



April 2010

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

## Characteristics of a Winner

It's what everyone would like to be. It's what every parent wants for their son/daughter. Life would be better for all concerned if everyone possessed the characteristics of a winner.



So if this is the thing that everyone wants why is it that so few people have these life changing traits and what exactly are they?

After over 30 years of running successful businesses, competing at a high level in the martial arts, watching and learning from others who have experienced much success in business and in life, and making it a point to be a life long learner I have found some things that have helped me grow as a person, athlete, and businessman and that have helped others become winners. Even though I still have much to learn I have found the following things which have been very helpful. Here they are:

- Winners don't whine- Even the best lose at some time. Even the best don't always perform to the level that they expect. After not living up to their very lofty expectations at some point in their lives winners choose to move on and not dwell on their disappointments. Winners don't come up with excuses as to why they didn't do as well as they could have and they always give credit to those who have had a better day than they have.
- Winners make it a point to seek out those who can mentor them. Winners can accept criticism and are not afraid to jump in and try new things even if they are new and unfamiliar to them. Winners never feel picked on or feel sorry for themselves if someone gives them constructive criticism
- Winners take responsibility for their actions. Everyone makes mistakes. We're only human.



Rather than wondering why or how they could have made a mistake a winner uses the mistake to learn from and moves onto the next challenge.

- Winners don't gather with others and complain about how unfair life is. Life is not fair. Get used to it. All the whining and complaining in the world won't change that. Besides, whining is a terrible waste of energy. A winner realizes that his/her attitude can be shaped by the friends and associates he/she hangs out with and chooses to be with people who are uplifting and see the positive in life.



- Winners are constantly looking for things to learn and ways to improve. New growth, which comes from continuous challenge, adds an energy and excitement to life. Winners thrive on creating and finding ways to improve life.
- Winners realize that some of the greatest joy in life come from serving others and making lives around them better. People who are self absorbed and concerned only for their own progress never realize the benefit that helping others achieve their goals can bring into their lives. Famous motivational speaker Zig Ziglar says. "You can have everything you want in your life by helping others get what they need and want in their lives"
- Winners know how to smile at people, greet people, and make others comfortable. Winners take time to make others welcome.
- Winners talk more about what they can do for others and let others talk about how talented and how special the winner is. Even though it's a natural tendency for us to want to tell others about how talented we are, a winner realizes that talking about ourselves constantly is a sure fire way to alienate people and for us to lose friends and the respect of others.
- Winners ask for help. Many people are afraid to ask for help because they think it will make

them look foolish. Be comfortable in seeking help from those who can teach you and once again don't worry about the opinions of those who are afraid and much too ignorant to ask for help

I'm proud and excited to say that I have chosen a leader for all of our families to look up to at Nicklaus' Martial Arts America. Mr. Cornell is a hard working, humble, genuine human being. He is totally committed to helping all of our students develop the skills of champions. He is the perfect example for all of our students and families of what a winner can and should be.

The wisest people are those who take the time to look around them and choose to copy things in their environment that would be beneficial to them. Why reinvent the wheel? It's a sad fact that many people go through life and never open their eyes.

I would encourage all of our students to take a long look and listen to what comes out of Mr. Cornell's mouth while you are in his company and what actions he chooses to model. This is a very in tune and in touch young man .I believe that all of our students would do very well to copy his actions.

Many of our students may never become martial arts champions. At the same time I hope that all of our students can become champions in some area of their lives. We all have qualities and traits that will serve us well in life. It's important for us to grow and nurture those skills that we already possess but also look for others to help us grow the skills that we need work on.

Take time to look, listen, ask questions, and make good decisions in order to develop the qualities of a winner in yourself.

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## Maxwell Maltz

Maxwell Maltz was the author of a best selling book that changed the way people think about themselves and the world around them.

Maltz was a plastic surgeon who came to realize that many of the deep seated challenges that people have in their life are more than skin deep.



After years of study Maltz wrote his best selling book Psycho-cybernetics. In his book, which has sold over 30 million copies, Maltz educates the reader about the power of the human mind in creating the special life that all human beings desire.

On **Tuesday April 13th at 6pm at Blessed Sacrament school** I will share some of Maltz's groundbreaking ideas with families at Martial Arts America.

