

ROCK SOLID NEWSLETTER



July 2009

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

A Work In Progress

It was Saturday afternoon and I was really looking forward to the phone call that should be coming any minute. I was expecting a call from Mr. Cornell from a national tournament in Kentucky.

The phone rang and my expectations soared. As many of you know Mr. Cornell has set a goal of becoming America's #1 martial arts forms competitor and he's worked hard to achieve his goal.

The past few months, however, have been frustrating for him because he's been coming up just short. Usually finishing in 2nd place by the narrowest of margins. This call would change all of that. I was sure of that

Mr. Cornell started off the conversation by saying, "I felt so good. When I was finished I knew that this was my best performance." Now I was really excited. The pendulum had finally swung in his favor. Then he told me that he had finished in 2nd place by 1/100 of a point.

Nuts!

It's important that you don't misunderstand. Being the #2 guy in America is very special and a wonderful accomplishment. Mr. Cornell has made gigantic strides as a top flight competitor.

At the same time, his goal is to be #1. He is at the point where #2 doesn't motivate him the way it might have two years ago. It's his time to be #1. It's what all champions eventually want to become.

So now what?

We spoke for a while and I reminded him that the most important thing is that he is making progress. He knows that the frustration that he is experiencing now is only making his resolve to become #1 that much stronger. His hard work, and unwillingness to give up will only make the prize that much sweeter when he eventually captures it.

I'm fortunate to have such a driven, hard working young man as the leader of the Karate school. All of our families can learn a lot from the way that he

goes about his business. His soft spoken ways should never be mistaken for someone who is timid and shy. Rest assured that there is a driven, never say die heart that beats in his chest.

Check out his performance from Kentucky on our blog at our student website.

<http://Students.RockSolidKids.info>
(no 'www')

His next attempt to win a national championship will happen the weekend of July 4 at the US Open in Florida. The U.S. Open is the largest of the North American Sport Karate Association Tournaments. Be sure to wish him luck when you see him.

I'm very confident that William Cornell will stand on the gold medal platform at the 2009 U.S. Open Karate National Championships

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

6th Annual Kick- A- Thon
To Fight Childhood Cancer

Saturday, August 8th

We've chosen to have a yearly fundraiser to help **Kids with Cancer**

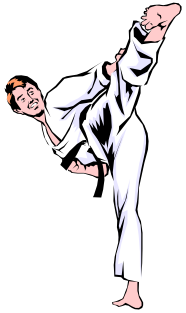
at the Gundersen-Lutheran Hospital. We help our kids understand that they are fortunate to have their health. It's also good to give thanks in some way for having one's health. Giving thanks for one's health and showing concern for those who are not as fortunate is an essential character trait of a champion.

This is a great cause and many kids benefit from your efforts. Our karate fundraisers hold the record



for most donations raised per person for all fundraisers done at Gundersen Lutheran Hospital.

Over the past three years we've raised over **\$40,000** for kids with cancer at Gundersen Lutheran.



In years past we encouraged every student to raise at least a certain amount for this cause. **This year we are going to ask that each student who participates raise at least \$50.** It might require a few more phone calls or knocks on doors but it's for a great cause and we know you can do it.

It's coming up soon. Start getting ready to raise some money for kids with cancer and get ready to kick hard for 30 minutes straight on Saturday, August 8.

Times for the event are

- 10a.m.- 10:30 am
- 11 am - 11:30 am

Important- Because we need quite a bit of space for this event we will hold the event at the former Onalaska Martial Arts America. The location is one block east of the Harley Davidson - 925 13th Ave South, Ona.

We're lucky to be healthy. Let's spend some time helping those who are not as fortunate. This is a great way for our students and families to make a difference.

Mark your calendar for **August 8**. All students (sometimes non-martial artists, too...years ago my son and his basketball team did it!!!!) Dragons, Tigers, Kids, Teens, and Adults will kick. This is a fun workout for you that gives you the chance to hang around other Martial Arts who are also willing to give of their time and effort for this worthwhile cause. **Looking forward to seeing you on August 8th!**

We'll Entertain Your Groups and Meetings

A martial arts demonstration is always a sure way to fire up a crowd. The passion and energy of our performers always leaves a powerful impact on any audience.

Do you have a need for some entertainment at your next meeting? If so, be sure to let us know.

