



December 2009

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

## 2009 – A Lot To Remember

It's hard to believe but 2009 is almost over. It really is amazing how fast time flies. Now that I've hit the over 50 mark it seems that time goes even faster.

My son is now a sophomore in college and my little girl is a senior in high school. I remember both of them running around the neighborhood with their bodies and faces covered with spaghetti sauce. It wasn't that long ago.

I'll always have those great memories of my kids. Now they tell me to "be quiet dad" when their friends come over and I start to talk about those days or better yet tell them that I'm going to go and get the photo albums so their friends can see for themselves.

Memories reserve special places in our hearts. It's the same for us at the Karate school for the year 2009. There were some great memories throughout the year.

2009 was a year of growth for us. We made some big changes when we closed our Onalaska Karate school in October 2008. Even though it was a very difficult decision we have since moved on and made the most out of it. We are happy for those Onalaska families that are with us and our school continues to grow and become stronger.

Sometimes people ask me what separates us from other Karate schools in the area. I believe that it's many things. Some of them are:



No one else has a National and World champion as their Chief Instructor. Mr. Cornell has become a top notch competitor as well as a top notch instructor. Along with his duties as an instructor he is also asked to guide and nurture our other instructors. His personal journey to excellence is a glowing testimonial to the value of perseverance and goal setting as well as a testament to what martial arts training can do for an individual.



The realization that business is about developing relationships. Over time we have come to realize that even though we are in business to make the business prosper, it is the relationships that we grow and nurture that makes our business strong.



Because we believe so strongly in developing lasting relationships we have to realize that our business is not just about martial arts. It's about bowling parties, roller skating parties, pizza parties, picnics, and many other fun events that make this a unique and fun place to be.



We believe in change and getting better. The things we did 5 years, 3 years, or even last year may no longer be good enough to serve our customers today. One of the changes that we are fully embracing is the need to use technology in our business.

The world communicates differently and we want to be at the forefront of that change. That's why you will see more communications from us in the form of handouts, new and exciting information on our website, development of our Facebook and Twitter pages, and other important and necessary ways to stay in touch with you and give you the best possible service.

*A special thank you* to all of the families who sent us back the survey. We saw many great ideas and will be using many of them over the next year. It was exciting to hear from you.



This may be the most important thing of all when it comes to the personal growth of all of our students. **WE BELIEVE IN CHALLENGING THEM TO REACH NEW LEVELS OF EXCELLENCE.** This is big and it can only be accomplished when you encourage

people by telling them that they are doing well, but more importantly having the courage to tell them that they need to work harder to get to a new level of performance.

It's easy to smile at people and tell them that everything is ok, but what about when they aren't living up to expectations? You don't get a reward for just showing up. You get a reward for putting forth effort and getting better.

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As always we look forward optimistically to the New Year. We believe that we are always in a learning and growth phase and this year is no different.

Actually we believe that this year will be a phenomenal year as far as helping more people achieve their goals, helping more families realize the value of our program, and continually growing our business to become a strong force in our community.

We look forward to you being a part of our growth. Thanks again for your support and your belief that you are in a good place.

Have a great New Year!

Sincerely,

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

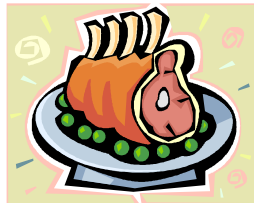
**A Very Special X-Mas Celebration**

**Sunday, Dec 6 – 530 – 8 pm**

**@ Blessed Sacrament School**

On **Sunday December 6 from 5:30 - 8 pm** we will be hosting our Annual Christmas Party. All of our families and friends are invited.

It will be a “**Bring a Dish to Pass**” affair at **Blessed Sacrament School**. We ask that you consider bringing a main dish in order that we are sure that all of our guests will have a marvelous dinner.



After the dinner this year we are very excited to have a **Professional Hypnotist** providing the entertainment.

We really do have many talented parents in our martial arts program and it just so happens that our special guest is one of our Karate parents.



Carol Meade, stage name **Crimson**, will be providing the evening entertainment. Both Carol and her husband Steve are Professional Hypnotists and travel around the country performing their very unique and entertaining show.

Never seen a hypnosis show? Then we highly recommend that you check it out. We've seen Steve perform for our Leadership Program families and it was unbelievable to see what he had participants doing on stage. Many of them wouldn't have believed it unless someone had shown them the video.

