

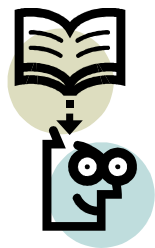


August 2010

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

The Value of Consistent, Passionate Thought

We become the thing that we think about the most. It's not coincidence it's indisputable fact.



Napoleon Hill talked about the power of thought in his best selling classic ***Think and Grow Rich***. Maxwell Maltz sold over 30 million copies of his book ***Psycho-cybernetics*** which emphasized the importance of the power of one's thought.

In case you are looking for further proof of the value and power of focused, passionate thought, look no further than our own chief instructor, Mr. Cornell.

You've been following Mr. Cornell's quest to become America's #1 ranked martial arts competitor. It's a journey that has been carried out over the past 3 seasons.

At long last Mr. Cornell has reached this very lofty goal. At his most recent national tournament in Washington D.C. he not only won a national championship in his traditional form division but he went on to capture the overall Grand Championship. This finalized his # 1 ranking.



I know that you've been reading about this journey for quite some time. Reason being that it's a journey that has powerful examples of goal setting, commitment, frustration, overcoming frustration, and finally accepting the idea that you are ready to have what you set out to accomplish.

It's a journey that all of our students and families can use to gain examples and motivation from on any personal journeys of goal setting that you might be venturing out on yourself.

Just a quick recap.

The most challenging part of this goal achieved was for Mr. Cornell accepting the fact that he was talented enough to be America's best.



It's never been a question of talent or martial arts technique it's been a matter of just letting it happen and believing that it could happen.

Even though much practice has gone into the physical realization of the goal equally as much practice has gone into the visualization and belief of this goal becoming a reality.

Many people go through life feeling that they are at the mercy of life when in reality it's our thoughts and the actions that we take in the direction of our goals that have the greatest influence on the eventual outcome.

Taking the time to recall the emotion of past successes and then allowing the emotion of those past successes to enter into the present and set up the success of current and future success is a key component in helping us realize our most coveted goals.

Mr. Cornell has learned to take emotional control of the outcomes in his life. He has trained himself to expect big things and to do the things required to make big things happen. He has trained himself to create his outcomes with powerful passionate action and thoughts.

I would encourage our parents and families to pay close attention in the martial arts classroom as Mr. Cornell is continuing his journey to help all of his students learn these life changing skills.

All of us have the tools to accomplish incredible things in our lives. It's a matter of putting those tools to good use. It's also a matter of being around teachers and mentors that can guide you in helping you understand the best use of your tools. You are in a place where you can learn the skills to make your dreams become reality.

Once again I would like to offer my hardest congratulations to a hard working, dedicated young

man who has learned to harness the power of thought and belief in oneself.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

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

Saturday, August 7th

It's just around the corner. This years Kick-A-Thon will be held on Saturday August 7 at our former Martial Arts America location in Onalaska.



Be sure to do your best to raise funds for this worthwhile event.

It's a great way for us to give thanks for our own health and take some time out of our schedule to help those who struggle with their health.

Giving back is the best way for us to gain many positive experiences in our lives.

The Kick-A-Thon also gives our students a chance to take part in a heart pounding, sweat producing workout.

All of our students are invited to attend and help. 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.

REMEMBER - 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.



Please sign up for one of these times for the event:

- 10 am - 10:30 am
- 11 am - 11:30 am

Please turn in your pledges by August 7th.

We're looking forward to seeing you on Saturday August 7.

Conversations with
Phoenix & Travis

Phoenix Hauser and Travis Abicht are former Black Belts of ours at Nicklaus' Martial Arts America.

Recently I had a chance to connect with both of them and when I did I asked them if they would be willing to write me a testimonial of what their experience in martial arts has done for them in the rest of their lives.

Here's a small part of what these two high achievers told me.

Phoenix Torrijos- Officer U.S.A.F

"My training at Nicklaus' Martial Arts America developed my physical strength and also instilled an uncommon mental fortitude and assertiveness. I learned the same leadership skills that I needed to succeed in the U.S. Air Force. Any little girl can benefit from this fitness and life skill training"

Dr. Travis Abicht- Cardiothoracic Surgery Fellow- Northwestern Memorial Hospital

"As I look back I realize the value of the structure and extended family that Nicklaus' Martial Arts America provided. I learned to challenge myself and not give up when things got tough. My training helped me commit to bigger things and believe in my ability."