This is a program that you will not want to miss. You will discover some of the same tools and ideas that have helped world championship football teams, leaders of industry, and many of the world's most successful people reach their exceptional levels of success. Children and adults are welcome. Your time will be well spent.

**Please register in the office so that we know how many seats to set up for this event**



## \$99- 2 Months of Lessons & Karate Uniform

Starting in April we will be promoting our Summer Special. The Summer Special is:

## 2 Months of Martial Arts Lessons & a Uniform for the Low Cost Of Only \$99

We are starting to promote this earlier this year because we want people to think about martial arts lessons before summer is upon us.

You can help by telling your friends about this special and by inviting them to come to watch a class with you.

If your friend enrolls for our regular 6 month program after the 2 month special we will write you a check for \$99. We want to thank you for your effort.

After all, you're stories about the good things that you have experienced at Martial Arts America are stories that your friends understand and value.

Please help us as we continue to do our best to help more people benefit from experiencing our unique brand of martial arts instruction.



### Happy Birthday!

- 3 Lauren Meyers
- 5 Josiah Sievert
- 6 Alexis Arquillo
- 9 Kristin Spencer
- 19 Jerimiah Koll
- 23 Carver Ritterling
- 25 Nicholas Noelke,  
Michael Darling



## April Events



### Happy Easter

**No Classes April 1 – 3.**

**See you Monday for Class!**

We will be closed Thursday April 1 thru Saturday April 3.

We hope that you have a happy and blessed Easter weekend

Eat great food and rest up so that we can see you with an exciting energy for the rest of April



### The Harlem Globetrotters

**Friday, April 2 at 7 pm**

**At the La Crosse Center**

On Friday April 2 the Martial Arts America demonstration team will be doing the halftime show for the world famous Harlem Globetrotters.

We have recruited new members to the demonstration team and we will be putting almost 40 people on the floor.

Team members have been working hard to make this a special show. We hope you can make it to the game and make lots of noise for our halftime show.

### New Combat Endurance Training Spring Classes

If you've been wanting to start a new exercise program and get yourself healthier and fitter then we've got just the thing for you.

The spring **Combat Endurance Training classes will start on Monday April 12<sup>th</sup>** with classes in the mornings and evenings.

The new class registration will start on **Thursday April 1**. Early bird discounts apply from April 1-8 and **all Karate families also receive an additional discount for registering for the class.**

This class has been making people healthier and stronger for the past two years. The results are quick and they're real.

Give us a chance to have you in Combat class so you too can experience some of these life changing benefits.

Remember- Go to **[www.CombatClasses.com](http://www.CombatClasses.com)** starting on Thursday April 1 to save your spot in class.

### Workout with Instructor Days:

**Friday's: Apr 9, Apr 30**

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.

### **BOOK CLUB**

### **MEMBERS FROM**

### **March**

**Jack Papke**

**Hunter Owen**



**Mr. Cornell ;)**

### *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 April:

- **Bo Staff**

# ROCK SOLID CALENDAR – APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Summer Karate Boot Camps</u></b>  <b>Boot Camp 1: July 19 – 23</b>  <b>Boot Camp II: Aug 2 – 6</b>  <b>Posters &amp; Registration Sheets</b>  <b>Coming Soon!</b></p>				<p><b>1</b> No Classes</p>	<p><b>2</b> Harlem Globetrotter Demo 7 pm LaX Center No Classes</p>	<p><b>3</b> No Classes</p>
<p><b>4</b> </p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b> </p>	<p><b>8</b></p>	<p><b>9</b> Workout with Instructors 645 pm At MAA</p>	<p><b>10</b></p>
<p><b>11</b> Adv. Belts: Black Stripe Testing Wk</p>	<p><b>12</b></p>	<p><b>13</b> Leadership Presentation with Mr. Nicklaus 6 pm @ Blessed Sac School</p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b> Black Belt Star &amp; Adv. Testing 630 pm at Blessed Sacramento No 6/645 Class</p>	<p><b>17</b></p>
<p><b>18</b> Beg. Belts: Black Stripe Testing Wk</p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b> </p>	<p><b>22</b></p>	<p><b>23</b> Beginner Testing 7 pm at Blessed Sacramento No 645 Class</p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b> </p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b> Workout with Instructors 645 pm At MAA</p>	

**BBC/LEAD MONTHLY THEME: BO STAFF**

*Next Month: Nun-Chuks*