

ROCK SOLIDNEWSLETTER

 January 2014 

website: www.NicklausMartialArts.com

Here We Go Again

It really is hard to believe that 2013 has already come to an end and we're already welcoming in 2014.

Where did the last year go and did we do everything that we had hoped during that time? Ready or not let's get started with the New Year.

So what's in store for you this year? What are your plans? What are your goals?



Could this be the very special year for you? Are you ready to make it that very special year? It's up to you.

All of us have the ability to do special things. The trick is to believe that we have that ability and then to strike forward with a

plan. Nothing ventured, nothing gained. What do you have to lose?

Here are a few thoughts for you to try to take your 2014 over the top.

Sit down and make your list of your most wanted goals for 2014. Make sure that these are things that really move you and that you are willing to go the extra mile for. Be careful, because if these goals do not inspire you then they will end up being another list of resolutions that you decided to give up on after a few weeks.

Next, find some time to burn these goals into your subconscious mind.

The first part of getting your mind to accept and start working on your most important goals is to write them down and plan to look at them each day, twice a day.



When you look at them imagine that you have already completed them and that the thing you dreamed of is already accomplished.

When you see your goals already accomplished make sure that you allow yourself the opportunity to feel how good it feels to have already done these things that matter the most to you. It's your emotion and your getting used to the feeling of success that will take you over the top and make your goals your reality.

Whether you are a youngster or an adult be sure to unleash the power of your imagination. When stacked up next to hard work and your will the imagination always comes out on top. The idea being that your mind doesn't know the difference between real and that which is powerfully imagined.

If you have a hard time believing what I'm suggesting to you then consider Googling or reading about Maxwell Maltz. Maltz was a plastic surgeon who became world renowned when he started to study the science of human behavior and high level performance. He wrote many books, the most famous of them being Psycho-cybernetics. The book was written back in 1960 and since has sold over 30 million copies.

Maltz writes about the self-image and how we can grow it to staggering new heights using some simple ideas that can help us become unstoppable.

It really is our choice. We can choose to just get by or we can choose to make this a very special and rewarding journey not only for ourselves but for everyone else around us.

You'll be hearing more about the self-image and what you can do to grow your self-image and achieve some of your wildest dreams.

Here's to you making 2014 a year that you will never forget. You can do this. Good luck!

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

A Holiday Feast January 19th @ 5 pm

This will be our third year of joining the folks at **Fiesta Mexicana** for a Holiday Feast. The owner, Mr. Valera, has been very gracious to again invite us to his restaurant and serve us his yummy buffet.



Mark your calendars for **Sunday, January 19th at 5 pm** for this year's feast.

We ask that you register and pay in advance in the office for this year's meal.

Cost for your dinner and pop is **\$8 per person**.

The meals at Fiesta Mexicana have always been fresh, tasty, and the quantities more than enough for even the heartiest appetite.

We hope you and yours can join us for an evening of starting the New Year with good food and fun

See you at Fiesta Mexicana!



Happy Birthday!

- 1 Emily Appold
- 2 Amanda Moser
- 3 Emma Gilberts
- 6 Ella Walden
- 16 Emily Olson,
Lily Robinson
- 19 Mackie
Schwertfeger
- 20 Gunnar
Schwertfeger
- 21 Asya Her,
Emily Sorenson
- 27 Kiersten Elskamp
- 31 Stephanie
Leinbach






Welcome to the Leadership Program

Nicolas Jumper

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 2014

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 Dragon Theme: Team Work			1 Happy New Year!	2	3 Workout w/ Instructors 645 pm @ MAA	4
5 Dragon Theme: Fitness	6	7 	8	9	10 Workout w/ Instructors 645 pm @ MAA	11
12 Dragon Theme: Self-Discipline	13	14	15 	16	17 Workout w/ Instructors 645 pm @ MAA	18
19 Dragon Theme: Memory	20	21 	22	23	24 Advanced / Black Star Testing 630 pm @Blessed Sac. School	25 Black Stripe Belt Testing 230 pm @MAA
Holiday Party 5 pm						
26 Dragon Theme: Coordination	27 	28	29 	30	31	
February Events: <ul style="list-style-type: none"> • Beginner Testing Feb 6 • Valentine's Sale 14% Off 						
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						