



May 2009

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

“I Only Want My Son To Learn How To Kick And Punch”

Recently, I had a conversation with a parent who was upset because he wanted his son to only learn the martial arts.

I asked him what he meant by only learning the martial arts. He went on to say that he wanted us to teach his son only the kicking and punching and the physical fitness part of the martial arts.

Granted, the kicking, punching, and physical fitness is certainly important. At the same time I believe that martial arts with many references to the importance of good choices, respect, self discipline, setting goals, accepting challenges, and helping students understand how and why martial arts is something that should affect every aspect of their lives in a positive way is much more important.

I went on to tell the dad that I respected and applauded his desire to teach his son values and character. I believe that we parents are the most important character developers in our children's lives. Our kids watch and learn from our example.



I did mention that we as parents can not teach our kids everything and that some of life's lessons can be better learned or reinforced when our kids listen to and hear valuable lessons from others.

Case in point.

My father was a good father who worked very hard for a living. He taught me about hard work and discipline. He always told me to do my best and that I should always believe in my ability to accomplish great things. His lessons were well taken. They've molded me as a person.

At the same time my father was not an athlete. Even though he came to all of my basketball, football, and wrestling meets while I was in elementary and high school he could not teach me

some of the other physical and emotional skills that I needed to be successful in sports and in life.

I learned much from my wife and kids, instructors, coaches, teachers, and other adults and friends.

Even though my father's lessons are a part of who I am and will always remain with me it was these other people who helped take me to levels that I would have never dreamed of accomplishing on the athletic field, in business, and in life

Everyone has their opinion and I was polite in my conversations with this dad even though I wished that he would open his mind a bit more.

There are lessons to be learned all around us. Many of the lessons that we learn can be found when we seek out people who have experience that can enhance our life. No one person knows all the answers and everybody needs help to learn the things that they could use to be their best.

Sometimes our most vital learning begins when we lay our ego aside and let others help us find our answers. It really is true, **“when the student is ready, the teacher appears.”** Let's be sure to give ourselves and our loved ones the opportunity to meet and learn from teachers that can really make a difference.



Fred Nicklaus

Fred Nicklaus
Owner & Master Instructor

The Mr. Cornell Watch

I was sure that Mr. Cornell would win his second straight national championship in Canada. He had been working very hard but more importantly he had been preparing himself mentally to win this tournament.

I didn't get a call on Saturday night and I wondered what was going on. I finally got the call on Sunday and Mr. Cornell informed me that he was very

excited about how he performed but in the end 2 of the judges voted for him and 3 of the judges voted for his rival.

When we talked he told me that he didn't call because he was very upset with the outcome and wanted to get over his frustration.

I told him that I was happy that he was upset with the outcome. I told him that if you don't take it personally that it's difficult to get better. At the same time I also reminded him that he needed to learn from this experience and continue to work so that he won the next tournament and the ones after that.

When Mr. Cornell came home he sent over a video of his performance and his competitor's performance. I understand that I am somewhat biased on this issue but in all fairness and within reason I must tell you that after watching both presentations I wondered what the people who judged this competition were looking at.

So what's the lesson?

Sometimes things don't go as we want. Sometimes we get flat out robbed. Oh well, no one ever said life was fair.

The plan now is to add a few things to Mr. Cornell's workout routine in order to make his presentation so overpowering that there is absolutely no way that he will not be America's #1 guy this year. It's also important that he focuses only on what he is doing and not what his rival or anyone else might be doing. We can only control ourselves.

Along with the physical additions there will be continual discussion and mental practicing to help him get the picture right in his head.

That picture is one of him seeing himself doing his best to prepare, seeing himself with the prize already in his possession, and remembering to bring emotion and passion to his workouts and his thoughts. The more he practices these pictures, the more likely it is that they become his reality

All winners have a formula. Mr. Cornell also has a formula. Now it's our job to fine tune that formula in order that he can realize his goals and dreams.

Be sure to wish him luck and don't forget to ask him how his preparation is going. Rest assured that as he perfects his winning formula he will

continue to help his students develop theirs as well. We will be sure to keep you posted.

-Fred Nicklaus

Things We've Scheduled And Are Planning



- **May 1 & 2 - La Crosse Fitness Festival**
 - We'll have a booth at the La Crosse Center both days
 - 4pm - Combat Demonstration
 - 4:30 pm Karate demo
- **May 9 - Slide Into Safety Day.**
 - Safety presentation at Copeland Park for Gunderson/ Lutheran
 - 5:30 & 6:30 pm Safety presentations
- **May 12 - Women's Safety Class**
 - At Eagle Bluff School
 - 6:30 pm
- **May 16 - Black Belt Testing**
 - 1:30 pm - 2nd Degree Black Belt Test
 - 2:30 pm - 1st Degree Black Belt Test
- **May 17 - Misty's Dance Studio Demo**
 - At Viterbo Fine Arts Center
 - 2 pm
- **May 18 - New Session of Combat Endurance Training begins.**
 - **Registration begins May 1 online at www.combatclasses.com**
 - Be sure to check out the Combat inserts in this newsletter.
- **June 8 - Two month session of Combat Endurance Training for high school and college athletes begins this week**

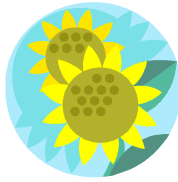
We're also talking to area Day Cares about summer classes at their facilities. We're open to appearances during May and into summer for any group that needs a fired up presentation. Let us know if you know anyone who might use our talents at their show.

