



July 2010

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

Goals Realized

Sometimes the things we want take a while. Sure it would be nice if the things we wanted most would happen quickly but seems that it never happens that way.



At the same time when our goals and dreams become reality we almost always feel that our struggles were worth it.

Over the past 3 plus years our chief instructor Mr Cornell has pursued a very lofty goal. He has wanted to become the #1 rated Black Belt competitor in the U.S.A.

He's come very close during the past two years as he's been rated #2 for the entire time. Not bad at all for a guy from little old La Crosse, Wisconsin. Surely something for him to be proud of.

All that has changed this year. Even though the tournament season for 2010 still has a way to go Mr Cornell is firmly entrenched as the #1 guy and with his current skill set and state of mind it would take some incredible act of nature to remove him from this position.



Aside from his obvious martial arts skills the most important thing that has happened for Mr Cornell is his belief that he is the #1 guy. You might say "Come On" physical skill is more important than anything in an art

form that is so physically demanding, but hear me out.

Sometimes our successes do not come to us until we can accept them in our mind. In talking to Mr Cornell he told me that it was hard for him to believe that he was really the best guy in the country. As our talks continued I suggested that this was a thought that he had to let himself get comfortable with.

Believe it or not but our thoughts are some of the most powerful forces in the universe and they have

much to do with whether or not we achieve our goals.

Mr Cornell's success has happened because he has allowed it to happen by the way that he is thinking about his goals. Through believing passionately that his goal is already realized he has been able to sent out a different energy when he has been at his national competitions.

It's an unmistakable energy that let's judges and competitors alike know that this is truly the top guy in the country.

I know that this can be a bit of a stretch to accept but our thoughts really do project our confidence or lack of it

Like anything else strong thoughts happen with practice.

The habit of seeing his goals as already achieved and adding emotion to his thoughts has worked well for Mr Cornell. He has gotten to the point where he has gathered a powerful thought momentum that will continue to give him great results.



What goals are important to you? Whatever goals you might be working on in your life spend some time passionately believing that it can happen and seeing your goal as already achieved

It's a practice that will pay you some very nice dividends.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

7th Annual Kick- A- Thon
To Fight Childhood Cancer

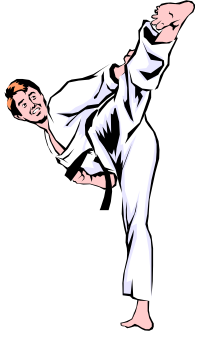
Saturday, August 7th

Every year we do our best to help kids who are not as fortunate. We've



been doing our kick-a-thon for many years to help young people who are suffering with cancer.

Our students go to family, neighbors, and friends to raise money for this very worthwhile cause. Our kick-a-thon will be held on Saturday August 7 this year.



All of our families will hear instructors talking about this during July and it's our hope to get as many of our families involved as possible.

On August 7 students who have gathered pledges will see how many kicks they can do for 30 minutes. It's a great workout for our kids and their effort goes towards a very important cause.

All of our students are welcome and encouraged to attend. If you are unable to make it on August 7 we will have an alternate date where you can do your kicking so do go out and collect pledges.

We ask that each student raise at least \$50. All students who raise \$50 will receive t shirts and those who raise over \$250 will be eligible to be in the drawing for the \$200 Grand Prize.



Times for the event are

- 10a.m.- 10:30 am
- 11 am - 11:30 am

Please help us help young people and families who are going through a tough time in their lives. We enrich our lives when we take the time to help those not as fortunate.

Fitness Goals Realized

One of the goals of Martial Arts America instructors is to help our students become stronger and fitter.

Some of that can be accomplished in the classroom but the majority of that comes when students take responsibility for their own fitness. That can be done with practice outside of the school.

Over the years we have found that practicing martial arts at home can be hard for our students because it is difficult to know if the techniques are being done correctly.

Fitness on the other hand is a more doable proposition and can become a healthy habit quite easily.

After much discussion on how we can help better health become a reality for all of our students we'd like to announce an idea that we think can make this a possibility.

We will be giving our students a handout to improve their health during July. There will be four exercises mentioned on this handout. Those exercises will be push-ups, flutter kicks, frog kicks, and 8 count body builders.

The idea is that our students work on these exercises at home during the week and keep track of their progress. Every week a student will record what their maximum effort for each exercise is. It would be ideal if our students could work on this 2-3 times per week and even more if they so desire.

