



February 2010

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

## Sometimes It's More Than We Can Bear

Life can throw us some difficult curves. It seems that we never know when or what might happen and when it does come it never comes at the best time.

Over the past two weeks we've all been touched by the tragedy in Haiti. It's hard for us to imagine the pain that something like this can cause unless we've gone through it ourselves.

Over the past few weeks we've all watched the incredible stories of loss that have happened to people on this small island. Some reports have told us of children who have lost their entire family to the earthquake.

The devastation that the earthquake caused was mind boggling and the aftermath of the quake will still bring many difficult challenges.

Even though the quake was many miles away it had a direct impact on those of us in La Crosse.

Years ago we at Nicklaus' Martial Arts America had the pleasure of working with the Larson family.

There were 3 kids in the family. The Larson kids were Katie, Amy, and Ben. Ben was in Haiti doing missionary work when the quake hit.

We had not seen Ben for quite some time but we remembered him as a warm, fun loving young man. Since his days at the Karate school he had graduated from college and had married.

The day after the quake we learned that Ben had been trapped in the rubble of the quake and did not make it out alive. What a terrible shock.

Ben was doing what he loved to do. He wanted to help those not as fortunate as him and he was a people person. Even though Ben's passing is a true tragedy, there is comfort in knowing that been

is in a good place and his spirit will live on with all of us.

Please include Ben and his family in your prayers.

When it rains it pours. During the same week friends of the Karate school had a terrible tragedy strike their family. Karl and Einee Franksen had their house burn to the ground.

We were told that every material belonging that they had was taken in the fire. Thankfully no one was in the house when it went to the ground.

Karl and Einee made beautiful belt racks for families in the Karate school for many years. It was quality work and they are quality people.

I hope that you can remember them in your prayers too.

A few weeks back I mentioned to some of you at the Black Star test and Advanced Test that I wanted to do something to help their family.

I know that families have had to tighten up on some things in this economy but I ask that if at all possible you open your hearts and write a check for whatever amount you feel you can give to the Franksen family.

I know that many of you may not even know this family. At the same time I also know that all of us will need help of some kind in our lives. The help that we can offer this family in time of need will surely come back to you in your time of need.

I'm sure that any amount that you can give will be more than appreciated by the Franksen family. I would ask that if you are able to contribute to this cause please write your check to **Franksen Family**.



Every day I wake up and give thanks for being alive, for my family, and for the many wonderful things that I've been given in my life. I know that losing all of someone's belongings



would challenge any of us. I'm hoping that we can help bring the Franksen family back to some sort of stability.

**Thanks for listening.**

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

**P.S.** We will be accepting your checks at the Karate school for the Franksens **until February 15**. If you are planning to help with this worthwhile cause please do it before this date. Thanks again.

## Thoughts About Energy

My previous article about the Ben Larson and the Franksen family brings me to a very important issue for us at the Karate school and for our country in general.

Over the past few years many in our country have gone through tough times. Some have lost their jobs, some have lost their homes, and many continue to talk about the gloom and doom of this terrible economy.

It's my belief that we become what we think of. I know that it's difficult to think of positive things when our media and other people around us bombard us with all of the negative that is going on in the world.

A while back I listened to Rush Limbaugh being interviewed by Barbara Walters. Mrs. Walters asked Limbaugh how he felt about making so much money when many in the country were struggling. She asked how he felt about doing so well when the rest of the country was in a recession.

She wanted to know what he thought of this.

Limbaugh gave a very thoughtful answer. He said, "I refuse to participate." The reason I mention this is because he wasn't saying he didn't feel for people in the country. He said this because he was talking about the mindset that many more people should take in order for us to return to better times.

We have a choice. It does us no good whatsoever to dwell on the bad things that have happened to us. In order for us to get to the better places in our lives that we all want to get to we have to believe



that we can and think about the possibilities that exist.

Our struggles are our lessons. We can choose what those lessons are. Either retreat into a shell and believe that the world is about to fall on us or move forward and believe in our dreams and our possibilities.

Our dreams and our goals are worth pursuing. I wish you luck on your journey.

-Fred Nicklaus

## We're Doing More In Schools

We believe in what we do. All children can use the focus, respect, effort, and values that our martial arts training can teach.

We've included a Show and Tell handout in this newsletter that we ask our families to send along with children to school.

We've added some exciting options to martial arts presentation in schools. Those added options are a Safety Class and The 9 Minute Workout.

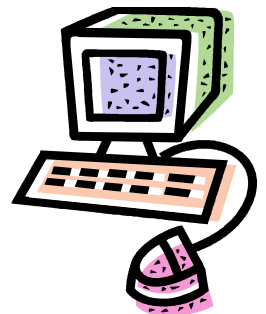
None of us have ever heard children say that they want to be wimpy and weak. All kids would like to be healthy and strong. Being safe and knowing what to do in a potentially dangerous situation is also important.

