



ROCK SOLID NEWSLETTER



January 2010

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

A New Year, A New Decade

I wanted to pass this onto you. I sent these messages in my email for the New Year, and I would like to share it with you (or share it again if you have seen it before).

Have you ever fallen off the wagon when it comes to working towards your goals?

You were doing great and all of a sudden you had a hick up. You started to wonder if it was all worth it.

I don't think it's a stretch when I say I think we all have. I know I have. Oh sure, there's a lot I know about fitness and being in shape. I also know a thing or two about not doing what's healthy and getting off of track.

Let me explain...

I love the Holidays. It's a special time for many reasons. One of the reasons is all the good food that I always seem to get around at that time of the year.

A while back I told you that I've always been able to lose weight. Especially when I was younger. My all time record was when I weighed in for a fight on a Friday night at 6pm at 164 lbs. and by Sunday afternoon I tipped the scales at 192 lbs.

Now that's some serious eating. After training and being super disciplined for over 4 months I guess you could say that I ate everything I could get my hands on by Sunday afternoon.

I love to eat. As I've gotten older I've also come to realize that I just can't do it like I could when I was young. My metabolism is not nearly as fast and I really feel physically terrible if I overeat.

That's not to say it doesn't happen once in a while.

The holidays are a great time for it to happen.

As a matter of fact I really blew it over the past two weeks. Cookies, chocolates, super main dishes. Bring it on and I did.

So at the end of the binge I wandered over to the scale just to take a peek. A few months ago I mentioned that I was on a journey to get to 195 lbs. I was doing quite well. I had gotten below 195 and was hanging around 197-198.

After my last check up I found that my cholesterol had dropped all the way down to 150 and my doc was happy. So was I.

So what was it when I stepped on the scale. The meter started to churn and it stopped at 205.6. Oh boy. Not good.

So I got after myself a bit and said "alright let's get back on track"...plus some other choice words ;). I think this is important. Yes, I called myself a name at the moment but it's just to kick start me. I don't dwell on the negative and immediately set up plans to get back on track.

So here was the plan.

It was 9:30 am and I said no more eating for 24 hours. What? I've heard many people argue aggressively that not eating for 24 hours is the worst thing that you can do to your body and your body will start to eat your muscle if you don't eat for 24 hours.

BOLOGNA!

I've fasted for years and I never had my body start eating away at itself.

If for no other reason not eating for 24 hours makes me focus on being disciplined and getting back on track to the weight that I want. It's a great mental practice and it helps me take off a few pounds quickly.

So I didn't eat anything, only drank water, and today I went out for a brisk morning walk, it's cold

in Wisconsin, and came back and checked my weight. I was just under 199. Good to crack that 200 mark.

Losing weight is still quite possible for me when I set my mind to it. I know it's harder for many people.

Here's what works for me and it might also work for you.

- Try fasting for 24 hours unless you have a health condition that will not allow you to do it safely
- Be sure to include some strength and cardio work into your routine. Quick and high intensity
- Cut yourself some slack. Call yourself whatever names you might choose for a while and then get on with getting back on track
- Believe that you can do it and then get rolling.

We all blow it and then we have to work harder. Eating all those good foods sure is fun even if we know you're not going to like yourself at the end. Getting back on track is fun too after you screw up.

Remember that you're human and remember you can do whatever you want when you set your mind to it. This works for fitness, nutrition, career, family, and any other goal you choose.

God bless and make 2010 something really special. We at Nicklaus' Martial Arts America are happy that we can help you and your family with making 2010 a great year and look forward to the challenge.

Enjoy this next piece as a bit of a fire starter to the New Year.

**"It isn't the load that breaks us.
It is the way we carry it.**

**Ability gets you to the top,
Character keeps you there.**

**Don't ask for an easier life.
Ask to be a stronger person.**

The best way to prepare for life

Is to live.

**Happiness is where we find it,
But rarely where we seek it.**

**I take nothing for granted.
Now I have good days and great days."**

Author- unknown

Good luck.

