

 March 2014

website: www.NicklausMartialArts.com

An Exciting New Business

A big thank you to all those of you who were able to brave the cold and make it to my

“Taking Flight On The Wings Of Your Thoughts” Presentation

Over the past year I've been working on developing a new business. It's a consulting business that teaches people how to focus in on the talents and thoughts that can lead them to more success in school, work, sports, and all areas of their lives.

In my almost 40 years of working with people I've discovered many secrets and many skills that can help people to break through to exciting new levels of accomplishment. In order for these people to reach these new and exciting levels they needed to know these secrets.

As parents we want our children to have every opportunity to be their best. We want them to do well in school and we want them to be happy and confident with who they are. It's tough for kids today because they are bombarded with so many messages from media, friends, and other avenues. It's important that they are able to know which messages to let into their thoughts and which thoughts they should never explore.

As parents we know that there is no manual for how to raise our children. I'm happy to say that up to this point my 24 year old son and my 21 year old daughter have done very well. Seeing them grow up and helping them to navigate the challenging landscape that exists for today's young people has made me think hard and consider what things worked for them and how I can help other families experience the same powerful, positive results.

I'm blessed with a marvelous, caring staff. All of these people are excellent teachers but more importantly excellent people. Because of their commitment to our martial arts program I have the time and energy to create other ways to help our martial arts families and many other people in our community achieve great results.

Even though I share my ideas of how to create Rock Solid Kids and how to give our families the tools to



achieve their most important goals with my staff at Nicklaus' Martial Arts America, Students and families are hearing these ideas in the classroom but it's tough for all of these important concepts to sink in.

I want to take the many ideas that our students and families have come in contact with in the classroom and in my latest seminar and isolate them so that our full focus can be on developing these important, necessary skills for success.

I believe that one idea can literally change a person's life for the better. I know because it's happened to me and to many of the people that I've worked with. I'm ready to share many ideas and life changing strategies with those of you who are interested.



I know that there is much that our students and families could learn by spending some focused time with me learning about the secrets that everyone can and should know to achieve higher levels of skill, performance, and happiness.

I would like to share my thoughts, exercises, and strategies with you on achievement and personal performance in the next seminar that I will present at

6 pm on Thursday March 13

I introduced some of the ideas during my presentation on February 25th. Now I'd like to go into depth and really teach you how to benefit from these ideas. This next seminar will be complete with workbook and exercises to make the ideas and skills stick. I would encourage one or both parents to come along with your child (children) to this next event.

This may not be for everyone but if you are a parent who is interested in giving your child the tools to break through to exciting new levels of performance in every area of their lives then this is something that you will want to consider.

I would ask that you

**Register in the office by no later than
Saturday, March 8th.**

This presentation will take approximately 75-90 minutes. You will be the first people in the community to have the opportunity to benefit from this new business that I am creating. Please note that there will be a charge of \$19 per person for this break through event. It would be an honor to have you there and be able to share my best thoughts and techniques learned over these many years of helping people reach for their very best.

Sincerely,

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

The Spring Fitness Carnival



Saturday, March 22

10 am @Blessed Sac. School

On **Saturday March 22nd** we will be hosting our first ever **Spring Fitness Carnival** which builds off our fitness event last March. It's a chance for all of our students to test themselves, sweat together, and **MOST OF ALL....HAVE FUN!!!**



Here's how the Spring Fitness Festival is going to work....

1. We will have different stations setup where students can try. Each station will be a different exercise.
2. Some stations are timed and others are not. After a student finishes the station, he/she will earn a certain amount of tickets based off of age & belt. The better the performance, the better ticket value 
3. Then the students can trade those tickets at anytime for a variety of super cool prizes that we have. The more tickets, the cooler the prize. (like Chuck-E-Cheese) 
4. Everybody can earn a prize!!

All in all it should be lots of fun and another opportunity for our students to test their skills.



