



May 2010

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

Making A Difference

Here it is...

I've heard it said many times that perhaps the best education a person can have is to travel to other places of the world and see how the people live. Not only see how they live, but spend time living with them



I've always felt this to be true and have planned so that I could spend time living and working with people in other places in our country and around the world. Here are some examples of these travels.

- Australia/ New Zealand- Lived with a native Moree family in New Zealand
- Cozumel- Taught a week of martial arts and fitness classes in a martial arts school in Cozumel
- Jamaica- Traveled to a school and visited and brought kids school supplies
- Africa- Spent time in villages and hiking with local children.



These are only some of the exciting travel and learning experiences that I've been lucky enough to have. I'm planning to do many more of these.

In order to find my next adventure I'm always on the lookout. I recently found a good one. It's something that families in the Karate school can also share in.

One of my college roommates works for a company called Good News. It's based out of Wausau and they have chosen a group of islands in the Caribbean to work with. The islands that Good News works with are St Lucia, St Vincent Grenada, and Dominica.

The project has been going on for over 20 years and the Good News group builds houses and brings needed supplies to these island peoples.

Volunteers can go along on the trips and help with the house building and with the distribution of supplies and also take part in working with and teaching the people of the islands various skills. Each trip lasts for two weeks and volunteers live with the island people and meals are also included.

Trips happen in January and February.

I'm sharing this with you because I'd like all of our families to be aware that this program exists and that we at Martial Arts America will be starting a campaign to **Adopt An Island**.

I'm also letting you know about this now in case any of our parents or adult students might be interested in this type of hands on adventure. The kick off event to our adopt an Island program will be in September when we have a **Goods Collection Day**.

On this day we will collect school supplies, clothing, food stuffs, and other items that the island families could use.

One of the other reasons that I'm excited about this project is because I feel that I know where my donations are going. In the past I've often

felt that when I give to a charity I don't know if it's really going to those in need or to pay for administrative costs.

Martial Arts America will be adopting the island of St. Lucia. I'll be making my first trip there in January of 2011 to help build houses and to get to meet the people. I've been told that I'll be asked to teach martial arts classes and Combat classes while I'm there.



If you like travel adventure and the thought of living and working side by side with the native people and making friends around the world appeals to you then I hope you give some thought to the idea of doing something in St Lucia at some time in the future.

Keep a sharp eye out for the one day Collection Day in September. If you're interested in finding out more about this trip just track me down at the Karate school.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Leadership Training Ideas

A while back we asked some questions in a survey to our families. We wanted to know how we could continue to build our program and what ideas parents had.



One of the things that came from the survey was the comment that a parent would like to see opportunities where we could really present the children in our leadership program with opportunities outside of the Karate school to work on their leadership skills.

It's a great idea and we believe that real life application is the best teacher.

We'd like your help.

Can you help us with some ideas that our leadership kids might have in our community in order that they can continue to develop their leadership skills.

Can our leadership kids take part in any projects that involve your church, school, service group, or any other activity?

Your help is much appreciated and it's great to have such a big pool of people from which to get ideas.

Please give this some thought and let us know what you come up with.

When you come up with your idea please share it with us in the office.

Remodeling Plans

Over the next few months we're going to be doing some remodeling in the Karate school.

It's our plan to create an environment that promotes excellence in martial arts but also makes families and students feel relaxed and welcome.



We've started the ball rolling by bringing in a designer to help us with creative ideas.

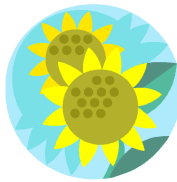
You'll start seeing changes within the first few weeks of May

Let us know what you think.

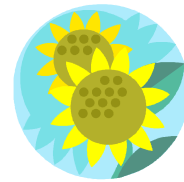


Happy Birthday!

- 1 Tylor Fuenger
- 12 Aditya Ailiani,
CJ Neuenkirk
- 19 Max Sexuaer
- 30 Tom Greguska
- 31 Jaida Kenana



May Events



Painting Day – May 8th

No Regular Classes

See you Monday for Class!

Adults, if you're interested in helping us sling some paint around, let us know.



May Bowling Day

Look for Details Soon.

Summer Boot Camp 2010

Boot Camp I July 12 – 16

Boot Camp II Aug 16 – 20

9 – Noon Daily

ALL Basic/Advanced Students welcome to attend!

BOOK CLUB

MEMBERS FROM

April

Jack Papke

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 May:

- Nun-Chuks

This is a great opportunity to try Martial Arts in a relaxed yet learning atmosphere. Students will also receive a 2 class credits per day which counts towards their next belt and frees up their afternoons because they won't have to come during the evenings. Each student will get time to practice on curriculum material as well.

MARTIAL ARTS ACTION INCLUDES...

- **Weapons Training –**
 - **Bo Staff, Escrima Sticks, Nunchuks**
- **Musical Forms**
- **Team Forms**
- **Self-Defense Skits (just like the movies)**
- **SnAcKs & DrInKs!**
- **PADDED SWORD GAMES**
- **GAMES, GAMES, GAMES!!!**



Register with your Instructor!

First Come, First Serve




25 Spots for Each Camp

Workout with Instructor Days:

Friday's: May 7, May 14, May 21, May 28

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 – MAY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Summer Karate Boot Camps</u> Boot Camp 1: July 12 – 16, 9 – Noon (reg. by May 31) Boot Camp II: Aug 16 – 20, 9 – Noon (reg. by May 31) All Basic/Advanced Students welcome. Even white/gold belts. All Students will get to do weapons, form, team activities. Boot Camp T-Shirt and snack time included. There are Family Discount and discount for doing both Boot Camps						1
2 Dragon & Tigers Theme: Focus	3	4 	5	6	7 Workout with Instructors 645 pm At MAA	8
9 Dragon & Tigers Theme: Team Work	10	11	12	13	14 Workout with Instructors 645 pm At MAA	15
Happy Mother's Day						
16 Dragon & Tigers Theme: Fitness	17	18	19 	20	21 Workout with Instructors 645 pm At MAA	22
Beg & Adv Stripe Chk Week						
23 Dragon & Tigers Theme: Self-Discipline	24	25 	26	27	28 Workout with Instructors 645 pm At MAA	29
30 Dragon & Tigers Theme: Memory	31 Boot Camp I Deadline					

BBC/LEAD MONTHLY THEME: NUN-CHUKS

Next Month: Escrima Sticks