Have a great 2010!

Sincerely,

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Thanks For Coming To Our X-Mas Celebration

It seems like ages ago because we had our party in the beginning of December, but thank you anyways for coming to our X-Mas Party. We were happy to see you and your family.

We, instructors, always look forward to spending time with you outside of the regular classes because it gives us a chance to build our vision of what want our karate school to be.

Our Martial Arts school should build that family atmosphere that generates the results that you and your family are looking for. Thanks for coming and contributing to that vision.

Keep your eyes on the look out for more opportunities and special events you can bring your families to.

Also – a very VERY SPECIAL THANKS to Crimson – our comedy hypnotist entertainment for coming out and giving us a great show!

Check out her website at www.ProBookings.com for information on getting her for your next event.





Happy Birthday!

- 1 Emily Appold
- 15 Julia Whitedog
- 17 Glennie Mihalovic,
- 18 Jenny Myhre,
- 19 Mackie Schwertfeger
- 20 Gunnar Schwertfeger
- 21 Asya Her
- 24 Ms. Scott
- 25 Sireen Kenana
- 26 Emma Johnson
- 29 Anthony Fuchsel,
McKenzie Moser,
Preston Horihan



January Events



Black Star & Advanced Graduation

Friday, January 15th

630 pm

No 6/645 pm Class

If you'd like to come watch our Advanced Students earn their next belt and see our Black Belts earn their next Star (a section towards their next Black Belt), then join us this night. Especially as a Beginner Student, you'll see some things you haven't seen before.

All Advanced Students bring your **ALL** your gear. Black Belts bring your **Escrima Sticks and Boxing Gloves/Mitts**.

Black Belt Testing

Saturday, January 30th

230 pm

All Students Welcome to Come

***Black Belts Welcome to Sit on the Judging Panel & Help During Testing**

If you've never been to a Black Belt Test, this is the day to come. You'll see first hand how challenging the Black Belt Test is and what to expect when you test. Black Belt Candidates will demonstrate Basics, Advanced Target Kicking, Self-Defense, Pad Hitting, Advanced Kick/Punch Combinations, and Sparring.

This is a great test of persistence, endurance, and desire. The event is about 2 hours long. If you're watching, the best is watching the whole thing so you get a full taste of the drama leading up to the Black Belt. **This is a test, so cheer heartily so that all the candidates will earn their Black Belt.**

Workout with Instructor Days:

Friday's: Jan 8, Jan 22, Jan 29

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.

Did You Know You Can Find...

- **Instructional Form Videos**
- **Curriculum Videos**
- **Worksheet downloads like Stripe Sheets**
- **Digital Downloads of Newsletters**
- **Order Gear**
- **Blog**
 - "How To" Vids like *Tying Your Belt* or *How to Order Gear*
- **Facebook**



**BOOK CLUB
MEMBERS FROM
DECEMBER
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 January:

- **Bo Staff**

On Our Student Website: <http://Students.RockSolidKids.info>

ROCK SOLID CALENDAR – JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Beginner Stripe Chk #1	4	5	6	7 Sparring in 5 & 545 pm Class	8 Workout With Instructors Class 645 pm at MAA	9 
10 Advanced Stripe Chk #3 Week	11	12 	13	14	15 Black Star & Adv Testing 630 pm Blessed Sacr. School No 6/645 Class	16
17	18 	19	20	21 Sparring in 5 & 545 pm Class	22 Workout With Instructors Class 645 pm at MAA	23 
24	25 	26	27	28	29 Workout With Instructors Class 645 pm at MAA	30 Black Belt Test
31	<p style="text-align: center;">Extra Notes:</p> <ul style="list-style-type: none"> • Beginner Testing February 5th • Order Gear at our website http://Students.RockSolidKids.info • Are you on Facebook? Become a Fan at our website 					

BBC/LEAD MONTHLY THEME: Bo Staff

Next Month: Nun-Chuks