



September 2009

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

1/100 Of A Point

The national tournament season is coming to a close with one more tournament scheduled. The Diamond Nationals is the last national tournament of the year and it's coming up the weekend of October 9-10.

You've been following Mr. Cornell's quest to become America's number 1 martial arts form competitor. It's been a great story even though there have been some frustrations along the way.

Like many worthwhile journeys the path is never straight but often times has many zigs and zags.

For the 3rd year in a row Mr. Cornell will end the season as the #2 rated competitor in America. He's worked hard to hone his craft and he should be proud of the work and commitment that he has put into becoming such an accomplished martial artist.

In 4 of his last 5 tournaments the judges have decided that he will be 1/100 of a point from 1st place. Oh so close.

After every tournament Mr. Cornell has called me and told me the story. Each time I've waited in anticipation to hear that he has broken through and won his competition. For some reason it hasn't happened. Eventually it will.

It's been said that good things come to those who keep their noses to the grindstone. Mr. Cornell's is a great example of perseverance in pursuit of a dream. No one ever said how long you have to keep your nose to the grindstone.

After 3 years of committing to spending time on practice, travel, lodging, and mental and physical preparation things have not gone quite the way that he had hoped. At the same time he's come a long way as a martial artist, competitor, and person. He's come much further than he could have dreamed about 3 years ago and it's all happened because he has had the courage to put himself into the arena and give his all.

In the martial arts classroom he talks about things such as commitment, perseverance, not giving up when things don't go your way. He's not only talking about these things but he's giving all of our students and families a great example of what having a dream and not giving up really is all about.

Have there been days when he has been very frustrated? You bet there have. It's hurt me to hear the frustration in his voice after missing the #1 spot at these tournaments by the smallest of margins. This has not been an easy year for him. At the same time through it all he has accepted the judges decision and moved on

Mr. Cornell is planning to once again pursue his dream of becoming America's number 1 forms competitor next year. He has also been talking to the coach of the top ranked martial arts team with the hope of being asked to join that team. This will be a big step and give him the support of a team at these national tournaments. We both believe that it will help him to have a team affiliation and not be a lone wolf in pursuit of his goal.

If you've never seen Mr. Cornell compete or never been to a national tournament I'm sure that you would really enjoy seeing him at the Diamond Nationals in Minneapolis, MN (ask your Instructor for more information). It's a great weekend and a chance for you to see some of America's top martial arts competitors.

the 2009



**Diamond
Nationals**

He won the national championship at this tournament last year and it would be great to have you there to cheer him and help him win the title again this year. I'm looking forward to going up to see him compete in person myself. I hope you can be there too.

Sometimes champions don't have things go their way. It's not so much how we react to our successes but more importantly how we go on

after things don't go our way that shows the true measure of a person.

Mr. Cornell has proven himself to be a true champion. He will eventually secure his dream but no matter what happens he has shown all of us what it means to pursue one's dreams and not let anything get in your way.

Thanks for the lessons.

Fred Nicklaus

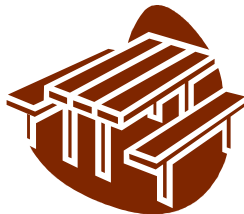
Fred Nicklaus

Owner & Master Instructor

Annual School Picnic

Wednesday September 8th is the date for our annual school picnic. It's always a great time to get together and get to meet with all of our families at Nicklaus' Martial Arts America.

The picnic will start at 5 pm and will be held at the main shelter at Myrick Park in La Crosse. We ask that all families bring a dish to pass so that everyone can share in the good food and good fun.



We always ask that families consider bringing a main dish to pass. Desserts and the fixings are great too but we want to be sure to have enough main dishes to pass.

We'll also announce the winner of the 6th Annual Kick-A-Thon prize money.



Don't forget your water guns because this is always the highlight of the evening. Plan to bring dry clothes and a towel too because there's a very good chance that kids will be getting wet.

See you at the Family Picnic

Movie Night Prize Drawing!

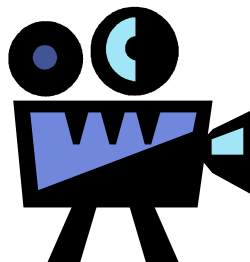
Friday September 18th at 6pm
at Blessed Sacrament School

It's that time of the year again. Kids are back in school and summer time is in our rear view mirrors.

We'd like to start the school year by introducing a new series of student fun. **It's our Bring a Friend Fun Night.**

During the school year we are planning a series of fun events that we will be encouraging students to bring their friends to.

The first of those events will be held on Friday, Sept 18 at 6 pm at Blessed Sacrament School.



