



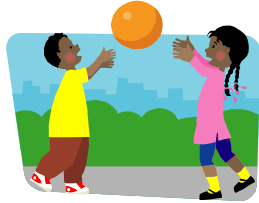
August 2009

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

## “I Want My Child to Be Safe”

There is no greater fear for a parent than the fear of someone harming their child. As a parent I know how frightening it would be to get a call that someone has hurt or abducted my son or daughter.

After all the years that I have been in the martial arts business and have spoken to different parents their deep down primary reason for starting their son/daughter in our program has been that they want their child to know how to be safe and get out of any possibly dangerous situation.



We talk about many things in our classroom and all of those things can be helpful to a young person getting out of a dangerous situation. Some of the things that we stress and practice are being focused and ready, knowing what to say and do if confronted by a stranger who is acting suspiciously or aggressive, and think clearly and react effectively.

There is another thing that we practice in our school that can also be invaluable to a young person who might find themselves in a dangerous situation. That thing is **SPARRING**.



Sparring is a great way for our students to learn many of the things necessary for dealing with a potentially dangerous situation. The things that I'm about to talk about are things that can only be learned by placing oneself in the competitive arena of sparring.

Sparring teaches:

- **Timing**- Getting in and out and away from danger
- **Distance**- Where should you be to be safe if ever getting threatened or attacked
- **Courage and Mental Toughness**- This is a **BIG ONE**. Many of our young students can be intimidated by the thought of sparring.

Let me be honest. A martial artist who has no sparring skill, along with the knowledge and feel of striking and getting struck, would be sorely lacking if confronted with a dangerous situation.

Sparring teaches kids how to relax and think quickly on their feet. It makes them more confident in their abilities to use their skills to fend off a would be attacker

All of the other things that we do in martial arts class can be valuable. Helping kids understand that in order to be safe in a dangerous situation requires that they be put into and practice getting out of potentially dangerous situations is difficult.

Kids want to have fun and not have to think about danger. I understand. That's why we have to be very aware of safety, amount of contact, and teaching kids these important physical skills without scaring them away from sparring.

**Physical Fitness**- Sparring is also a high intensity exercise that helps our students get into the best shape of their lives.

Studies have been done that rank martial arts sparring and boxing as the two most demanding exercises, exercises that burn fat and calories, that an individual can partake in.

**Learning how to spar is a necessity in learning how to be safe.**

The benefits of sparring are many. It's important for all of our families to understand that. During the month of August we are planning an extra sparring day where we can gather our students and give them even more of an opportunity to learn the valuable skill of sparring.

**IMPORTANT NOTE**- In order for your martial artist to enjoy and benefit from sparring practice it is important that you have your entire set of sparring gear. Ask in the office about sizes and then go to

<http://Students.RockSolidKids.info>

- Click on “Order Gear”
- Then Click on “Required Gear/Equip”

True growth in all of our students happens when they are exposed to something that makes them uncomfortable. Accepting challenge and overcoming fear are the only ways for our students to grow into the martial artists and people that they are capable of becoming.

*Fred Nicklaus*

Fred Nicklaus  
Owner & Master Instructor

## 6<sup>th</sup> Annual Kick- A- Thon To Fight Childhood Cancer

**Saturday, August 8<sup>th</sup>**  
**Tell Us What Time You're Kicking**  
**1000 am or 11 am**

We grow as people when we help those not so fortunate. Our annual kick-a-thon is coming on Saturday August 8. Martial Arts America instructors will be promoting this event in all classes with the hope that all of our students will consider taking part in this very worthwhile event.



As a parent I've been truly blessed in that my kids have always been healthy. I give thanks for that every day and ask that the Good Lord continue to be so good to my family.

Some kids, however, are not so lucky. I don't understand why some kids are healthy and some aren't but at the same time I know that I can ease their burden in some way.

You too can help these young people who are stricken with cancer. We ask that **you gather at least \$50 in pledges** and then be there on August 8<sup>th</sup> to put yourself through a good workout for these kids.



We live in a world that often times talks too much about only what we can do for ourselves. It's too bad that some people are unwilling to step up and help others. We at Martial Arts America have always been willing to go the extra mile to help those who need a hand.

We look forward to seeing you at the kick-a-thon and being part of our team to knock out cancer in kids.

Fred Nicklaus

## Special Sparring Day Master Leadership Class

**Tuesday, August 11- 6pm**  
**Blessed Sacrament School**

This sparring class will also serve as our **Monster Leadership Class** for August. There will be no classes at the Karate school after 5:45 pm.

*Note- If you are a purple belt or above this is a class you should plan to attend whether you are in the leadership program or not. Also, Black Belts remember to get to this class.*

Do your best to come to sparring classes on Monday and Saturday. Making it a point to be a regular in these classes will help you gain valuable experience and take your skill set to another level.

## How A Champion Handles Frustration

The Battle of Atlanta has long been one of the country's most prestigious tournaments. It's the latest tournament that Mr. Cornell has gone to in his quest to become America's number one tournament competitor.

Mr. Cornell has worked hard to realize his dream of being America's number one martial arts form competitor. As always I anxiously awaited his call after the competition.

