



November 2009

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

A Well Deserved Champion

The Diamond National Karate Championships is the crowned jewel of martial arts competitions in America. It's exciting to know that we have a champion who saved his best for the biggest stage in America.



As you all know by now Mr. Cornell has been pursuing the title of America's #1 Form Competitor for the past 3 years. He's made great strides in his performance over that time.

Along with the great strides there have also been great frustrations. He and many others have believed that the title of America's #1 should have been his during the year 2009. It didn't happen. Mr. Cornell finished the year as the #2 Form Competitor in the U.S for the third year in a row.

Even though it wasn't what he was shooting for, it's a remarkable accomplishment

Even though 2009 wasn't quite what he wanted it to be, he continued on the path of persistence and hard work believing that very soon it would all pay off.

Jackpot!

My wife, son, myself and many of our martial arts families were in attendance to see Mr. Cornell capture the title in his Japanese Traditional division during the daytime eliminations. It was a riveting performance. He captured the audience as well as the judges and he was rightfully determined to be the best in his class.

Even though the day time show was a sight to behold, the night time finals was the jewel that we all had hoped for.

Mr. Cornell was the 4th of 5 competitors and 2 of his competitors had been previous winners of the Diamond Ring. This was a top notch group that he was competing against.

The top three competitors were very strong. These guys are after all the very best from all the

respective divisions. Mr. Cornell came onto the stage and there was something different that separated him from the rest. It was his Presence and his Energy.

Even before he came onto the stage as he was preparing to show the world what he had I felt that we were about to see something spectacular.

His performance was electric. His power and will to win showed up in a big way. After his competition we all had to wait for one more very strong competitor to do his routine. He was one of the previous winners of the tournament. His performance was also very strong.

Then it was time to wait. It was time for the judges to compile their scores. Each person stepped forward to have their scores read. They were all high scores. Many 9.97 and 9.98 out of a possible 10 points. Then Mr. Cornell stepped forward and his scores were also very high but he received some 9.99s. Then the last competitor for scoring. This was going to be close but when I heard the last score I said to my wife, "I think he won"

A few more minutes to calculate the scores and then the winner was announced. Upon the announcement of William Cornell as the 2009



Diamond Nationals Forms Grand Champion the arena erupted in applause.

What a feeling and what a performance.

Mr. Cornell's determination and the way in which he has handled adversity have been a wonderful example for all of our students and families

Sometimes we don't get what we want but we can't lose sight of our goals and dreams. Tough times only make us tougher and more able to handle even tougher times.

It's been a pleasure for me to have watched Mr. Cornell become a Diamond Nationals Champion. It really couldn't have happened to a more deserving person.

We are all very proud of you and thank you for all that you do.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

A Special Congrats to Other Diamond Nationals Competitors

During October many of our students and instructors competed in the Diamond Nationals Karate tournament in Minneapolis. All of our students and instructors did well and should be proud of their achievement and their willingness to put themselves in the arena. Here is a list of all of our competitors and how they did at the tournament.

F = Form

S = Sparring

FIN = Finalist

Alexis Arquillo – 4th F
Ms. Dawson – 4th F, FIN S
Jaida Kenana – 2nd F
Kaitlyn Lee – 1st F, 1st S
Nicholas Noelke –
Jack Papke – 1st F
Jayna Prieur – 2nd F,
Mr. Redfearn – FIN S
Kylie Slaby – 2nd F

Madessa Collins – 1st F, 1st S
Kaitlyn Dawson – FIN F
Sireen Kenana – 1st F
Tori Meade – 1st F
Hunter Owen
Ms. Scott – 2nd F, 3rd S
Zach Redfearn – FIN F
Keelyn Slaby
Mr. Yoshizumi – FIN S



A Pizza Party Appreciation Night Tuesday, November 17th 6 – 730 pm @ Blessed Sacr. School

A while back I went to a new pizza place in town and interviewed the owner. After listening to his story I told him that I would like to write some marketing pieces for him because I believed in his story and his product.

The pizza place is Padrino's and it's a little hole in the wall operation across from Dahl Ford, in the former Happy Joe's location downtown.

In my travels around the country and the world I've come to realize that sometimes the very best and most interesting things come in the hard to find, not so hot looking little out of the way places.

The same can be said of this pizza. Jay, the owner, has a culinary degree in food preparation. He's a Master Chef and he knows his craft. I asked

him is you're a Master Chef why are you cooking in a pizza joint.

He told me that he loves pizza. It's because of the many things that you can do with it and the many flavors he can create. When I listened to him describe his pizza I began to think that this guy was more of a culinary artist than a pizza guy. He was making my mouth water just hearing him talk about all of the incredible things he can do with a pizza.

