



# ROCK SOLIDNEWSLETTER

March 2013

website: [www.NicklausMartialArts.com](http://www.NicklausMartialArts.com)

## March Madness: The Gauntlet This Is Going to Be Fun! Sat, March 23 @Blessed Sacr. School (new)

It's the reason that children and adults come to our program. It's to feel good physically, mentally, and in many other ways.

Our martial arts training and our Core Exercise training help people improve fitness levels and believe in their abilities and to do well not only in their classes but in other areas of their lives.



When you take a closer look at the formula it's very simple. Make a plan to create positive change in your life and stick to the plan. Showing up is more than half the battle.

So in keeping with this idea of feeling great we've decided to sponsor our first **ever March Madness Fitness Challenge, The Gauntlet.**

Here's what it is and how it works.

All of **our students and our student's friends** who are between the **ages of 5 & 12 can participate.** Anyone who participates will receive a beautiful Completion Certificate and will also be eligible to win a:

### **Grand Prize of a Kindle Fire HD**

(One Kindle Fire for the 5-8 year old group and one for the 9-12 year old group) Each person will also be eligible to win one of the 4 - \$25 gift certificates from Toys R Us (4 - \$25 gift certificates will be available for each age group).



The most important part of this day is not the prizes but the energy and effort that each participant will generate and feel at this event.

You don't have to be the best in the group. You don't have to be the one who does the most push-ups or flutter kicks, but just being there and being a part of this event will motivate and encourage you to continue to become even healthier.



We'd like all of our students between the ages of 5 and 12 to join us this day and give this exciting event a try.

The actual event will be on Saturday March 23<sup>rd</sup> from with

**5-8 year olds from 10 am – 11 am.**

**9-12 year olds from 11:30 am – 12:30 pm.**

**IMPORTANT- Notice of Location change. We will be changing the location of the event to Blessed Sacramento. Please note this change.**

It's our mission to help children become healthier and fitter. It's what we do and we know how beneficial it can be for any youngster.

Remember to invite your friends so they can join you on **March 23<sup>rd</sup>**. This really is going to be a blast.

**This is really going to be a blast!**

*Fred Nicklaus*

**Fred Nicklaus  
Owner & Master Instructor**

P.S. We ask that each participant have one person along to keep track of the number of repetitions that you do for each exercise. There will be 10 stations and you will spend 3 minutes at each station doing your best. We look forward to watching you share your energy with us.

## **Parents, Are You Planning Your Summer Activities?** **Do you know about our Summer Boot Camp?**

Every summer, we have 2 separate, week long (M-F) day camps. We cover regular curriculum,

Weapons Training, Padded Sword Games, Choreographed Musical Form, Exclusive Summer Games. The camp goes from 9-Noon each day, has an exclusive Summer Camp Shirt, has a snack break, pizza party on last day, and counts for 2 class credits (worth 10 classes in one week!). **The two things kids LOVE about their karate training is 1) Earning a New Belt 2) Summer Boot Camp.**



Look for more details in April, BUT reserve these dates. Kids can attend one or BOTH camps. There's 30 spots in each camp. Last year, **EVERY SINGLE SPOT FILLED.** *Reserve your spots if you already know you're going!*

**SUMMER BOOT CAMP I: July 8-12**  
**SUMMER BOOT CAMP II: August 12-16**

### **Mom's & Dad's What About You???**

Some moms and dads are taking part in their own martial arts classes here at Nicklaus' Martial Arts America. It's a great workout. Give it a try sometime if you haven't already.

Maybe you're not up for trying a martial arts class but you would like to do something to improve your health and fitness.

Have you ever thought of my Core Exercise Training class?

I've been teaching the class for 6 years now and it's exciting to see some of the positive results that adults are getting from the class.

Anyone of any size or shape can do this.

People in class tell me that they like the class because they can go at their own pace and not have to worry about keeping up with anyone else. They also like class because myself and the other instructors remind people to just do their best and go at a pace that works for the individual.

We've had people **lose weight, lose back pain, gain more energy, feel healthier,** and a whole bunch of other great health benefits.

This class works. It can work for you too.

You can choose from 1,2,or 3 classes per week. Classes are Monday-Thursday and we even have a Saturday morning kickboxing class.

You can find more about the program on our newly designed website at

[www.CoreExercisesLacrosse.com](http://www.CoreExercisesLacrosse.com)

First time members also get a 50% discount and when you continue after your first two months you will also receive a discount for being a Karate family member.

Try a class sometime if you're not sure if it's for you.

Hope to see you in class.





**Happy  
Birthday!**



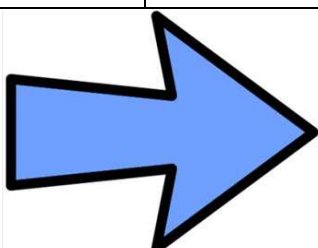

- 3 Aedan Higgins
- 7 Jeremiah Buswell
- 9 Kaitlyn Klich,  
Rochelle Sullivan
- 14 Amanda Las
- 19 Aaron Buley
- 23 Benji Scott
- 26 Guenna Sexauer,  
Lucien Stremcha
- 28 Brock Sullivan
- 30 Oscar Sexauer,  
Heather Wold
- 31 Pari Sexauer

**Welcome to the  
Leadership  
Program**

- Jackson Hill
- Colton Hoskins
- Luke Johnson
- Ben Loyd
- Emmett Rathert

**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 March: Escrima Sticks

<b>ROCK SOLID CALENDAR – MARCH 2013</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	<b>Summer Boot Camp I: Jul 8-12 Summer Boot Camp II: Aug 12-16</b>				1 Workout w/ Instrs. 645 pm @MAA	2
3 Dragon Theme: Self- Discipline	4 <b>Beg Stripe Chk Week</b>	5	6	7 	8	9
10 Dragon Theme: Memory	11	12 	13	14	15 Workout w/ Instrs. 645 pm @MAA	16
17 Dragon Theme: Coordi- nation	18 <b>Adv. Stripe Chk Week</b>	19	20	21	22 	23 <b>March Madnes: The Gauntlet 5-8 yrs: 10 am  9-12 yrs: 1130 am @Blessed Sacr. School</b>
24 Dragon Theme: Self-Control	25	26 	27	28	29 Workout w/ Instrs. 645 pm @MAA	30  31
<p><b>Upcoming April Event:</b>            Beginner Testing: Apr 5            Black Belt Testing: Apr 13            Advanced Black Star Testing: Apr 19</p>						
<p><b>Leadership Weapon of the Month: ESCRIMA STICKS</b>  <i>Next Month: Bo Staff</i></p>						