



# ROCK SOLIDNEWSLETTER

 **October 2013** 

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

## 11<sup>th</sup> Annual Kick-A-Thon for Kids with Cancer for the Children's Miracle Network October 19<sup>th</sup>

**10 or 11 am @Blessed Sacr. School**

It's a gift to be healthy. Many children are not.

It's also a gift to be able to help others. We have that opportunity.

On Saturday October 19<sup>th</sup> we will be hosting our 11th annual Kick A Thon to beat childhood cancer. The event will take place at the Blessed Sacrament school gymnasium.



Times for the event are as follows. You can choose from one of two times either.

### **10 am or 11 am**

It's our hope that all of our students can participate in this worthwhile event.

Here's how it works...

Students pick up a collection envelope in the office.

Ask friends and relatives if they can support you in your effort to raise monies for kids with cancer. You will be asked to kick for 30 minutes on the 19<sup>th</sup>.

You collect the monies right away so that way you don't have to go back again after the event is over.



After you have collected the monies all you have to do is show up for one of two times available for your kicking time. We ask that you bring

mom or dad or another family member to hold x-ray papers for you as you strive to do as many kicks as you can during that half hour.

We ask that everyone collect at least \$25 to take part in the event. Everyone that collects at least \$25 will receive a Kick-A-Thon t-shirt.

**REMEMBER** - All those who raise over \$200 will be eligible to be in the drawing for the \$250 Grand Prize.



We can do our part to help those who are struggling with their health. Cancer is a devastating disease that we hope none of our kids ever have to battle.

Help us bring some relief and hope to those children that do have to fight the fight.

Your help will be much appreciated by many.

### **So Remember:**

1. Participants will kick for **30 minutes**.
2. Bring along someone to count your kicks for that 30 minute period.
3. Collect All Pledges in an envelope (checks payable to CMN) to be turned in on the Kick-A-Thon Day
4. Try for a minimum total of \$25 in pledges
5. **Alternate Kick-A-Thon:** If you're out of town, we will have an alternate kick-a-thon date, **BUT please turn in your pledges before Oct 19<sup>th</sup>.**

Please make it a point to join us to help put the boot to childhood cancer.

Note- There will be no regular classes that day.

*Fred Nicklaus*

**Fred Nicklaus**  
**Owner & Master Instructor**

### **School & Exercise**

We hope that the school year is off to a good start for our students and families.



Time at school can be a very productive time filled with learning new things and developing new skills.

Time at school can also be very challenging for many kids because of the fact that kids are asked to sit and listen for long parts of the day.

None of us, adult or child, can be expected to sit still and also be productive for too long.

Movement is an essential part of our biological make up. Our bodies need movement and exercise and it's important that we honor our body's request to be active.



The more movement the better so if it happens that you need more movement after school then make it a point to come to your martial arts classes or be sure to get some outside play time with friends.

Spending time breathing hard and getting oxygen into your lungs and body is vitally important for your physical and mental health.

Be sure to get as much exercise as you can and remember how important movement and exercise are for your health and your peak performance.

### Can You Do Us A Favor?

Many of our families are on Facebook. Facebook has become a valuable way to let your friends know what is going on in your life and to stay in touch.



Facebook is also a way for a business to become more visible and let people know about what it is doing.

That's where we need your help.



If you are on Facebook we would ask that you **Check In** when you come to the Karate school. Simply hit the check in button on the top right hand corner of your screen. Search for Nicklaus' Martial Arts America and just write something about being at

class or about what you feel classes are doing for your family member.

It's as simple as saying something like.

"Here at the Karate school for classes. Mary is doing great and really loves coming to class."

Or

"Karate classes are really working for my son. It's been great for his focus."

It really is quite easy but we sure would appreciate it if you could make it a habit to Check In whenever you come to class.

Thanks in advance!

### Halloween Party

Oct 25<sup>th</sup> 6-7 pm

@MAA

Ghosts and Goblins will be out on Friday night October 25 at the Martial Arts America Halloween Party.

It's a night for kids and parents to dress up in your wildest Halloween gear and join us for some fun.

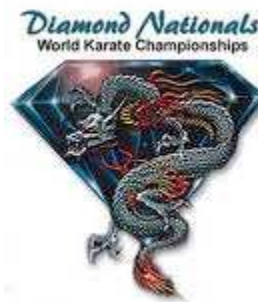


The party will begin at 6 pm and last until 7 pm and will be held at the karate school.

Refreshments and prizes for best costumes will be given.

Be sure to join us for some Halloween fun!

### Diamond Nationals



It's that time of the year again. Some of our other students will be competing in America's top martial arts tournament the Diamond Nationals in Minneapolis on Saturday October 5<sup>th</sup>.

Mr. Cornell won 2 Overall Grand Championship Titles the 2009 & 2010.

**Any of our students and families can go to the tournament to compete or to be a spectator. This event is something to see especially if you have never been before. It really is a showcase of the top martial arts talent in the country and the things that you will see will leave you spellbound.**



**Happy  
Birthday!**

- 2 Karleen Fry
- 5 Sarah French
- 9 Billy Coffey,  
Lily Kerska
- 11 Darwin Trinko
- 14 Julia Poelma,  
Bella Timm
- 15 Esmeralda Valera,  
Mr. Cornell
- 21 Jaylen Xiong
- 22 Mr. Nicklaus
- 23 Diamond Vang
- 24 Sarah Graff
- 28 Avery Bosshard,  
Patrick Sullivan
- 29 JD Klich
- 30 Cheyton Shimon

**Welcome to the  
Leadership  
Program**

Corben Vaughn  
Matt Habeck  
Jamie Schnick

**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 October: Bo Staff

<b>ROCK SOLID CALENDAR – OCTOBER 2013</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
<b>Dragon Theme: Self-Control</b>		1	2 	3	4 <b>Beginner Testing 7 pm</b> @Blessed Sac. School No 645 Class	5 <b>Diamond Nationals. Good Luck Competitors!</b>
6 <b>Dragon Theme: Respect</b>	7	8 	9	10	11	12 
13 <b>Dragon Theme: Focus</b>	14	15	16	17 	18 <b>Black Star &amp; Adv Testing 630 pm</b> @Blessed Sac. School No 6/645 Class	19 <b>10<sup>th</sup> Annual Kick-A-Thon 10 or 11 am @MAA No Regular Classes</b>
20 <b>Dragon Theme: Team Work</b>	21	22	23 	24	25 <b>Annual Halloween Party 6-730 pm @MAA</b>	26 
27 <b>Dragon Theme: Fitness</b>	28	29	30	31 <b>Happy Halloween All Regular Classes</b>		
<b>Leadership Weapon of the Month: BO STAFF</b> <i>Next Month: Nun-Chuks</i>						