Upon receiving the phone call Mr. Cornell informed me that he had taken 2<sup>nd</sup> place by 1/100 of a point. This has been the margin separating second place from first in 6 of the 7 tournaments this year with Mr. Cornell coming up just short in 5 of 6.

It's been frustrating. Not only is he working hard but many of the people who know about martial arts competition, including myself, feel that he is and should be recognized as the number one guy.

On the other hand things sometimes don't go as planned.

Through all of this Mr. Cornell has remained focused and classy. He is frustrated that things are not going his way. His frustration is growing when



## **Happy Birthday!**

- 4 Kylie Slaby
- 8 Kaden Hansen
- 10 Mandy Hart
- 18 Cody Zink
- 30 Eric Prieur



**BOOK CLUB**  
**MEMBERS FROM**  
**July**  
**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:

- **Nun-Chuks**

**(cont'd from page 2)**

other competitors and martial artists are telling him that he is doing well enough to win.

No matter.

Things are not working out as planned at this moment but Mr. Cornell is taking it all in stride. He realizes that his time will come and in the mean time he keeps working to become the strongest competitor and martial artist that he can be.

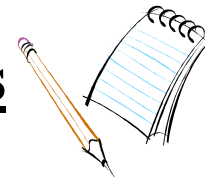
It's never easy when we fall short of our most important goals. On the other hand we must also realize the value of learning from our frustrations. Often times it's our coming up short and our frustration that teaches us the most about success.

I'm proud of Mr. Cornell and the way that he is continuing to work towards his goal of becoming America's number 1 martial arts competitor. His example is teaching all of our students a valuable lesson.

**Fred Nicklaus**



## **August Events**



### **6<sup>th</sup> Annual Kick-A-Thon** **Saturday, August 8<sup>th</sup>**



Remember, as a Thank You for your help, Mr. Nicklaus awards every participant with a FREE Kick-A-Thon Shirt (must raise the minimum of \$50), and every student has the opportunity to win a \$250 prize to use any way that he/she would like. 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

### **No Classes On These Days**

Nicklaus' Martial Arts America will be closed from Friday August 28 – Monday, August 31. It's a chance for our instructors and families to take a small break to rev up batteries before the fall school season.

Have a relaxing break and we'll see you again on Tuesday, September 1.

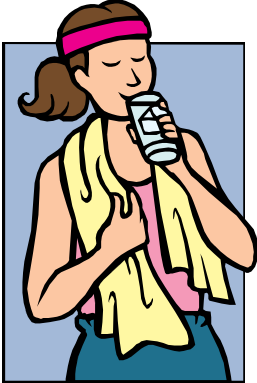
### **Workout with Instructor Days**

**Friday - August 14 & 21**

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.

# Combat Endurance Training

## Fall Classes



Registration for Combat Endurance Training fall classes will start on August 17 at

[www.CombatClasses.com](http://www.CombatClasses.com)

More and more adults are realizing the value of this exercise program. Class participants are reporting such results as

- Improved overall strength
- **Less back pain**
- Better sleep at night
- **Lowered high blood pressure**
- More energy

These are only some of the many benefits that people are because of Combat Endurance Training. It makes sense to take and feel your best.



experiencing care of your health

Join us for classes when they start the week of August 31. Be sure to register on the website at [www.CombatClasses.com](http://www.CombatClasses.com) starting August 17





Note: There will be a 12 week and a 16 week class registration. Whether you choose the 12 or 16 week session, it's a great opportunity for you to get into your best shape for the holidays.



If you're interested in beginning your Combat Endurance Training but have not yet gone to [www.CombatEnduranceTraining.com](http://www.CombatEnduranceTraining.com) to claim your FREE copy of the 7 minute Combat Endurance workout go there at anytime to claim your copy

Hope to see you in Combat class!

# ROCK SOLID CALENDAR – AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>6<sup>th</sup> Annual Kick-A-Thon</b> August 8 <sup>th</sup> – at Old Ona MAA (1 blk east of Red Giraffe)  <b>Master Leadership Sparring: Aug 11 – 6 pm</b>  <b>School Picnic: Aug 26<sup>th</sup></b>						1	
2 <b>Beginner Belts: Black Stripe</b>	3	4 	5	6	7 <b>Beginner Testing 7 pm</b> At Blessed Sacr. School No 645 pm Class	8 <b>6<sup>th</sup> Annual Kick-A-Thon 10 / 11 am</b> At Old MAA - Ona No Classes	
9 <b>Advanced Belts: 1<sup>st</sup> Stripe Week</b>	10	11 <b>Master Leadership at 6 pm</b> No Classes 545 pm & After	12 	13	14 <b>Workout w/ Instructors 645 pm</b>	15	
16	17	18 	19	20	21 <b>Workout w/ Instructors 645 pm</b>	22	
23	24	25	26 <b>Annual School Picnic</b> Time/Location TBA	27 	28	29	
30	31	1 <b>Regular Classes Resume BACK TO SCHOOL! YAY!</b>	<b>BBC/LEAD</b>  <b>MONTHLY THEME: NUN-CHUKS</b>  <i>Next Month: Bo Staff</i>				
No Classes Aug 28 - 31			No Classes Aug 28 - 31				