



ROCK SOLIDNEWSLETTER

April 2013

website: www.NicklausMartialArts.com

The Power of Self-Image

The Self Image is the picture that we hold in our minds eye of who we are and what we are capable of doing. A powerful self image gives us confidence to try new things without fear of failure and helps us reach our potential.



Our self image can always change and it's up to us to do things that help us believe in ourself and our abilities even more in order that we can continually grow our self image into an unstoppable force of forward movement and growth.



As instructors at Nicklaus' Martial Arts America we want to continue to help our students understand the importance of working on and developing their self image.

The development of self image is a work in progress that must continually be fed with information and challenges to help it grow.

Before all of this work can be done, however, a person must know what the self image is and how it can be developed.

We would like to give all of our students and families a chance to learn more about this powerful tool on a very special night.

We are planning a...

**Special Leadership Seminar & Workout
For All of Our Students
Tuesday April 16th @ 6 pm
at Blessed Sacrament school.**

In order for any of us to become what we are capable of becoming we must first work on being our best. Being our best involves commitment, belief

in ourselves, willingness to accept instruction and challenge, and a real desire to grow and improve.

This Leadership seminar and workout will introduce our students and families to ideas and practices that can help develop their best self image.

Plan to join us for an hour of movement along with ideas that can take your martial arts training and your life to new, exciting levels.

See you on April 16th

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

A Business Mastermind Group

Tuesday, Apr 23rd @ 6 pm

One good idea can literally change the fortune of a business.

Over time we have been fortunate to have met with other business leaders and been introduced to ideas that have continued to help our business grow and serve.

On Tuesday night April 23rd, I would like to offer other business leaders a chance to come together and share things that have worked in our business and in your business and develop these ideas further and find some new ideas that can help us all take our businesses to new levels. **We'll get started at 6 pm.**

Some of the topics that I would like us to share are using the Internet and social media for marketing and better exposure, ideas about serving the customer more efficiently, and other things that would be of interest to those in the group.

This is a first time get together so I'm not sure of the interest level so I would ask that you either stop in the office to let us know that you would like to attend or else call and leave a message on our voicemail.



I look forward to sharing some ideas.

Please let us know of your interest as soon as possible.

Annual Summer Boot Camp **Boot Camp Session I – July 8–12** **Boot Camp Session II – Aug 12–16**

Years back we started our Summer Camp programs for kids, and every year the camps become even better. When we ask kids what their favorite part of karate is, usually the Summer Camp comes up as #1. The reason is, to a child, fun is where it's at.



Each year I try and make it better and better. The core parts of the summer camp are:

- Regular Curriculum Training
- Fun Weapons Training not seen in regular class
- Special Martial Arts Training like
 - Musical Forms
 - Extreme Acrobatic Martial Arts
 - Team Combinations
 - Team Building Skits
- Snacks and Games (their favorite)

Some additions I made to make last year's two summer camps stand out:

- Special T-Shirts designed specially for each camp that only Boot Camp participants receive
- Movie Day on the Last Day



Without fail, last year was the best year we had with Boot Camp (myself included 😊).

Each Camp Sold Out!

In fact, I **said to turn people away**. I expect the same this year.

Each Camp will have only 30 spots. The camp will be:

- **9 am – Noon Daily** during each camp
- **Each day earns two regular class credits** which means kids do not have to go to class at night 😊

- **Snacks & Drinks included** even for the movie
- **Last Day Pizza Meal Celebration**
- **Special Designed T-Shirt for Each Camp**
- **Fun Guaranteed**
- **NEW Surprises Set for 2013!!!**

The camp for the only week is \$169. Registration for:

Session I – Register by May 31

Session II – Register by June 30

Beware, BOTH Sessions will probably Sell Out QUICKLY

Register and reserve your spots in the office ASAP.

I CAN'T WAIT TO HAVE A BLAST!

William Cornell

William Cornell

Black Belt Testing

Many times you hear us talking about working to become a Black Belt. We would like to invite all of our families to our next Black Belt Test.

The test will be on April 13th at 2:30pm at Blessed Sacrament School.

A Black Belt Test is a high energy display of skill and will and is something to see.

Our Black Belt candidates would appreciate your support on their very special day.



Try to make it a point to come by and support these hard working martial artists on Saturday April 13th.

Aedan Higgins
McKenzie Moser
Devyn O'Bryan
Emily Olson
Gunnar Schwertfeger
Halle Skibo
Andrew Vang
Josh Wolfe



**Happy
Birthday!**







- 1 Kaitlyn Iverson
- 8 Kai Kappellas
- 10 Kean Hansen
- 11 Kenny McAndrews
- 14 Abby Las,
Johanna Tornstrom
- 16 Ann Nelson,
Julia Schumaker
Jennifer Boldt,
Bode Kemmer
- 17 Jared Manderfield
- 18 Gavin Nevsimal
- 19 Jerimiah Koll
- 23 Carver Ritterling
- 26 Tim Vian

**Welcome to the
Leadership
Program**

- Dylan Carney
- Jessie Carney
- Saumya Dubey
- Darwin Trinko
- Jack Trinko

**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 April: Bo Staff

ROCK SOLID CALENDAR – APRIL 2013						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
	1 	2	3	4 	5 Beginner Testing 7 pm @Blessed Sac. School	6
7 Dragon Theme: Respect	8	9	10 	11	12 Instructor Workout 645 pm @MAA	13 Black Belt Testing 230 pm @Blessed Sac. School
14 Dragon Theme: Focus	15 	16 Leadership Conference 6 pm @Blessed Sac. School No Classes After 545 pm	17	18	19 Advanced / Black Star Testing 630 pm @Blessed Sac. School	20
21 Dragon Theme: Team Work	22	23 Business Mastermind Meeting 6 pm	24 	25	26 Instructor Workout 645 pm @MAA	27
28 Dragon Theme: Fitness	29 	30	Register by May 31: Summer Boot Camp I: Jul 8-12 Register by June 30 Summer Boot Camp II: Aug 12-16 BO FORM SEMINAR COMING IN MAY			
Leadership Weapon of the Month: Bo Staff <i>Next Month: Nun-Chuks</i>						