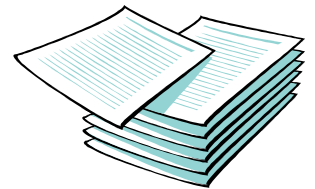
We will also be keeping a chart of the exercises at the Karate school for others to see. A little competition never hurt and besides it's a way for all of our students to get on board.

Moms and dads some gentle encouragement would be great but don't make it a chore. We think that we can get the kids to take care of this themselves. It's one of those self-discipline things that will make them even better martial artists.

Be sure to ask about the new fitness sheets available during July.

Karate Kid Promotion

We printed flyers for the Karate Kid movie. The flyers give people an opportunity to try our program for 2 weeks FREE. It's a great chance



for someone you know who has asked about martial arts training to give our program a try and see if it's for them.

We could use your help in getting these flyers out to your friends. Instructors will be handing out the flyers after your classes over the next few weeks.

Please help us by handing them out to your friends or if you can leave some in a place at work that would be great too.

We thank you for your help and your support of our program.



Happy Birthday!

- 1 Sara Groetsch
- 2 Jim Meyers
- 3 Sterling Winjum,
Caitlin Coffey
- 4 Mr. Yoshizumi
- 6 Max Doering
- 7 Alahna Keil,
Katherine Manke
- 13 Susan Lundsten
- 23 Braedon Kerska,
Abby Kerska
- 27 Owen Kosir,
Tanner Thompson
- 30 Brian Kosir



BOOK CLUB MEMBERS FROM June

**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 July:

- **Bo Staff**

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.

福 July Extra News 福

June Events A Success

During June we did our Karate Kid movie day and Bowling Night

Both events were well received and families had a great time. We feel that it's important for us to provide opportunities for our families to get together outside of the Karate school to have fun and get to know each other better

Thank goodness for bumpers on the bowling alley. Even still some of our bowlers tried to jump balls into the next lane. It'll take a while before any of our guys go on the Pro Bowlers Tour

We want the Martial Arts America experience to be something for all family members whether you are a student or not

As instructors we enjoy seeing all of you and having you as part of our family. Watch for more fun events out of the Karate school

New Exercise Classes Starting In July

After much deliberation we have decided to change the name of our exercise program from Combat Endurance Training to Core Exercises

More and more reports had come back to us that the name of the program was scaring some people away.

Registration for the new program will be at www.CoreExercisesLacrosse.com

If you're an adult who is wanting to make some great changes in your body then this is the class for you. Benefits for participants have been weight loss, lower blood pressure, lowered cholesterol, more energy, less back pain, and many more.

If you feel it's time to get your health and fitness on track then this is the program for you.

This is an 8 week session that will run until Labor Day. You can completely change your life in this short time. It's a great way for you to realize some of your health and fitness goals no matter what your fitness level is at this time.



People in class are very supportive and it's a great way for you to be involved in a program that holds you accountable. We all need someone to hold us accountable.

There are discounts for Karate family members. Try a class or two during the week of July 12 to see if it's for you. All classes during July will be held at Blessed Sacrament school.

Workout with Instructor Days:

Friday's: July 9th, 23rd, 30th

ROCK SOLID CALENDAR – JULY 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---|---|----------|---|----------|
| 7th Annual Kick-A-Thon Saturday, August 7th All Students – Tigers, Dragons, Basic, Teens, Adults – Please help by collecting pledges for the Gundersen-Lutheran Cancer Center for Kids. | | | | | 2 | 3 |
| | | | | | No Classes For Independence Day Weekend (and Mr. Y's Bday on July 4th!) | |
| 4 Tiger/Dragons Theme: Team Work | 5 | 6  | 7 | 8 | 9 Workout with Instructors 645 pm At MAA | 10 |
| 11 Tiger/Dragons Theme: Fitness | 12 | 13 | 14  | 15 | 16 Black Star & Advanced Testing 630 pm @ Blessed Sacr. School No 6/645 pm Class | 17 |
| Adv. Belts: 3 rd Stripe Testing Wk | | | | | | |
| 18 Tiger/Dragons Theme: Self- Discipline | 19 | 20  | 21 | 22 | 23 Workout with Instructors 645 pm At MAA | 24 |
| 25 Tiger/Dragons Theme: Memory | 26 | 27 | 28  | 29 | 30 Workout with Instructors 645 pm At MAA | 31 |
| | | | | | August Boot Camp II Begins: Aug 16 – 20th | |

BBC/LEAD MONTHLY THEME: Bo Staff

Next Month: Nun-chuks