



ROCK SOLIDNEWSLETTER

February 2014

website: www.NicklausMartialArts.com

Martial Arts & Our Fast Paced Lifestyle

When I sit and reflect on my 56 years on the planet I often wonder at how life has changed.

I can very vividly remember having a black and white t.v. and having only 3 channels to watch. I can remember when the cost of gas was 25 cents per gallon. I remember my first job while I was in high school and just a while ago I remember thinking that I never imagined that I would be 56.



Things always change. It's the one constant. At the same time that's not to say that we can't keep some of the good things that we have learned from the past.

Case in point.

Even though our business at Nicklaus' Martial Arts America has changed many of our core teachings and values have not.

In a world where many people want it right now we still take our time in the martial arts. People still have to show up and do the work in order to get the prize.



Some of the most important skills that we work on in our program are focus, commitment, and perseverance. These are the skills that all of our students can use every day of their

lives, no matter what they do, in order to improve and eventually gain success.

The philosophy of the martial arts is simple. It is to enjoy the journey and believe that you can always improve. The thought is not "that's good enough, what's next" but instead "I'll continue to work on that because I can always improve."

Practice not only builds skill but it also teaches us patience. Strengthening the body also strengthens the mind. Practice and patience help us to reach higher and more meaningful goals and help us believe that there are better things that we can do.

What if we could take our time more? What if we didn't feel so rushed? What if we were not so concerned with reaching the finish line? Is it possible that we could learn

more and through learning more achieve a higher and more valuable level of understanding? Isn't that what knowledge really is?

We're excited to have you in our program. We're thankful that our approach is slower and that the results that our students get will be more meaningful and last a lifetime.

It's good to slow down a bit.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

"How Can I Become the Best I Can Be"

Leadership Conference

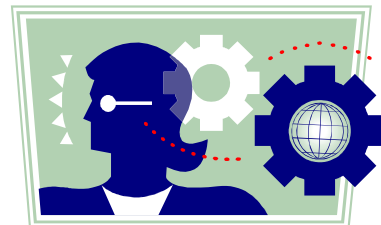
February 25 – 6 pm

@Blessed Sacr. School

On Tuesday night February 25th Mr. Nick will be hosting a special Leadership program titled,

"Taking Flight On The Wings Of Your Thoughts"

The program will begin at 6pm at Blessed Sacrament School and you can **come in regular clothes**. There will be no martial arts training that night but we will have exciting video clips along with a presentation about the importance of thinking thoughts that help you believe in your ability to become your best.



Do your best to make this evening. We promise to share some ideas that you can use to take yourself to new and motivating levels of performance in all things that you do.

Your FREE Copy Of the 9 Minute Core Exercise Program

I know that many of our parents are busy doing what you need to do everyday. I also know that it's important for you to have some time for yourself to recharge your engine and be your best.

I'd like to help.



As you may or may not know I have a local exercise program called Core Exercise Training. I've been doing it since 2007 and it's really helped a lot of adults achieve all kinds of great results. I've heard reports of weight loss, no more back pain, more energy,

tightening up those jiggling body parts, better sleep at night, more strength, and a bunch more really good things.

I'd like to give you an opportunity to get some of these great results for yourself.

I would like to give you a copy of my best selling Internet program the 9 Minute Core Exercise Training program absolutely FREE.



I created this program because people told me that they did not have enough time to work out and they didn't know what to do.

The 9 Minute workout is a simple, easy to use, quick results program that anyone can use.

Simply go to:

www.RockSolidKids.info/9min

I would suggest that you try the workout for 2 weeks. You can do it everyday. See how you feel after two weeks. I know you will feel great.

Have fun. Let me know how it goes for you.

Have You Seen Our New Website

We're very excited. Have you seen the new website?

www.RockSolidKids.info

We put the pieces together during December and January and it really came together nicely. Special props to our good friend and consultant Mr. Dion Riccardo for his help and expert advice during this project.



We feel that we have made it much easier to navigate, In addition we have also created it in such a way that any of our students can leave comments. We hope you do

We also have a request.

If you have a Google or Facebook account we would ask that you hit the g+1 button on our rock solid site to leave a comment on Google plus. Google is the big guy on the block and with the importance of the Internet growing each day as far as finding and recognizing businesses we could use your help.

It's a great way for you to let the world know what the program at Nicklaus' Martial Arts America is doing for you or a family member.

Thanks in advance for your consideration

Valentine's Day Sale

**14% Off Everything
February 14, 15, 16**



Beginner's – have you gotten your gear, yet?

Advanced Students – Do you need replacement gear? Do you need upgrade gear?

Take advantage of our Valentine's Day Sale February 14-16 where you can save 14% off every item.

All Bundles will be already discounted starting Feb 14%.

For all other individual items or gift items, enter the coupon code: **vday** in the shopping cart to save.

If you have questions about sizing or gift ideas, just ask an instructor.

Here's what you do:

1. Go to www.NicklausMartialArts.com
2. Click "Order Gear"
3. Click the "Bundles" menu option or click "Product Catalog"
4. Shop and for individual items use the coupon code: vday
5. SUCCESS!!!



**Happy
Birthday!**





- 5 Miranda Highman
- 6 Elizabeth Burelbach, Brooklyn Elskamp
- 14 Melayeh Azene
- 16 Elissa Moser
- 19 Kenji Vang
- 20 Kristjan Palm-Leis
- 21 Owen Frasor

**Welcome to the
Leadership
Program**

- Patrick Sullivan
- Deb Sullivan
- Joseph Sullivan
- Kendall Sullivan
- Sienna Folkers
- Kristjan Palm-Leis

**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 February: Nun-Chuks

ROCK SOLID CALENDAR – FEBRUARY 2014						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Self-Control	3	4 	5	6	7 Beginner Test 7 pm @Blessed Sac. School No 645 pm Class	8
9 Dragon Theme: Respect	10	11	12 	13	14 Valentine's Day Sale Starts (pg 2) No 645 pm Class	15 Valentine's Day Sale 
16 Valentine's Day Sale Ends Dragon Theme: Focus	17	18 	19	20	21 Workout w/ Instructors 645 pm @ MAA	22
23 Dragon Theme: Team Work	24	25 Leadership Conference 6 pm @Blessed Sac. School No classes after 545 pm	26	27	28 Workout w/ Instructors 645 pm @ MAA	
Leadership Weapon of the Month: NUN-CHUKS <i>Next Month: Escrima Sticks</i>						