Remember to ask about trying out a Leadership class. Ask Mr. Cornell if you can take part and join all of our other people who are continually developing their Leadership skills.

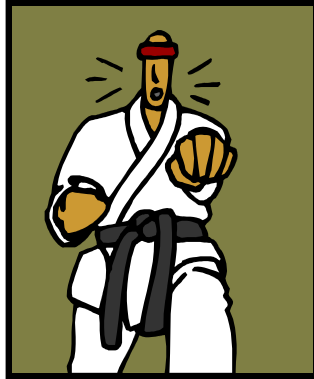
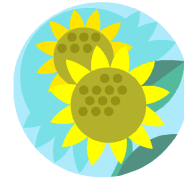


Happy Birthday!

- 3 Jacob Ghelfi
- 12 Aditya Ailiani
- 27 Andrew Thometz
- 28 Elizabeth Flaten
- 31 Jaida Kenana



May Events



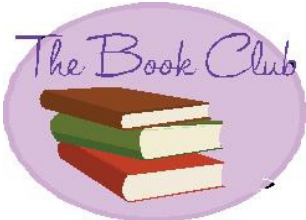
Black Belt Testing

May 16th at Mt. Calvary Grace School

130 pm – 2nd Degree Testing

230 pm – 1st Degree Testing

On May 16th, we will have our Spring Black Belt Testings. There will be a Second Degree Black Belt Test and a First Degree Black Belt Test. Come and check out the candidates test their persistence, physical skill, discipline, and will power. Everyone is welcome to come and cheer on the testers. Seats fill up fast, so make sure you come early to pick out your spots.



BOOK CLUB

MEMBERS FROM April

- Cameron Crandall
- Hunter Owen
- 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 May

- **Nun-Chuks**

SKATE NIGHT

Saturday, May 23rd at High Rollers

5 – 7 pm

Admission = FREE

(with 3 non-perishable food items to be donated to Local Food Pantries)



It's time to strap on your skates and head to High Rollers. Bring your 3 non-perishable food items and get in FREE. You can actually skate until 9 pm Saturday Night, and Instructors will be there from 5 – 7 pm.

KARATE SUMMER BOOT CAMP

Each Summer we have our Annual Summer Boot Camps, it's always a fun time. Not only do students get 2 class credits (one regular and one weapons class) for each day, but throw in as much fun and excitement into each day as possible. Check out a Blast from the Past Boot Camp pics on our Blog (click the link at <http://Students.RockSolidKids.info>)



Y Night at the YMCA **Coming in June** **6 pm - Midnight**





Finally, You've seen it mentioned in the Newsletter a couple of times, but this times for real. Look for details in the Middle of May.

Workout with Instructor Days

Every Friday in May 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 – MAY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2009 Summer Boot Camps Boot Camp I July 13 – 17 (reg. by May 31) Boot Camp II August 10 -14 (reg. by June 30) All Basic/Advanced Students welcome. Even white/gold belts. All Students will get to do weapons, form, team activities. Boot Camp T-Shirt and snack time included. There are Family Discount and discount for doing both Boot Camps					1 Workout with Instructors 645 pm At MAA LaX Fitness Festival	2 LaX Fitness Festival
3	4 	5	6	7	8 Workout with Instructors 645 pm At MAA	9 Slide Into Safety Copeland Park 530/630 pm
10 Happy Mother's Day	11	12 Women's Safety At Eagle Bluff School 630 pm	13	14	15 Workout with Instructors 645 pm At MAA	16 Black Belt Test 130 pm & 230 pm At Mt. Calvary Grace School No 115 pm Class
17 Demo for Misty's Dance 2 pm Viterbo University	18 Combat Endurance Training New Session Starts	19 White/Gold Belts Invited To Try Leadership Class 545 pm – 9 & under 715 pm – 10 & above	20 	21	22 Workout with Instructors 645 pm At MAA	23 High Roller Skate Night 5 pm – 7 pm (details pg 3) 
24	25	26 	27	28	29 Workout with Instructors 645 pm At MAA	30
31 Boot Camp I Deadline	<ul style="list-style-type: none"> • Register For Combat Endurance Training Classes at www.CombatClasses.com • Upcoming June Events: Beginner Testing – June 5th – 7 pm; YMCA NIGHT 					

BBC/LEAD MONTHLY THEME: NUN-CHUKS

Next Month: Bo Staff

