



March 2010

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

## The Olympic Spirit



Over the past few weeks we've all had the opportunity to be treated to the competition and pageantry of the Winter Olympics. It's breathtaking to watch some of the things that the athletes do and even more amazing to think about the time that it took to get to that level of excellence.

One of the stars of the American team is a skier named Bode Miller. He's one of those guys who straps himself into a pair of skis and goes as fast as he possibly can down the steepest mountains.

I don't know about you but my knees get weak just thinking about reaching speeds of close to 90 miles an hour on a few skinny, long skis. I think it's a unique blend of guts and insanity.

Bode Miller has been described by those in the know as the perfect skier. These people say that when he is right he is the closest thing to skiing perfection that they have ever witnessed. It's quite an honor to be recognized as that kind of special by your peers.

During this Olympics Bode has already captured a gold, silver, and bronze medal. He has yet to ski two more events so at this time his final medal count is uncertain.

Even though this has been an already incredible Olympics for him, he hasn't always been as fortunate. Along with being incredibly gifted he was also known as a free spirit who didn't always train and do the things that he should of done to win.

Four year ago in the last Olympics he was being touted as America's greatest hope to dominate the skiing events. It never happened. He bombed badly and the press was all over him. He was painted as a bitter disappointment who had let his country down. That's a lot to swallow for a 28 year old free spirit who just wants to go down hills fast.

Sometimes I think that it would be worthwhile to see journalists who are so easy to criticize even try to do the things that they are so critical of others for when goals and expectations are not met. Seems to me that just taking the risk and making the sacrifices that athletes make to get to this position in their lives would be worth something

So long story short. In the 4 years since the last Olympics Bode Miller had something very special happen to him. He became a father. Those around him have seen a change in him. Even though he's still unleashed lightning on the ski slopes he has changed his life completely off of the slopes.

He is no longer the wild, no boundaries, uncompromising youngster that he was only four years ago but he has become a person on a mission who now realizes the value of commitment and doing something for someone other than himself.

Not only has he grown as a person since the birth of his daughter but he has also grown tremendously because he has lived through the brutal onslaught of his critics and come out the other end as a stronger, better person.

He has become the perfect example of what it means to fall from the highest peaks of adulation and pick yourself up from the lowest valleys of despair.

He has grown to be the most respected of Olympic champions. His journey has been painful to watch but incredibly rewarded as we've watched his return in triumph.

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## Alahna Keil's Black Belt Test

Many years ago I was teaching a martial arts class and I looked out into the audience to see a little girl struggling to get up out of her chair. She was in our lobby watching her older brother take class.

After the class she took her crutches and walked over to me and we had a short conversation. During that brief time she told me that it was her dream to someday be able to get on the floor and start her own martial arts career.



I marveled at her determination but thought that she couldn't be serious. You see young Alahna has Multiple Sclerosis. I just couldn't see anyone going through the pain and discomfort of dealing with this disease and then putting herself through the additional discomfort of going through the pain of martial arts lessons.

Time would prove me wrong.

Not only did Alahna begin her martial arts career but she chose to excel. Even though she struggles with some of the physical movements of her craft she more than makes up for anything that she may not do to her exact specifications with an attitude and energy anyone could learn and benefit from.

In short Alahna is a pleasure to be with and she is an inspiration to all of us.

We would like you to join us for a very special day on Saturday March 6 at 2:30 pm when Alahna tests for her Black Belt. The testing will be at Mt Calvary school.



If you are in need of some inspiration and would like to see a true testament of human spirit and will then this is something you will certainly want to see. Be sure to bring along anyone who would also like to be inspired.

Fred Nicklaus

## Things We're Working On

Over the next few weeks you will be able to see some of the projects that we have been working on for the Karate school and for the Combat Endurance Training program

- We will be changing our Karate website for people who are looking for information on the Internet. We will also be changing the name of our site from [www.rocksolidkids.info](http://www.rocksolidkids.info) to [www.Nicklausmartialarts.com](http://www.Nicklausmartialarts.com) We'll let you

know when it's ready. Please take a look at it and let us know what you think

- Many of the people in our local classes are women. We have learned much from what women want from physical fitness by asking questions. Our new website is [www.womenstrengthtraining.com](http://www.womenstrengthtraining.com) Take a look and get some FREE gifts when you go there
- We're also changing our [www.combatendurancetraining.com](http://www.combatendurancetraining.com) site. Go to the same web address but check out the new content.

