



October 2009

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

## An Island Of Positive And How You Make The Difference

Life changes everyday. Some of the changes are for good while other changes are not so good. I'd like to dwell on the not so good for a bit before I come back to the good.



Every one of us is bombarded with thousands of pieces of information each day. Our kids are learning things faster than we ever did when we were their age. We are presented with endless choices.

Because of the sheer speed at which we go through our days it becomes harder for young people to spend quality time with their family and in the process it becomes harder to guarantee that our children are learning the skills and values that will make them healthy, happy, and successful.

There are so many other influences that could steer our children unless we continue to make it a point to constantly be there to help them with their decisions and give them the tools and people necessary for them to create a powerful life.

A few of the skills that are essential to success for our children are focus, respect, self-discipline and health. It's painful to watch young people struggle when they do not have a base in these skills.

Life without these skills can turn into a series of painful disappointments and wondering why things "**never turn out for me.**" These are skills that truly make a difference in young people's lives.

We at Martial Arts America believe that training in our martial arts program provides our students with a base for happiness and success. Combining our efforts to teach values and fitness with the efforts of our parents to teach the same produces a very potent package that helps our students attack life with vigor and confidence.

We also know that because of the glut of information that every individual receives every day

that our families become the absolute best ambassadors for our program that we have.

Many of our families have spoken to friends about what martial arts training has done for someone in their family. When you talk to a friend about something that's good for your family they listen.

For the longest time we as a staff at Martial Arts America have talked about our **Island Of Positive**. It's a place where students and parents can feel an energy and a feeling of belonging to a place that encourages effort, energy, and positive outcomes.

Many others in our community could benefit from what goes on here. Some of your friends go through their days and never once have someone welcome them, smile at them, or ask them how their day is going. That's a regular occurrence at Martial Arts America.



Even our youngest students are taught about the value of saying hi to someone, shaking their hand, looking them in the eye, and making them feel special. These are skills that change the lives of our students and those they come in contact with.

This all comes back to you. Enclosed in this newsletter you will find a letter that I have written inviting one of your friends to call us and take advantage of our one month FREE offer. You yourself started our program with either a one or two month FREE offer and it gave you a chance to see and feel what we do with our students. We would like to give your friends(s) the same opportunity.

We don't want to put you out. There is no need for you to feel uncomfortable about selling someone or convincing them that they should do this. All we ask is that you share a few stories of how well things are going for you and your family at Martial Arts America and then simply give them the insert so they have the phone number so they can call us to schedule their first lesson.

Even though this seems like a very simple thing to do it's vitally important to our ability to reach and help more people grow to become the best that they can be.

Please take the time to give this insert to one of your friends. Your help is much appreciated and this small effort on your part can change the life of one of your friends.



Respectfully,  
*Fred Nicklaus*  
Fred Nicklaus  
Owner & Master Instructor

the 2009



**Diamond  
Nationals**

October 9-10 marks the date for this year's Diamond Nationals. Many of our students will be competing at this year's event. It's a great chance for any of our students, white belt and above, to experience the energy and excitement of competing in a national tournament.

All of our families are welcome and encouraged to attend this year's Diamonds. If you are not planning to compete in this event it's a great idea to plan to make it a day to come up and watch the event. It would be great to have you there to cheer for your Martial Arts America friends.

As many of you know Mr. Cornell has been working hard for the past 3 years to claim the ranking of America's #1 Black Belt form competitor. He will end up this year as the #2 ranked Black Belt in his division but he wants to set the table for next year and his continued quest to be #1.

Mr. Cornell mentioned that in all of the tournaments that he has traveled to this year that the guy who has been ranked #1 always has a traveling cheering section that makes a lot of noise and makes judges notice their energy for their competitor.

Mr. Cornell would never ask his families at Martial Arts America to come to Minneapolis to cheer him on so that he has all of the pieces in place to win this year's Diamond Nationals so I'm asking you for him.

Mr. Cornell is a wonderful instructor who does anything he can for his students. This means a lot to him and if you are able to travel to the Diamonds to cheer him on I know how grateful he would be.



I'll be there with my family and if you could make it we could really do some hootin' and hollerin' for Mr. Cornell and all of the other Martial Arts America competitors.

Hope you can make it to this year's Diamonds. It really is an event worth seeing.

