



June 2009

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

## A Battle Worth Fighting

You've all been watching Mr. Cornell's quest to become America's number 1 martial arts form competitor. As with everything that we go through there are lessons to be learned.

This past Saturday I got a call from Mr. Cornell after his competition. This is great. I was very excited for him. Another call that he won the national title in Boston. Hold on. Not so fast.

Mr Cornell went on to tell me that he tied for 3<sup>rd</sup> place and then ended up taking 4<sup>th</sup> place after the tiebreaker was added in. Uh oh. What happened?

As we continued to talk I learned that Mr. Cornell had spoken to judges and fellow competitors. The consensus was that his technique was the strongest in the field but his theatrics were not.

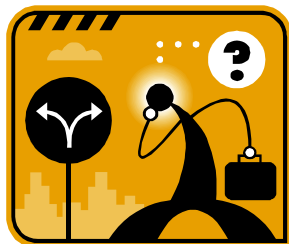
Bear with me for a moment as I voice a personal point of contention.

Over the years of being involved with the martial arts it has become increasingly more evident to me that competitors are being judged more for the presentation and yelling than they are for their technique and martial arts talent.

I take issue with that, but I can take issue all I want. That's the way it is

So herein lies a very important lesson for today.

Mr. Cornell now needs to make a choice. That choice is, in order to win he must come out of his comfort zone a bit and add more theatrics to his presentation. The bar has been set.



He may not like or agree with this type of judging but in order to achieve his goal of being America's number one guy he's going to have to play by the rules of the sandbox.

This is going to be tough because I know that both he and I believe that it's about the martial arts and not about the yelling and screaming. On the other hand how about continuing to do great technique

but adding a new level of energy that can change things around.

So if the theatrics need to be turned up a notch let's take it to another level.



Mr. Cornell's journey to achieve this very lofty goal is a great lesson for all of our students and families. It's important that we work hard to achieve the things that matter to us. It's also important that we are able to adapt and get up and brush

ourselves off after we have been knocked to the ground.

Often times we would be able to make the change but we are unwilling to move to another level of performance and get out of our own comfort zone. It's important that we maintain a high level of integrity and stick to our values, but it's also possible that we make some changes to take our performance to a new level.

So what will Mr. Cornell choose? It will not be an easy decision, but given the correct effort and energy I believe that it will help him grow as a martial artist and as a person.

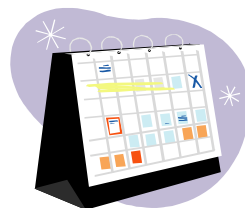
Wish him luck. Your encouragement means a lot to him. I know that he would like nothing more than to bring more national championships and eventual #1 in America rating back to his students and families at Nicklaus' Martial Arts America.

*Fred Nicklaus*

**Fred Nicklaus**  
Owner & Master Instructor

## A Leadership Event

Mark Tuesday  
June 23<sup>rd</sup> 6:30 pm  
at Blessed Sacrament  
School on your calendar.



Bring your Bo staffs and get ready to get after it. Bo staff energy will fill the air and you're guaranteed to improve your bo technique in one evening.

These Big Leadership events are a great opportunity for our Leadership Team Members to learn something new and improve your martial arts technique.

What might be even more important is to be with a group of highly energized people who have a goal of learning more and getting better.

These classes are a great chance for our students to continually hear about what really makes a person a stronger martial artist and person but also to be with others who model that energy.

Martial arts training changes lives in a big way. Make it a point to spend an evening with our high energy martial arts students.

***See you at the Leadership Event!***

## **LOOKIN' GOOD**

### **DEMO:**



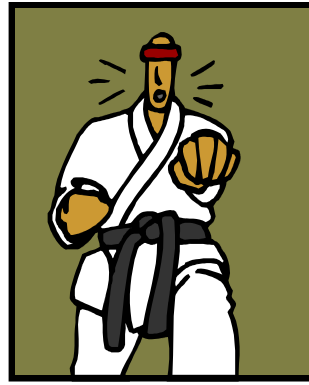
Last Month, we did a demonstration for Misty's Dance Unlimited. Misty Lown puts on some amazing shows. Her recitals were held at Viterbo's stage and filled the all her scheduled shows with a 1000 spectators or more.

Our demo team came and performed as a spotlight performance in one of the recitals. The crowd gave them an electric response. The demo team was pretty pumped to be in front of such a crowd size.

It was a great chance to demonstrate our karate school's Martial Arts talent and showmanship as well as a chance for our students to get the experience of performing in front of a large audience.

If you have ideas of other events, groups, and organizations we can do demos for—please, let us know. Thanks!

