

 January 2013

website: www.NicklausMartialArts.com

Starting with a Bang 2013



Hope your Holidays have been a time of fun with your family and also a time of relaxation and joy.

Now it's time to get things started for 2013.

We've planned a few different events that can provide our families with some fun time together.

Here they are:

Annual Holiday Party

Join us for some great food at Fiesta Mexicana on Sunday, January 20th.

There will be 2 meal times.

- 5 - 6:30 pm
- 7 - 8:30 pm

The Rivera family hosted us for the Holidays last year and it was a great time. The menu will be as it was last year: Chicken and beef fajitas along with rice and beans as well as your choice of pop, iced tea, or coffee.

The cost per person is \$8.

We have a limit of 60 people per time slot so register as soon as you can and prepay in the office. Please write out checks to Fiesta Mexicana. The food has been excellent. It will be lots of fun.



Valley View Mall Booth Weekend January 11-13

We Need Your Help ☺

We will be out at the mall on that weekend handing out information about our martial arts and core exercise programs. We are also planning some

demo team demonstrations. We will let you know of days and times for those as soon as we finalize the schedule.

WE NEED YOUR HELP

During the mall weekend we are hoping to have parents and students help us man the booth that we will have at the mall. We will have 1 ½ hour and 2 hour time shifts. Please consider helping us out with a time slot on that weekend. Sign up in the Karate school office.

Leadership Night Tuesday, Jan 22



6 pm Blessed Sacrament School.

We're going to be working on some exciting kicking drills to help all of our students improve these very important skills. Be prepared for an evening of jumping and flying and a sharpening of your kicking skills.

Dodgeball Night Friday, Jan 25

It's **Dodgeball Night on Friday January 25**. The whole family is invited for this high energy evening. Nothing like throwing a few balls at your buddies to bring your week to an exciting end. This event will take place at **Blessed Sacrament school and start at 6pm**



Here's to an amazing year!

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor




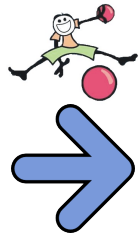
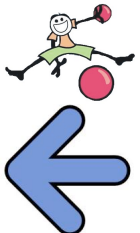





**Happy
Birthday!**

- 1 Emily Appold
- 2 Amanda Moser
- 15 Julia Whitedog
- 16 Emily Olson,
Lily Robinson
- 17 Peter Yang
- 19 Mackie
Schwertfeger
- 20 Gunnar
Schwertfeger
- 21 Asya Her,
Emily Sorenson
- 25 Sireen Kenana
- 27 Kiersten Elskamp
- 29 McKenzie Moser

**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 January: Bo Staff

ROCK SOLID CALENDAR – JANUARY 2013						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness		1 Happy New Year!	2	3	4 Workout w/ Instrs. 645 pm @MAA	5 
6 Dragon Theme: Team Work	7	8	9	10 	11 Valley View Mall Booth Weekend Jan 11-13 Sign-Up in Office	12
13 Dragon Theme: Self- Discipline	14	15 	16	17	18 Advanced / Black Star Testing 630 pm @Blessed Sac. School	19 Black Stripe Belt Testing 230 pm @MAA
20 Dragon Theme: Memory	21	22 Leadership Conference 6 pm @Blessed Sac. No Class After 545	23	24 	25 DODGEBALL NIGHT 6 PM @Blessed Sac. School No 6/645 pm Class	26 
27 Dragon Theme: Self-Control	28 	29	30 	31	1 Beginner Testing 7 pm @Blessed Sac. School No 645 pm Class	2 
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						