Please help us in getting more of these informative and beneficial demonstrations into our area schools. Let your children's teachers and administrators know about these programs.

## Is Getting Healthy One Of Your Resolutions for 2010?

If this is the case than it's important that you know a new session of Combat Endurance Training has started. There are 2 ½ months left in this session and more than enough time for you to still come and join us.

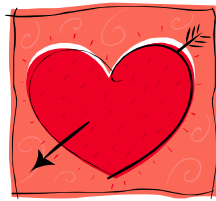
If you'd like to know more about the program go to [www.CombatClasses.com](http://www.CombatClasses.com) to find out more about class times and registration. Also check out [www.CombatEnduranceTraining.com](http://www.CombatEnduranceTraining.com) to get your FREE copy of a workout that can give you a healthy lift.



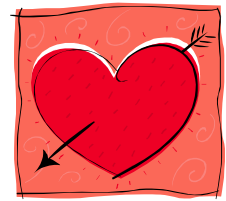


### Happy Birthday!

- 4 Kayla Weisbrod
- 5 Isaiah Stoos
- 6 Elizabeth Burelbach
- 9 Ryan Faas
- 16 Jayna Prieur
- 17 Keelyn Slaby
- 18 Gavin Christianson



## February Events



### Help A Community Family

**DEADLINE, February 15<sup>th</sup>**

Donations are due by this day for the Franksen Family in the office in order to help them recover from their house burning down. For more details, check out the main page. We hope that we can count on your help.

### "Healthy Eyes... Better Grades... Better Life"

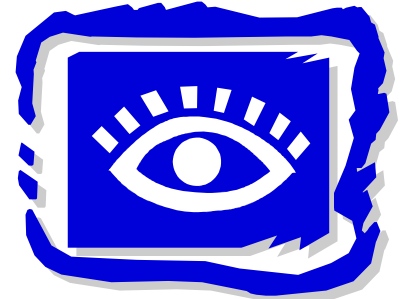
**Tuesday, February 23<sup>rd</sup>**

**6 pm**

**At Blessed Sacrament School**

**No Regular Leadership or Black Belt Classes**

Make sure you attend this presentation to learn more about how the health of you or your child's eyes can affect how you learn and develop. You learn more about how well your eyes work is NOT just about seeing 20/20. Please check out the handouts from the Instructors.

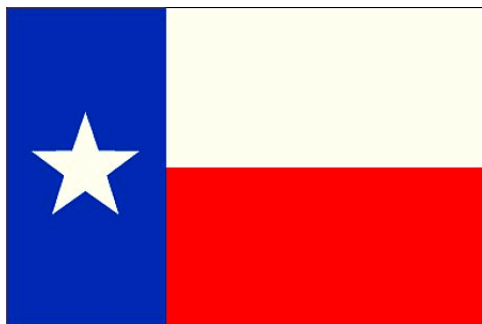


The eye care presentation will take approximately 45 minutes after which parents will be able to ask our doctors questions while kids will go through a leadership workout. Plan to be with us until 7:15 on that evening.

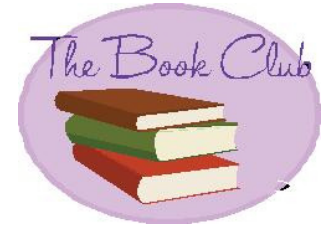
### Workout with Instructor Days:

**Friday's: Feb 12, Feb 19, Feb 26**

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.



**CONGRATULATIONS!!!  
Mr. Cornell For Winning  
The Lone Star Open  
National  
Championship  
In Austin, Texas.**



**BOOK CLUB  
MEMBERS FROM  
FEBRUARY**

**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 February:

- Nun-Chuks

**Look For His Performances Soon**

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

# ROCK SOLID CALENDAR – FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 	4	5 <b>Beginner Testing</b> 7 pm Blessed Sacr. School No 645 pm Class	6
7	8	9 	10	11	12 <b>Workout with Instructors</b> 645 pm At MAA	13
14 <b>Happy Valentine's Day!</b> 	15	16	17	18	19 <b>Workout with Instructors</b> 645 pm At MAA	20 
21	22	23 <b>Healthy Eyes Presentation</b> 6 pm At Blessed Sacr. School No Classes after 545 pm	24 	25	26 <b>Workout with Instructors</b> 645 pm At MAA	27
28 <i>Check Us Out at the Family Fest Demo @ La Crosse Center!</i>	<b>BBC/LEAD MONTHLY THEME: NUN-CHUKS</b> <i>Next Month: Escrima Sticks</i>					