

 **May 2013** 

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

## The Power of Self-Image

Over the past few months I've had the opportunity to work with some youngsters outside of our program. One of the young men has an interest in playing guitar. During my last visit I asked him to show me what he could play.



He started to play and made a mistake. As soon as he made the mistake his focus was completely gone and he started to talk and give reasons why he had made a mistake. I listened for a while as he continued to stay unfocused and then I suggested that I would time him for 5 minutes and during that 5 minutes he would not talk, get frustrated, or stop practicing for any reason.



He agreed.

I asked him to play only one or two chords of the song that he was practicing. Before he began to play he asked if that was all he could play and I said "Yes."

He began to play. The first minute was very difficult for him and as he thought about stopping I encouraged him to continue. As he continued to play his mistakes became fewer and his focus began to grow.

When the 5 minutes was up he seemed more relaxed and proud of the fact that he had given 5 minutes of non-interrupted practice to his guitar.

I suggested to him that everything we learn has to be done in small chunks. Giving full attention to our subject for even as little as 5 minutes develops our focus muscle.

I asked him if he would be able to play an entire song in two weeks taking time to practice fully focused for 5 minutes at first and then for longer

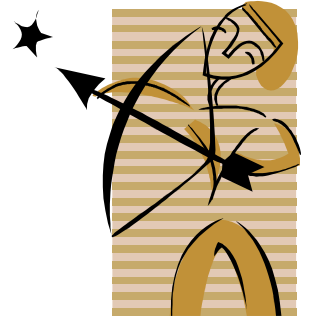
periods of time as his confidence and ability to practice and focus grows.

He agreed to give it a try. I will see him again May 2<sup>nd</sup> to see how his practice went.

All of us have things that can steal our focus. Many times we allow our focus to be taken from us because we do not have specific enough goals that are special enough to us.

After working with young people as well as adults for over 35 years I have come to realize that we all must continually work on limiting distractions and practicing our focus.

Training ourselves to give full attention to only one task at a time gives us a skill that allows us to achieve our most important goals and allows us to strive on even when distractions want to rob us of our time and energy.



Give this 5 minutes of focused practice a try whether it's in your martial arts, school, work, or daily life. It's a sure way to take yourself to a new level of achievement and excitement.

Good Luck,

*Fred Nicklaus*

**Fred Nicklaus**  
Owner & Master Instructor

**Mr. Cornell's Bo Seminar**

**Saturday, June 1<sup>st</sup>**

**@Blessed Sacr School.**

Did you know that **Mr. Cornell is National and World Champion?**



He started competing when he was 10 years old at one of our intramural tournaments at the karate school, and then went on

to compete locally in Wisconsin and Minnesota. Competition had always given him a constant challenge. He won a lot of tournaments as young child.

### But then...

For a while, **Mr. Cornell stopped competing.** What happened was that he earned his Black Belt, and the competition at the Black Belt level was obviously at a higher level than he was used to. He didn't win like usual. It was too hard.

### He got discouraged...

He still trained and still progressed, but I always thought he would do well as a Black Belt with the right mindset.

I've always brought in **Special Instructors for Training Seminars** to challenge and excite our students to become better and stoke the fire of learning.



Years ago, I invited **Michael Bernardo, a 5 time World Champion and Martial Arts TV star** to do a seminar. That weekend, Mr. Cornell was on fire. He worked his tail off and found a rekindled fire for his competition training. I suggested to him that if he wanted to pursue his training more that he

could do very well at the Black Belt level.

That seminar was the **SPARK** that sent him on a training frenzy to become one of the best Black Belts locally and eventually at the National level as well.

My point...

**You have an incredible opportunity to benefit from Mr. Cornell's expertise.** Here's why you need to be at this seminar:

- Students will learn Bo Staff sequences/forms that you've never seen before (Mr. Cornell is inventing some great material to challenge & excite you)
- Students will be challenged and benefit from the Seminar experience.

Make sure you're there.

Here's the schedule & details:

- **Beginners: White – Green Belts**
  - Saturday June 1<sup>st</sup>  
930 – 1045 am
- **Intermediate: Purple – Senior Red Belts**
  - Saturday June 1<sup>st</sup>  
11 – 1215 pm
- **Advanced: Brown – Black Belts**
  - Saturday, June 1<sup>st</sup>  
1230 – 2 pm

**The cost of the event is only  
\$25!**

**Register in the Office**

**You don't wanna miss it ☺,**

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

### Women's Safety Class

Thursday, May 23<sup>rd</sup> @ 6 pm

**On Thursday May 23<sup>rd</sup> at 6pm I will be doing a FREE Women's Personal Safety class. The class will be held at Blessed Sacrament school in the gym.** This is a chance for any women or teenage girl to discover some simple but effective strategies and techniques to keep yourself safe and out of dangerous situations.

The class will cover:

- **Basic awareness of your environment**
- **Basic release skills if someone places their hands on you**
- **Effective striking techniques that anyone can do**
- **Most effective targets on the body for striking**
- **For moms- ideas on what to show your kids to keep them**



safe

These are skills that every woman should know. They are simple to learn but very effective.

One of the most common things that we hear when talking to our police officers after a woman has been attacked is that the victim says **"I never thought it would happen to me"**

It can happen to you and that's why it's so important to know your options.

This class is a chance for you to learn the skills necessary to make sure that it never happens to you.

I will look forward to seeing you on the 23<sup>rd</sup> of May.

Bring a friend or two.

Register in the office

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## **Annual Summer Boot Camp**

Summer Camp registration is almost coming to close. In fact, both camps are going to be **SOLD OUT**. Register in the office soon!

**REGISTER BY 5/31 - Boot Camp Session I**

**July 8 – 12:13 Spots Left**

**Boot Camp Session II**

***FULL***

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

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:

To a summer of fun!

*William Cornell*

**William Cornell**



**Happy  
Birthday!**






- 2 Ethan Nevsimal
- 3 Emmett Rathert
- 6 Audrey Reese,  
Katlin Palm-Leis
- 7 Keegan  
McCarthy
- 10 Emily Lampert
- 12 Max Clark,  
CJ Neuenkirk,  
Carly Squires
- 19 Max Sexauer,  
Elijah Strauss
- 20 Louis Mbaya
- 27 Emily Brian
- 29 Justin Reese,  
Amelia Hein
- 30 Anna Kies
- 31 Jaida Kenana

**Welcome to the  
Leadership  
Program**

- Max Hein
- JD Klich
- Carson Schnick
- Elise Wright

**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 May: Nun-Chuks

<b>ROCK SOLID CALENDAR – MAY 2013</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
<b>Dragon Theme: Fitness</b>			1	2	3	4
5 <b>Dragon Theme: Self-Discipline</b>	6 	7	8	9 	10 Workout w/ Instructors 645 pm @MAA	11
12 <b>Dragon Theme: Memory</b>	13	14 	15	16	17 Workout w/ Instructors 645 pm @MAA	18
19 <b>Dragon Theme: Coordination</b>	20	21	22	23 Women's Self-Defense 6 pm @Blessed Sac. School	24	25
					Happy Memorial Day Weekend! No Reg Classes 24-27 	
26 <b>Dragon Theme: Self-Control</b>	27 Happy Memorial Day Weekend! No Regular Classes	28	29	30 	31	
					Mr. Cornell's Bo Seminar Day June 1 <sup>st</sup> Sessions start at 930 am Check Newsletter for details	
<b>Leadership Weapon of the Month: NUN-CHUKS</b>						
<i>Next Month: Escrima Sticks</i>						