Remember to become fans of Nicklaus' Martial Arts America and Combat Endurance Training on Facebook. Tell your friends to become friends too. Help us get our fan numbers up to 500 at each location

## Dodge Ball Night



Need to release a little frustration? Do you like to throw fast moving objects at other people's bodies?

Here's your chance.

On Friday night March 19 starting at 7 pm we will have our first Family Night Dodge Ball Outing.

Kids, here is your chance to get back at your parents for a ll of the vegetables and other things they've made you eat and do over the past few years.

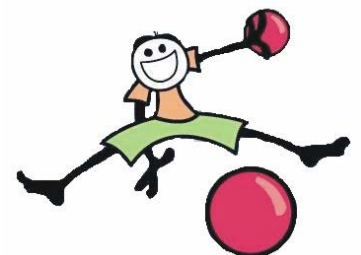
Parents, here's your chance to inflict a few legal bruises and welts on your kids for the times they've been anything other than perfect little darlings.



Don't forget, instructors will be there too as fair game.

Bring your frustrations, rocket arms, and any other tools (Dodge ball costumes are allowed) that you might need to make this a memorable evening.

P.S. Video recorders and cameras are most definitely allowed and strongly recommended.





### Happy Birthday!

- 1 Lilli Christianson,  
Parker Winjum
- 2 Quinton Peters,  
Kelsey Stoos
- 4 Britani Kabat
- 6 Ms. Dawson
- 12 Lilly Kosir
- 23 Austin Schroeder
- 30 Isabel Waters



## March Events



### Alahna Keil's Black Belt Test

**Saturday, March 6<sup>th</sup>**

**230 pm**

**Mt Calvary School**

**Details on Page 1-2**

### Dodgeball Night!!!

**Friday, March 19<sup>th</sup>**

**7 pm**

**Location TBA**

**Details on Page 2**

### Demonstration Team Performing At Halftime Of Harlem Globetrotters Basketball Game

If you're a basketball fan you've undoubtedly heard about the Harlem Globetrotters. Long recognized as the most incredible basketball handlers and on court comedians the Globetrotters have thrilled audiences around the world.

On April 2 at the La Crosse Center the Harlem Globetrotters will bring their unique brand of basketball family fun to our area.

We have been asked to perform the halftime entertainment at the Globetrotter game on that evening.

We would like to make **Friday April 2 a Nicklaus' Martial Arts America Family Night** at the Globetrotter game.

The Globetrotters have reserved 200 tickets for us to sell for the game and the half time show.

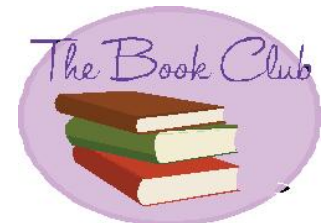
**Ticket prices are \$16.50 per ticket** and you can pay for your tickets in the office at the Karate school.

Those of you who have seen the Globetrotters before know how much fun one of their shows is and those of you who have never seen one of their shows are in for a real treat.

**We have been asked to try and sell our tickets by Friday March 19<sup>th</sup>.** We ask that you order your tickets before that date.

We look forward to having a big crowd of our Martial Arts America families at the game on that evening to watch some great basketball fun and to cheer on our demonstration team which will certainly add to the festivities.

Start ordering your tickets in the office today. See you at the game.



**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 March:

- **Escrima Sticks**

### Workout with Instructor Days:

**Friday's: Mar 5, Mar 12, Mar 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.

# ROCK SOLID CALENDAR – MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beg. Stripe Check Week #1	1 	2	3	4	5 Workout with Instructors 645 pm At MAA	6 Alahna Keil's Black Belt Test 230 pm @ Mt Calvary School
7 Adv. Stripe Check Week #2	8	9	10 	11	12 Workout with Instructors 645 pm At MAA	13
14 Daylight Savings Starts	15	16	17 St. Pat's Day! 	18 	19 DODGE BALL NIGHT 7 PM	20
21	22	23 	24	25	26 Workout with Instructors 645 pm At MAA	27
28 	29	30	31	<b>April Events:</b> <ul style="list-style-type: none"> <li>• Harlem Globe Trotters Basketball Demo – April 2<sup>nd</sup></li> <li>• Black Star &amp; Adv Testing – April 16<sup>th</sup></li> <li>• Beginner Graduation – April 23<sup>rd</sup></li> </ul>		

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

*Next Month: Bo Staff*