The event will take place starting at 10 am in the Blessed Sacrament Gym.

This is a public event, so friends are

invited. Just get a participation waiver from your instructors.

Anybody that brings a friend can stay after the Carnival and break boards with Instructors and Friends!

See you on the 22nd

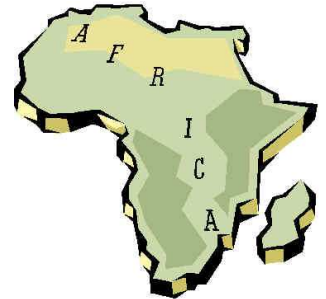
Leadership Conference:

Africa Presentation

Thursday, March 20

@Blessed Sac. School

In January of 2005 I had the opportunity of a lifetime. I was able to join six other men on a trip to Tanzania, Africa. What an adventure!



On the first leg of the trip we climbed Mt Kilimanjaro and on the second leg of the trip we went on an African animal safari. The entire trip was phenomenal.

I'd like to share that experience with our families through the photos and memories that I brought back.

I'm going to be doing my Africa presentation at 6 pm on Thursday night March 20th at Blessed Sacrament school.



I hope you can join us for an exciting evening of world travel and adventure.

Fred Nicklaus

A Special Leadership Achievement

We always talk about the importance of having good mentors who set examples and give our students something to work towards.

I'm happy to announce that the youngest member of our teaching team, Mr. Max Sexauer, recently informed us that he earned a perfect 4.0 in his school grades at Logan High School.

We're proud of you young man. Thanks for the excellent example that you set for all of our students.



Happy Birthday!

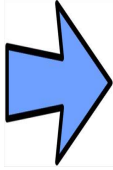
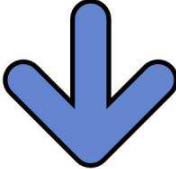
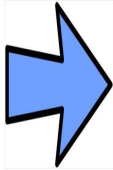


- 2 Kaylee Blatz
- 3 Aedan Higgins, Alec Meiners
- 7 Jeremiah Buswell
- 9 Kaitlyn Klich, Rochelle Sullivan
- 10 Nicolas Jumper
- 11 Carson Klug
- 14 Amanda Las
- 26 Lucien Stremcha
- 28 Brock Sullivan, Mya Colburn
- 29 Jacob San Miguel
- 30 Heather Wold, Brogan Timm

Welcome to the Leadership Program

- Alex Bliss
- Levi Graves
- Adam Joseph
- Lucas Joseph
- Stephanie Leinbach
- Jacob Leinbach
- Roxana Leinbach
- Stu Leinbach
- Harvey Miller
- Sarah Ojelabi
- 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 March: Escrima Sticks

ROCK SOLID CALENDAR – MARCH 2014						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Fitness	3	4	5	6	7 Workout w/ Instructors 645 pm @ MAA	8
Summer Boot Camp I: Jul 7-11 Summer Boot Camp II: Aug 11-15						
9 Dragon Theme: Self-Discipline	10	11	12 	13 Achievement & Personal Performance Seminar 6 pm @Blessed Sac. School	14 Workout w/ Instructors 645 pm @ MAA	15 
16 Dragon Theme: Memory	17 ADV 2 nd Stripe Chk Wk	18	19 	20 Africa Presentation 6 pm @Blessed Sac. School	21 No 645 pm Class	22 Spring Fitness Carnival 10 am No Regular Classes
23 Dragon Theme: Coordination	24	25 	26	27	28 Workout w/ Instructors 645 pm @ MAA	29
30 Dragon Theme: Self-Control	31 Beg 2 nd Stripe Chk Wk	1	2	3 	4 Beginner Test 7 pm @Blessed Sac. School No 645 pm Class	5 3 rd Degree Testing Ms. Schwertfeger Ms. Appold
Leadership Weapon of the Month: ESCRIMA STICKS <i>Next Month: Bo Staff</i>						