Get details at the Karate school

Fred Nicklaus

## More Fun Events For Our Families And Students

Kung Fu Panda was a great success at our September Movie Night. The following week we also had a Kid's Safety and Awareness Night along with a 9 Minute Combat Workout and some high flying dodgeball action.



We're only getting started.

Recently one of our students told me about a conversation that she had with a student from another Karate school. That person said that they never do special events at his Karate school and he wished they did.

At Martial Arts America our families can count on fun, special events. Sure we have to work hard in the classroom but we also have to have time to get to know each other and have fun outside of the classroom too.

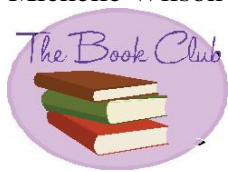
This month we have 2 very special events planned.

# Check Out the Next Page for Details!



## Happy Birthday!

- 1 Gabi Baures
- 3 James Biedenbender
- 5 Ahna Fuchsel
- 8 Kaitlyn Dawson
- 9 Billy Coffey
- 11 Ardaas Singh
- 13 Gavin Weiske
- 18 Zach Redfearn
- 21 Nikki Fike
- 22 Dan Wilson,  
Jack Nelson
- 24 Michelle Prieur,  
Tyler Schaaf
- 27 Anastasia Villarreal
- 30 Michelle Wilson



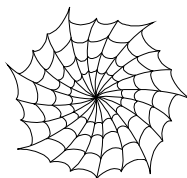
## **BOOK CLUB MEMBERS FROM SEPTEMBER**

**Jack Papke  
Hunter Owen  
Sara Groetsch**

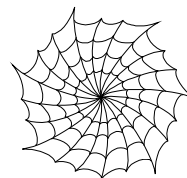
## *Special Events for Members of the Black Belt Club & Leadership Team*

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:

- **Bo Staff**



# October Events



## **Event #1**

**Sunday Swimming for students and families**

**@ Logan High School Pool**

**Sunday, October 18 from 3:30 - 5:30**



Special Underwater breathing classes for kids that day especially for those who have given their instructors a hard time in class.



Cost is \$1 for kids and \$1.50 for adults. Pay the day of event. You won't want to miss this one. Kids and water just seems to work

## **Event #2**

**Our Annual Halloween Costume Party**

**Friday, October 30 6 - 7:30 pm**

**@ Blessed Sacrament School**

Plan to wear a costume and remember that there are prizes for costumes (kids and adults) and treats for everyone.

If you have Halloween party ideas we'd love to hear them.



There you have it. More fun at Martial Arts America during October

## Wedding Announcement

Saturday, October 3 marks the wedding date of one of our favorite instructors. Kristin Duresky is getting married Saturday. YAY!

Hope to see you at the wedding to wish  
Ms. Duresky best of luck.



## **Are you looking in the right spot?**

- Curriculum Videos
- Training Videos
- "How to" Vids
- Event Updates
- Downloads
- Articles
- Gear
- Links

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

## **Workout with Instructor Days: Friday - October 23**

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 – OCTOBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Got Questions like:</b></p> <ul style="list-style-type: none"> <li>• Where do I order gear?</li> <li>• Can I download “this”?</li> <li>• Is there a “How to” Vid to watch?</li> </ul> <p><b>Go To <a href="http://Students.RockSolidKids.info">http://Students.RockSolidKids.info</a></b></p>				1	2 <b>Beginner Testing</b> 7 pm @ Blessed Sacr. School No 645 pm Class	3
4 	5	6	7	8	9	10 <b>Closed for The Diamond Nationals Karate Tournament</b> <b>Good Luck Students &amp; Instructors!</b> Ask Instructor for Details.
11	12	13 	14	15	16 <b>Black Star &amp; Advanced Testing</b> 630 pm @ Blessed Sacr. School No 6 or 645 pm Class	17
18 <b>Sunday Swimming</b> @ Logan High School 330 – 530 pm	19	20	21 	22	23 <b>Workout with Instructors</b> 645 pm At MAA	24
25 	26	27	28	29 	30 <b>Halloween Party</b> 6 – 730 pm At Blessed Sacr. School No Regular Classes	31

**BBC/LEAD MONTHLY THEME: *Bo Staff***

*Next Month: Nun-Chuks*