### **BLACK BELT TEST:**



On May 16 last month, all 11 Black Belt Testers successfully passed their Black Belt Test.

They did extra training over the last three months prior to the Black Belt Test. The goal was to really make sure they were ready to pass their test.

Sometimes, it's assumed that if you show up and make an appearance that you're entitled to something. We mentioned to them weeks leading up to the Black Belt Test that *IT IS A TEST*, so they have to perform in order to pass their Black Belt Test.

All the testers came ready that day and performed at a Black Belt Level. Congrats to the following New Black Belts.

**Joshua Beach**

**Madessa Collins**

**Christopher Flaten**

**Elizabeth Flaten**

**Sara Groetsch**

**Asya Her**

**Olivia Moen**

**Isaac Oelke**

**Quinton Peters**

**Cameron Sahagian-Crandall**

**Kristin Spencer**

**ALSO:** Stephanie and Maria Cox were scheduled to test. Unfortunately, Maria found out 2 days before the testing that she had Mono. Stephanie decided the right thing to do was to wait to test with her sister. Maria's doing better than anticipated with her progress. We'll let you know when they test.

## **Kick-A-Thon**

**Saturday, August 8, 2009**

**Last year we raised**

**\$11,328**

**What can we do this year? Start getting ready to kick to beat childhood cancer. We'll have pledge sheets in the karate school soon.**



## Happy Birthday!

- 5 Chris Snow
- 6 Joshua Ehler
- 9 Mr. Sutherland,  
Bella Fiorucci
- 13 LeRoy Peterson
- 17 Will Olson



## June Events



### **Night at the YMCA (aka Parents' Night Out)**

**Saturday Night, June 27<sup>th</sup>**

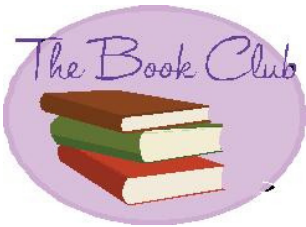
**8 pm – Midnight (early pickup 1030 pm)**

**La Crosse YMCA**

This is night where your child can come hang out the instructors at the YMCA and have an absolute blast! Each student must bring one or two friends in order to come this night.



The total cost for each party is \$25, so if your child brings 2 friends it's \$25 for all three of them which includes access to the whole YMCA as well as pizza & drinks that night. Look for more details in the karate school about this event.



### **BOOK CLUB MEMBERS FROM MAY**

- Cameron Crandall**
- Hunter Owen**
- Sara Groetsch**
- Haley Curtis**
- Jack Papke**

### *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 June:

- **Bo Staff**

### **SKATE NIGHT SUCCESS**

Skating Night was a great success at High Roller Skating ([www.HighRollerSkating.com](http://www.HighRollerSkating.com)). From our Instructor's stand point, it was neat to see kids who have never skated before try something new. We had a lot of sweaty headed kids that night. Thanks to High Roller Skating for doing an awesome job as usual.

### **KARATE SUMMER BOOT CAMPS FILLING UP!**

Our first Boot Camp Registration is Officially Closed, but students have until June 30<sup>th</sup> to Register for the second Boot Camp. Check out some of the nicknames our students have on our mirrors at the karate school.

**Got Questions? Please ask.** Sometimes parents have questions about attending the camp and what to expect. Look for pics and videos of the boot camp at our student website as the first Boot Camp gets rolling at <http://Students.RockSolidKids.info>






## **Workout with Instructor Days**

**Friday - June 12, 19, 26**

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 – JUNE 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 	3	4	5 <b>Beginner Graduation</b> 7 pm at Blessed Sacrm. School	6
7 Advanced Belt Stripe Check Week	8	9	10 	11	12 <b>Workout with Instructors</b> 645 pm At MAA	13
14	15 	16	17	18	19 <b>Workout with Instructors</b> 645 pm At MAA	20
21 <b>Mr. Y's Graduation Party at Goose Island</b>	22	23 <b>Master Leadership Class</b> 630 pm at Blessed Sacramento Bring your Bo	24	25	26 <b>Workout with Instructors</b> 645 pm At MAA	27 <b>Night at the YMCA</b> (aka Parents Night Out) 8 pm - Midnight
28	29	30 Last Day to Register for Boot Camp II	<u>Upcoming Events</u> <ul style="list-style-type: none"> <li>• Boot Camp I Starts July 13 – 17</li> <li>• Black Star Test &amp; Advanced Grad July 10<sup>th</sup></li> <li>• 6<sup>th</sup> Kick-A-Thon August 8<sup>th</sup></li> </ul>			

**BBC/LEAD MONTHLY THEME: *BO STAFF***

*Next Month: Escrima Sticks*