RUNNING**

Our Martial Arts America Blog is up and running. Check out the link on the main page of our student site:

<http://Students.RockSolidKids.info>

Content will include things like **Conversations with Mr. Nick**, **Special Videos**, & **Special Messages**. Conversations w/ Mr. Nick Episodes already online. Catch Jaida Kenana’s Grand Championship form soon.

### **Workout with Instructor Days**

**Friday, April 3<sup>rd</sup> & April 24<sup>th</sup> 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.

### *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 April:

- **Escrima Sticks**

# ROCK SOLID CALENDAR – APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>Videos, Updates, Downloads, Blog At <a href="http://Students.RockSolidKids.info">http://Students.RockSolidKids.info</a></p>					<p>Workout with Instructors 645 pm At MAA</p>	
5 Beg. Belts: Black Stripe Testing Wk	6	7 	8	9	10 Beginner Testing 7 pm at Blessed Sacrament No 645 Class	11 We're Open!
12 Adv. Belts: Black Stripe Testing Wk 	13	14	15 	16	17 Black Belt Star & Adv. Testing 630 pm at Blessed Sacrament No 645 Class	18
19	20 	21 Special MASTER LEADER- SHIP Class 630 pm at Mt. Calvary Grace School	22	23	24 Workout with Instructors 645 pm At MAA	25
26	27	28 	29	30	<p><b><u>Summer Karate Boot Camps</u></b>  <b>Boot Camp 1: July 13 – 17</b>  <b>Boot Camp II: Aug 10 – 14</b>  <b>Check out the Posters &amp; Registration Sheets!</b></p>	

**BBC/LEAD MONTHLY THEME: *ESCRIMA STICKS***

*Next Month: Nun-chuks*