Demonstrations are a great way for us to show people what martial arts training really is and it's also a great chance for you to provide a form of entertainment to your group that will be talked about for a long time after we leave.

Be sure to mention a martial arts demonstration to any of your friends who could use our services.

ICE CREAM SOCIAL?!?!

IT'S THAT HOT TIME OF YEAR!

During the month of July we're doing a **FREE ICE CREAM KARATE PARTY** for your child and his/her friends:

- baseball/softball team?
- Babysitting Brigade
- Neighborhood Kids
- Whatever group/team you have in mind 😊

A couple parents literally brought the whole neighborhood to our YMCA night in June.

If you're interested in having a fun event this is it. **We'll have a fun karate class and games**

PLUS FREE ICE CREAM to cool down afterwards.



Where???

You can setup it up at the Karate School

ORRRR

We can take this Karate Party on the road right to your Neighborhood.

Talk to your Instructor for details on setting this up for you and your crew.





Happy Birthday!

- 1 Sara Groetsch
- 2 Jimmy Meyers
- 4 Mr. Yoshizumi
- 7 Alahna Keil
- 13 Susan Lundsten
- 25 Thomas Seland
- 27 Owen Kosir
- 30 Brian Kosir



BOOK CLUB MEMBERS FROM June

**Cameron Crandall
Hunter Owen
Sara Groetsch**

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 July:

- Escrima Sticks

福 July Events 福

6th Annual Kick-A-Thon Saturday, August 16th



As you've just read on page 1 & 2, the Kick-A-Thon is annual event at Nicklaus' Martial Arts America. It's our once year Fundraiser. As a Thank You for your help, Mr. Nicklaus awards every participant with a FREE Kick-A-Thon Shirt (must raises the minimum of \$50).



Also, every student has the opportunity to win a \$250 prize to use any way that he/she would like – a new bike, a new TV, a new video game, some books, invest in an IRA or college fund (maybe a parent's idea ☺). Here's how it works. One student win. Each student that raises a minimum of \$300 will be entered into the drawing as follows:

- \$300 – 399: 3 Names in the Drawing
- \$400 – 499: 5 Names in the Drawing
- \$500 – up: 7 Names in the Drawing

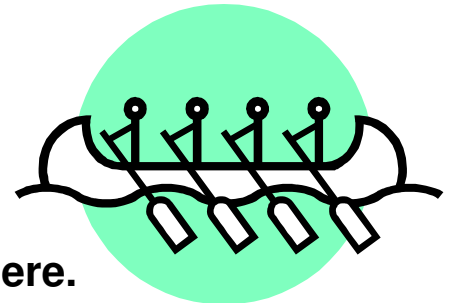
3rd Annual Canoe Trip

Sunday July 26th

2 - 6pm

Peterson, Minnesota

Note: We'll meet and caravan out there.



We will meet at the Karate school at 12:30 pm and convoy to Peterson from there. The trip usually takes about 50 minutes and getting there shortly after 1 will give us time to get our canoes organized and get ready for the voyage.

Cost for canoes is \$35 (3 per canoe - \$12 per person) and cost for 2 person kayaks is also \$35. Watch for registration material during July.

It's a beautiful river and we make a few stops along the way on the sand banks. The river is a slow, shallow ride in most places. It's a great afternoon of fun and being a river rat.


Hope to see you there.

Workout with Instructor Days

Friday - June 17, 24, 31

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 – JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6th Annual Kick-A-Thon August 8th Look for your pledge sheets at the karate school soon!			1	2	3	4
			Closed July 2 -4 for the Forth of July Weekend 			
5 Beginner Stripe Check Week	6	7	8 	9	10 Black Star & Advanced Testing 630 pm & 7 pm Blessed Sacr. School	11
12 	13 Boot Camp I Starts July 13 – 17 9 - Noon	14	15	16	17 Workout with Instructors at MAA 645 pm	18
19	20	21	22 	23	24 Workout with Instructors at MAA 645 pm	25
26 Canoe Trip Details Page 3 1230 pm Meet at MAA	27 	28	29	30 	31 Workout with Instructors at MAA 645 pm	

Upcoming Events in August

- **Beginner Graduation Friday, August 7th**
- **6th Annual Kick-A-Thon, Saturday, August 8th**
- **Annual School Picnic**

BBC/LEAD MONTHLY THEME: *Escrima Sticks*

Next Month: Nun-Chuks

