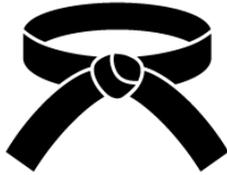


 May 2014 

website: www.NicklausMartialArts.com

Becoming a Black Belt

Many people aspire to, but a small percentage actually become. Becoming a Black Belt has been a goal of many martial arts practitioners as well as a dream of many who will never practice martial arts. Becoming a Black Belt has held a special place in the hearts and minds of countless children and adults for time eternal.



So what is this thing and why do so many dream and strive for it?

Becoming a Black Belt is a symbol of many things. For some it's working towards better fitness. For some it's becoming physically and mentally more aware and in control of their bodies and emotions. For some it symbolizes doing things that they never thought possible. Actually for many it's a combination of all of these things and many more.



As instructors we too see the act of becoming a Black Belt as all of the above but when all is said and done, a person who achieves his/her Black Belt has done two very important things. This person has **SHOWN UP** and this person has **NOT GIVEN UP**.

When we think of all the people who would like to become a Black Belt we can be sure that the list is enormous, but when you look at the number of people who actually achieve this goal the list is quite small.

There are many reasons that people say that they did not follow through on their goal of becoming a Black Belt. Many of the reasons are very legitimate such as moving to another town or a parent losing a job and not being able to afford lessons, while others are just things that a person was not willing to overcome such as having to practice, making it a point to come to class regularly, and having to consistently practice basic fundamentals. In the end many people give up their dream of becoming a Black Belt because they don't have the drive and discipline to do things that are uncomfortable.

Becoming a Black Belt changes how a person sees him/herself. Over the course of time in this journey a



person grows little by little by accepting small challenges. Many times the challenges show up as physical challenges but upon further review they can be much more mental.

Some examples of these challenges being much more mental are a child who is very introverted being asked to join a group and perform in front of others. An adult who has struggled with being overweight and has decided to go out of his/her comfort zone to start an exercise program and risk the discomfort and the aches and pains of getting into better shape. Students learning new and more difficult movements have to learn to accept the fact that they will feel awkward, look awkward, and not get it right the first time or even the 50th time but they still must learn to press on.

Becoming a Black Belt changes a person in that it develops a focus, creates a more intense energy, challenges a person to accept bigger and better challenges, develops self-confidence and an enhanced self-image, teaches commitment and persistence, and teaches goal setting and goal getting.

Becoming a Black Belt is a journey well worth taking. Becoming a Black Belt is indeed something worth Showing Up for and Not Giving Up on until it has finally been achieved.

Important- Did you know that you can come to a 2nd & 1st Degree Black Belt test?

- Friday, May 9th at 7 pm at MAA. The Sexauer's test for 2nd Degree Black Belt
- Saturday May 10th at 2:30pm at Blessed Sacrament school, 9 Students test for Black Belt

If your goal is to reach your Black Belt and you would like to support this group of Black Belt hopefuls then plan to spend about an hour and a half with us on the 10th. You will be inspired.

Sincerely,

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

What About This Weather

This winter and now our supposed spring have become seasons of challenge. The weather has been

cold and unreasonable and it seems that sunny summers may not be in the cards for us for quite some time. We still hold out hope that in time we will see the sun again and feel warmer weather but until then we'll have to wait in patient anticipation.

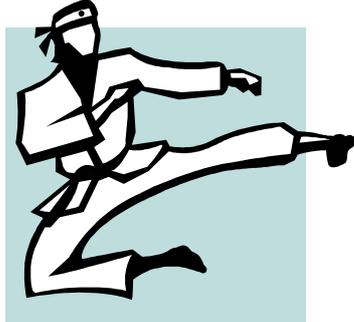


When the sun finally does come back and give us a chance to get outside and enjoy it's warmth on our bodies we still will have to come inside sometime.

I'm speaking specifically about coming inside for martial arts lessons. Maybe more than any other spring all of us will be wanting to finally get outside. The days will become longer and warmer and we will no doubt want to get our fill of summertime.

It's during this time of the year that many of our students and families feel the greatest challenge to coming to class.

We hope that you have a wonderful summer and that you are able to get outside and experience as much nice weather and great outdoor fun as you possibly can.



But remember...