I believe that it's important to remind our families of the fact that what our students are learning in the martial arts school is something that has a very strong influence on them throughout their entire lives.

Phoenix and Travis were like many of the thousands of children that we have had in our program over the years. They came to us thinking that martial arts was *COOL* and their moms and dads thought that it would be a nice activity for them to do. Neither party realized the life changing potential that martial arts training can provide.

Martial arts training at our school is so much more than kicking and punching and we are excited that you give us the opportunity to help your children become the Phoenix's and Travis's of the future.

Sincerely,

Fred Nicklaus





Happy Birthday!

- 3 Hunter Owen
- 4 Kylie Slaby
- 7 Andrew Pfaff
- 8 Cayla Lindsey
- 10 Mandy Hart
- 14 Devyn O'Bryan
- 26 Mick Bullerman
- 30 Michelle Prieur
- 31 Julia Her,
Andrew Skemp



August Extra News



Black Belt Testings

Saturday, August 14th

1st Degree Black Belt Testing – 230 pm

2nd Degree Black Belt Testing – Following (around 415 pm)



Saturday August 14 marks the date for our summer Black Belt testings. We will be having students testing for 1st degree and 2nd degree Black Belt.

The testing will start at 2:30 pm with the 1st degree candidates and follow with our 2nd degree candidates.

This is an event that we strongly suggest that our families try to see.

A Black Belt test is a test of will and determination and is an inspiration for all of our students who someday want to become Black Belts.

The testing will take place at our former Onalaska location.

Hope you can make it over.

1st Degree Testers

Jordan Arquillo

Britani Kabat

Brandon Le

2nd Degree Testers

Kaitlyn & Megan Dawson

Ryan Faas

Jaida Kenana

Jim & Mike Meyers

Luke Miller

Michelle & Jayna Prieur

Brooke Scott

Fall Core Exercise Classes

If you're an adult looking for a fitness challenge this fall that can help you realize your strength, energy, weight loss, and overall better health goals then give some thought to the fall Core Exercise classes which will start on September 13.

We will also be starting classes at our buildings in Onalaska and Holmen. Help us spread the word by telling your friends about these classes.

There will be a special 6 week introductory program at all locations.

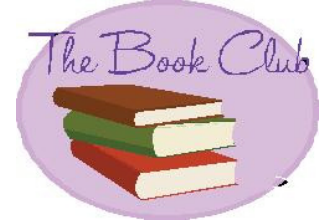
Hope to see you for some great fall fitness training. Anyone of any fitness level can do this and we will be offering beginner level classes at the Onalaska and Holmen locations.

www.CoreExercisesLaCrosse.com

Workout with Instructor Days:

Friday's: August 6th, 20th, 27th

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

July





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 August:

- **Nun-Chuks**

ROCK SOLID CALENDAR – AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tiger/Dragons Theme: Coordination	2	3	4 	5	6 Workout with Instructors 645 pm At MAA	7 7 th Annual Kick-A-Thon 10 am or 11 am @ Former Onalaska MAA NO CLASSES
8 Tiger/Dragons Theme: Self- Control Beginner Test Stripe Chk – Bring in Self-D Sheets	9 	10	11	12	13 Beginner Graduation 7 pm @ Blessed Sacr. School No 645 pm Class	14
15 Tiger/Dragons Theme: Respect Adv Students turn in 1 st Stripe Sheets	16	17 	18	19	20 Workout with Instructors 645 pm At MAA	21
22 Tiger/Dragons Theme: Focus	23	24	25 	26	27 Workout with Instructors 645 pm At MAA	28
29 Tiger/Dragons Theme: Team Work	30	31	<u>Upcoming September Events</u> <ul style="list-style-type: none"> Fall Core Exercises Classes Start Sept 13 – www.CoreExercisesLaCrosse.com School Starts Sept 1st Classes Closed Sept 3 – 7; Start Sept 8 			

BBC/LEAD MONTHLY THEME: NUN-CHUKS

Next Month: Escrima Sticks