It's going to be a **MOVIE NIGHT.**

Here's some of the things that will happen at this first fun night.

- **All of our students are invited to attend.**
- **Those that bring a friend or friends will also be eligible for our bring a friend drawings.**
- **Anyone who brings a friend will have their name put into a hat for prizes and drawings.**

The Top 3 Prizes will be
iPods Shuffles

We've asked people what might be exciting for our kids to win in a drawing and iPods was the answer. We'll also have other drawing prizes for anyone who brings a friend or friends to the party.



Start planning to reserve **Friday, September 18** on your activities calendar and talk to your buddies when school starts. You may be one of the lucky ones to walk away from Movie Night with your new iPod Shuffle.

See you there!



Happy Birthday!

- 1 Chuck Whalen,
Mike Meyers
- 4 Marlin Schulze
- 7 Kailyn Oyer
- 8 Siddak Singh
- 12 Jeb Sumeracki,
Luke Miller
- 13 Levi Wolfe
- 18 Andy Helgerson
- 23 Lewis Moen
- 27 Maria Cox



September Events



Get To Know Your Friends Day

Saturday, September 12

**230 – 400 pm
at Blessed Sacrament**

It's tough to get to know other students at the Karate School. The best way that we've found for our students to do that is with special events. We'd like to add another special event that is both martial arts related and just plain old fun.

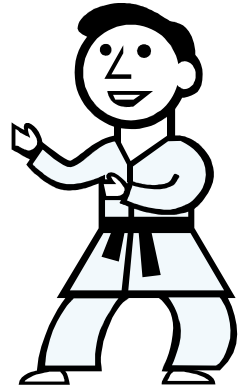
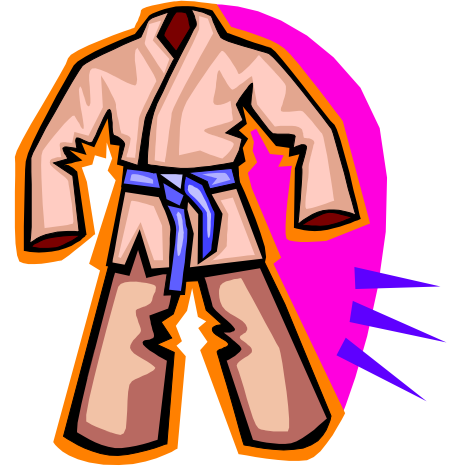
Our class schedule is set up so that students of similar belt levels go to the same classes. This does make it hard for all of our students to get to know each other.

We'd like to give everyone a chance to get to know their buddies and a chance for our beginner students to get to work with and become friends with our Black Belts and Advanced Students.

This Get To Know your Martial Arts America friends day will be on

**Saturday September 12 at 2:30-4pm
at Blessed Sacrament School.**

Be dressed in your martial arts gear and bring your bo staff. If you don't have a bo staff we will have extras. Plan to come by and join us for this chance to learn and meet new friends.



The Book Club



BOOK CLUB MEMBERS FROM AUGUST

- 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 September:

- Escrima Sticks



Check Out More Updates On Our Blog

<http://Students.RockSolidKids.info>



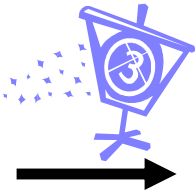
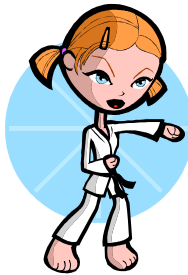
(click blog)

Workout with Instructor Days

Friday - September 4, 11, 25

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 – SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2	3	4 Workout with Instructors 645 pm At MAA	5
6 Beg Stripe Check: 1st Stripe	7 Labor Day No Reg Classes	8 Annual School Picnic 500 pm Myric Park	9 	10	11 Workout with Instructors 645 pm At MAA	12 Get to Know Friends Day 230 – 4 pm at Blessed Sacr. School
13 Adv Stripe Check: 2nd Stripe	14	15	16	17 	18 MOVIE NIGHT 6 pm At Blessed Sacr. School No 6/645 pm Class	19
20 Southern Wisconsin Open	21	22 	23	24	25 Workout with Instructors 645 pm At MAA	26
27	28	29	30	<u>October Events</u> <ul style="list-style-type: none"> • Beginner Testing – Friday, Oct 2 • Diamond Nationals – Fri/Sat, Oct 9-10 • Black Start/Advanced Testing – Friday, Oct 16 		

BBC/LEAD MONTHLY THEME: *Escrima Sticks*

Next Month: Bo Staff