Keep your goal of becoming a Black Belt or being the best Black Belt you can be in mind.

Make it a point to come to class and continue your growth as a martial artist. When you commit to coming to class a few times per week you continue on your path of becoming the best martial artist that you can become.

It's great that you might have vacation time this summer or that you might just need to take a little time off to experience as much of summer as you can. Enjoy your time off, let it energize you, but keep coming back to class. Achieving your martial arts goals and gaining the benefits that you will receive in the process is an important gift that you can give yourself.

Thanks!

Fred Nicklaus

Fred Nicklaus

Take Some Time For Yourself

As a parent you spend quite a bit of time running your children to their events, taking care of family business, and doing things for others. How about you? Are you spending time taking time for yourself? Taking time for

yourself is a great way for you to give yourself the energy to do an even better job of taking care of others.

Core Exercise Training Is Expanding.

Starting on Monday May 5th our Core Exercise Training in La Crosse and Holmen will be expanding class offerings and adding the all new 30 minute workout , Lean in 30.

This 30 minute workout is an up tempo program designed to burn up to 300-500 calories in a very short time. If you want to lean up and burn up some extra calories then this could be for you.

The regular Core Exercise 60 minute class is also still available. The tempo in this class is a bit more relaxed but the benefits in strength, energy, cardio vascular fitness, and overall health are fantastic.

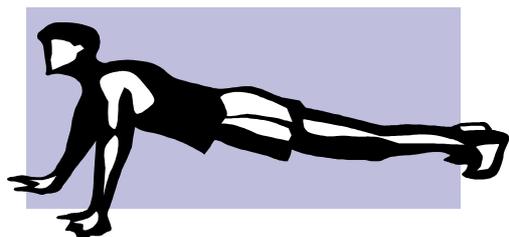
Either of these classes can work for you. Find out more about class times and locations at

www.CoreExercisesLacrosse.com

or www.LeanIn30.tv

The cost for the two month program is only \$59. If you're looking for a great way to get on the road to better health, or add something to an already existing program, then either of these two programs can be your answer.

A great way to boost your energy and fitness for the upcoming summer months.



Watch For This

Over the past two summers we have sponsored our Bring A Friend contest from June-August. We will be doing the same again this year, but only BIGGER.

You, our families, have done a great job of inviting your friends into our program in the past and we appreciate your effort and your support. We want to help more people experience the joys of martial arts training and you can help.

Only this year the prizes that we will be offering will be even Bigger and Better.

We're still working on finalizing the prizes so watch for announcements around the karate school and for next month's newsletter to get the **Official Bring A Friend summer prize list.**

Start talking to your friends now and get ready to give them the gift of martial arts training this summer. We promise- you'll be excited about what we are working on.



Happy Birthday!

- 1 Joseph Sullivan
- 2 Ethan Nevsimal
- 3 Emmett Rathert
- 4 Sarah Ojelabi
- 6 Audrey Reese, Katlin Palm-Leis
- 7 Keegan McCarthy
- 10 Emily Lampert
- 11 Levi Graves
- 12 Max Clark,
- 19 Max Sexauer, Elijah Strauss
- 22 Jordan San Miguel
- 27 Emily Brian
- 29 Justin Reese, Amelia Hein
- 30 Anna Kies

Welcome to the Leadership Program

Lyndon Torkelson

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

ROCK SOLID CALENDAR – MAY 2014

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	Register For Summer Boot Camp 1 by May 31			1	2 	3
4 Dragon Theme: Self-Discipline	5	6	7	8 	9 2 nd Degree Black Belt Test 7 pm @ MAA	10 Black Belt Test 230 pm @ Blessed Sac. School
11 Dragon Theme: Memory	12	13	14	15	16 Workout w/ Instructors 645 pm @ MAA	17
18 Dragon Theme: Coordination	19	20 	21	22	23 	24 Happy Memorial Day Weekend! NO REGULAR Classes May 24-26
25 Dragon Theme: Self-Control	26 Happy Memorial Day Weekend! No Regular Classes	27 See you in Class Today!	28	29 	30 Workout w/ Instructors 645 pm @ MAA	31
Leadership Weapon of the Month: NUN-CHUKS <i>Next Month: Escrima Sticks</i>						