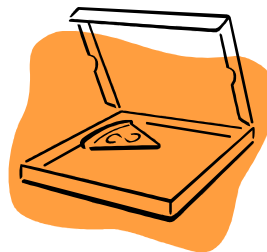
Don't worry. You won't be a volunteer to be hypnotized unless you absolutely want to be.

We can't wait to see what Carol cooks up for our families on the 6th.

Be sure to mark your calendar today for this very fun evening of friendship, good eats, and great entertainment. Bring some friends. This is a show that anyone would enjoy.



**Thank You Toppers Pizza**



A big thank you goes out to Toppers Pizza for helping us out with our pizza night. The pizza was great and we are glad that they were able to bake up some very tasty pizzas on such short notice.

We ask that you think of Toppers for your next pizza delivery needs.





### Happy Birthday!

- 5 Kaitlyn Lee
- 6 Shanielle Lenoir
- 10 Elizabeth Sorenson
- 12 Amanda Whalen
- 14 Logan Her
- 15 Delaney Schwertfeger
- 19 Jack Papke
- 23 Phillip Eggen
- 24 Jordan Brown
- 26 Madessa Collins



## December Events



### **Event #1**

**Annual Holiday Party Complete with Comedy Hypnotist Show**  
**Sunday, December 6<sup>th</sup> from 530 – 800 pm**  
**@ Blessed Sacrament School**

It's party time! Plan to be here at our Annual X-Mas Party. Lots of good eats and hearty laughs to be had. Plus, you don't want to miss our SPECIAL show featuring Professional Hypnotist, Carol Meade a.k.a. Crimson. You can check out more details on Page 2.

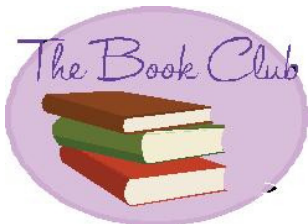
### **Days In December- No Classes**

Over the Christmas Holidays there will be no classes on the following days:

**Thursday December 24-26**  
**Thursday December 31-Jan 2**

We hope you have a Healthy and Blessed Holiday season and that Santa brings you something that you'll be excited about.

God Bless  
 Merry Christmas and Happy New Year.



### **BOOK CLUB MEMBERS FROM NOVEMBER**

- 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 December:

- **Escrima Sticks**

### **NOTICE for Advanced Students:**

Remember, that **Advanced Graduation is January 15<sup>th</sup>**. We know there's lots of holiday activities you'll be doing – including vacations, traveling, family time. Keep in mind that you should **make sure you have enough:**

- **Classes – Need 24 to Graduate**
  - **Sparring – Need 6 Total**
    - 1<sup>st</sup>/3<sup>rd</sup> Thursdays @ 5 & 545 pm
    - Saturday's – 1045 am
  - **Workout with Instructors – Need 3 Total**
  - **Know Your Form**
    - To San – Purple/Blue Belts
    - 1/2 of Chung Mu – Red Belts
    - Ask for help if you need it.



### **Workout with Instructor Days:**

**Friday's: Dec 11 & Dec 18**

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 – DECEMBER 2009

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday | Friday   | Saturday   |
|---|---|---|---|----------|--|--|
| <b>Brown/Blk<br/>Stripe Belt<br/>Stripe Chk<br/>Week</b>  |   | 1<br>    | 2   | 3        | 4<br><b>Beginner<br/>Testing</b><br>7 pm<br>@Blessed Sacr.<br>School<br>No 645 Class | 5<br> |
| 6<br><b>Advanced<br/>Stripe Chk<br/>#2<br/>Week</b>   | 7   | 8   | 9   | 10       | 11<br><b>Workout<br/>with<br/>Instructors</b><br>645 pm<br>At MAA                    | 12   |
| 13<br>  | 14  | 15  | 16<br> | 17       | 18<br><b>Workout<br/>with<br/>Instructors</b><br>645 pm<br>At MAA                    | 19   |
| 20  | 21  | 22<br> | 23  | 24       | 25   | 26   |
| <b>Happy Holidays</b><br><b>No Regular Classes</b><br><b>Dec 24 – 26</b><br>         |   |   |   |          |  |  |
| 27  | 28<br> | 29  | 30  | 31       | 1  | 2  |
| <br><b>Happy<br/>New Year!</b><br><b>No Regular Classes</b><br><b>Dec 31 – Jan 2</b> |   |   |   |          |  |  |

**BBC/LEAD MONTHLY THEME: ESCRIMA STICKS**

*Next Month: Bo Staff*