Now it's your turn.

FREE?!

I've made a deal with Jay to bring in a truckload of his tasty pizzas for families at the Karate school on **Tuesday night November 17 from 6-7:30 pm at Blessed Sacrament school in the cafeteria.**

If you're a pizza lover of any kind you will want to be there on the 17th to try this Master Chef pizza.

It's our way of saying thank you to our families for your support over the past year and a great chance for you to introduce yourself and your family to some truly outstanding pizza.

In order for us to have some idea of how many pizzas that we will need to order we ask that you register your name and how many people you plan to bring to the Pizza Party at the following website

www.rocksolidkids.info/pizza

**You must register by
Tuesday November 10th**

This is the date that Jay has asked that **I give him an accurate head count** because he will then begin his Mega Pizza Party Preparation.

We will determine the attendance and the number of people who will be coming to the Pizza Party from this registration.

PLEASE- We ask that if you do NOT register for the party that you do not expect to come and eat pizza.

It would not be fair to those who have taken the time to register because party crashers will take away from Pizza Party registrants getting their rightful share of this delicacy.

We would love to have you all there but **PLEASE take the time to register.**

So remember, plan for a Pizza Party Food Tasting Good Time.

Go to the website

www.rocksolidkids.info/pizza

and be sure to pre register

See you on the 17th with an empty stomach and plans to eat some of what just might be the best pizza you've ever eaten.

-Fred Nicklaus

P.S. Jay is planning to have samples of all of his pizzas at the party. I'm not sure what other goodies he's planning to have but last count we were talking about starting with 50 pizzas. Be sure to pre-register so we have enough pizzas for everyone.

Special Workout with Instructors **Sparring Class With Mr. Nick**

Friday, November 13th

6:45 pm
at MAA



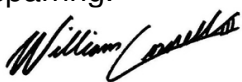
On Friday night November 13th at 6:45 all of our students can spend some time learning some of the important fundamentals as well as the secrets of improving your sparring.

I've chosen to focus on form as my main interest in tournaments, BUT I've spent a lot of time with Mr. Nicklaus in the past on sparring.

Mr. Nick was a sparring National Champion when he was competing. If you have an interest in improving your sparring skills you should make it a point to learn from someone who has years of experience teaching people how to improve their sparring skills.

I've learned much from Mr. Nick's private tutoring. This is an opportunity that you won't want to miss from a person who knows the in's and out's of sparring technique as well as sparring attitude and strategy.

I would highly recommend this class for our advanced students or beginner students starting sparring.



William Cornell
Chief Instructor

New Things on the Website



We really want to give you best experience possible. So we're taking strides to make sure our student website really is the go to place for all your information you need. Check out the student the website for:

- Beginner Curriculum Video is Online
- Advanced Curriculum Video is Online
- Black Star Curriculum Video will be online by Nov 5th
- Look for "Practice at Home" videos all throughout the month.
- On Blog: Join our Facebook Fanpage for the latest Event Updates, Pics, etc (by the way, you don't have to be a Facebook member to see Pictures/Event Updates)
- Downloads
 - Stripe Sheets
 - Curriculums
 - Newsletters
- Event updates

A Very Special Thank You

It's been great reading your responses to our survey questions on the website and on paper. We want to know what you think and promise to look at all of what you have mentioned and do something about those ideas that we feel would work for our students and for us.

It's great to see you taking the time to let us know about your experience at Martial Arts America and we have already seen some outstanding comments that will be used to help make our program stronger.

If you have not had a chance to fill out the survey yet please go to blog to click the link to the email: <http://Students.RockSolidKids.info> (click blog)

And take a few minutes to give us some valuable information.

P.S. Please remember we understand that you are making responses that you feel could really help our business. It's great that you have taken the time to do so, but do remember that even though we want to hear all that you have to say we might not agree with all statements and may not be able to do everything that these surveys might suggest.



Happy Birthday!

- 2 Jordan Arquillo
- 10 Jasper Pervisky
- 12 Chris Screnock
- 13 Cameron Crandall
- 15 Lily Peterson
- 16 Ashley Miller,
Andrew Vang
- 19 Vikram Ailiani,
Tori Meade
- 22 Danny Smith
- 28 Paul Kosir,
Jacy Weisbrod
- 29 Brandon Jensen



November Events



Event #1

**“Cheap Sk8” at High Rollers Skating
Thursday, November 12th from 6 – 730 pm
@ High Roller Skating Center**

Pizza Parties aren't the only parties going on this month. There's also a Roller Skating Party at High Rollers on Thursday November 12. There's always great fun to be had at these Roller Skating parties and there's also some pretty acrobatic spills taken by some of the kids and adults who venture out on the rink....haha.

It's always a good idea for us to know how many people we will have at these events.

Event #2

**Special Workout with Instructors – Sparring Class w/ Mr. Nicklaus
Friday, November 13th from 645 – 730 pm
@ MAA**

You gotta make this workout. This is for all beginner and advanced students. **You must have all your gear to take this class. Beginners without gear, feel free to come watch what sparring is all about. More Details Page 3.**

Event #3

**Customer Appreciation Pizza Party
Tuesday, November 17th from 6 - 7:30 pm
@ Blessed Sacrament School Cafeteria**

As a Thank you to all our Parents/Students we're having a Pizza Appreciation party. Details on Page 2. Not just any normal pizza, but Pizza courtesy of the Master Chef of Padrino's Pizza. You must register though to make sure we have accurate numbers of people at www.RockSolidKids.info/pizza



BOOK CLUB MEMBERS FROM OCTOBER

**Jack Papke
Hunter Owen**

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 October:

- Nun-Chuks

Halloween Party

Hope you had a great time at the Halloween Party. There were some outstanding costumes and fun was had by all. Looking forward to next year's party already. Hope you are too. Check out pics on the blog.

Workout with Instructor Days:

Friday's: Nov 6, Nov 13, Nov 20

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 – NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Beginner Stripe Chk Week #1	2	3	4	5	6 Workout with Instructors 645 pm At MAA	7
 <p>Holiday Shopping November 18th – 23rd SAVE 20% on Everything Order by clicking “Gear” at: http://Students.RockSolidKids.info</p> 						
8	9	10	11	12 “Cheap Sk8” Roller Skating @ High Roller Skating 6 – 730 pm	13 **Special** Workout w/ Instructors w/ Mr. Nick Bring Gear! 645 pm At MAA	14 
15 Advanced Stripe Chk Week #1	16 SSS  ----->>>	17 Customer Appreciation FREE PIZZA NIGHT 6 – 730 pm @ Blessed Sacr. School	18 SSS  <<<-----	19	20 Workout with Instructors 645 pm At MAA	21
22 	23	24	25	<p>Happy Thanksgiving! No Regular Classes Nov 26 – 28</p> 		
29	30	<p>WATCH OUT FOR THE LAST FEW DAYS OF OUR MARTIAL ARTS HOLIDAY SHOPPING!</p> <p>Get all your shopping done from your computer chair at home even before the Thanksgiving Crazy Sales!</p> <p>Gear, Weapons, Holiday Gifts??? Grab ‘em now! http://Students.RockSolidKids.info</p>				

BBC/LEAD MONTHLY THEME: NUN-CHUKS

Next Month: Escrima Sticks



Holiday Shopping 2009

November 18th – November 23rd

Simply go to: <http://Students.RockSolidKids.info>
(Check Out the Gear Site in All its Glory November 18th)

You don't even need to stand in line. No Sub-Zero Temperatures. No Ornerly Customers to fend off. You can even sit in your pajamas and order everything that you need to order from the comfort of your own home.

EVERYTHING IS 20% OFF!!!

Pick out what you want and enter in the **COUPON CODE: holiday** at the shopping cart. You'll be set to go (note: all bundled items will reflect the 20% savings because coupon codes do not work with bundles)



What to get a Martial Artist?

Here's some suggestions for your Karate Christmas gift list

- **Wavemasters Heavy Bags** that can be filled with water or sand. This is a great tool for developing explosive punching and kicking power and also give students something to work on by themselves. Kids really love to hit these things. (comes in adult and kids sizes)
 - **Grab the Wavemaster/Boxing Gloves Bundle.** Use the boxing gloves because it's not a good idea to hit the bag with your hands or to use your martial arts gear to hit the bag. The gear will tear and is not made for that type of consistent impact.
- **Martial arts sparring gear.** All of our students should have their hand and foot gear and now is a good time to get the entire set.
- **Belt racks-** a great way to organize and display your old belts rather than putting them in a box in your closet. You've worked hard to earn those belts. Display them where you can see them.
- How about a **fancy competition bo staff or pair of chuks?** Check out the
- **Handpad striking targets** are a great way for students to develop control and speed on their technique and also provide a chance for family members to get involved in the training.

Note- Occasionally we get someone who says that they have been surfing the net and found lower prices at another martial arts equipment site. We ask you to please go to the Century Internet site that we have set up for our students to buy your martial arts supplies. It's easy and convenient and Century has proven to be a dependable supplier and good company for us to work with. You may be able to save a few dollars elsewhere but we ask that you use the service that we have set up for you. By doing so you are also supporting the continued growth of our schools and helping us provide the best service possible. Thanks for understanding.