

 July 2014 

website: www.NicklausMartialArts.com

A Black Belt Secret... Small Things Becoming Big

Wouldn't it be exciting to have a crystal ball, a way that we could tell what the future would be like?

We may not have a crystal ball or a sure fire way to see what our life will be in the future, but we do have a path that we can take that is almost as good as a crystal ball.



The path I'm talking about is a plan and a way to do things.



Everything begins small. Big finishes has been built with little steps. Let me give you an example in the martial arts. This is a sure fire way for a person to become a Black Belt and a very good one at that. There is a challenge, however. That challenge is to decide whether or not you will choose to take this advice and then act upon it.

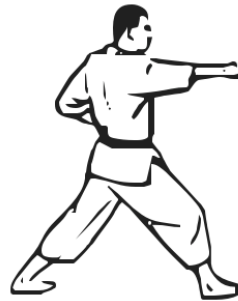
In school, in business, in the karate classroom, and in our daily lives we spend time in groups. Much of our learning and interaction takes place in groups even though much of our improvement takes place away from the group.

Consider for a moment how people are different and how it is a proven fact that most of the really important work gets done by 20% of the people. So it's important to decide whether we want to be part of the 80% or the 20%.

Here's the plan. As a martial arts student if you take what you learn in the classroom and spend some time out of the classroom practicing what you have learned you will very soon become one of the 20% who do things better and accomplish more in life.

Can that really be true? You bet it can and here's why.

Taking the time to improve what we learn in a group and setting time aside to earnestly practice it on our own improves our skill level as well as our excitement for what we are learning. The deeper we delve into learning and gaining a better understanding of what we are studying the more rewarding our experience becomes.



This practice of practicing can start out very small. As an example for a martial artist it can begin by choosing to do 10 round kicks per side, 10 rear hand punches per side, 10 flutter kicks, and ten push-ups daily. Choose to do these exercises for 21 days outside of the classroom and you will develop an important habit. That habit is the ability to practice on your own and the self-discipline to do this in other areas of your life as well.

It really doesn't matter what you have done in the past or what your skill set is in the present. What matters is your will to improve and your ability to practice what you want to become.

Decide. Little things grow into big things and your future performance depends upon the decisions that you make today.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Can You Bring A Friend To Class This Summer?

Our Bring A Friend Summer Promotion is in full swing and already during June we had friends and family members coming to class.



It's the absolute best way for us to bring more people to our program.

Inviting friends to come to class is natural and easy. We also want to award you for your efforts.



instructors Black Belt during class.

During the weeks of June 30th and July 7th anyone who brings a friend to class will not only get to get prizes out of our treasure chest but you will be able to wear your



During the following two weeks of July 14th and July 21st anyone who brings a friend to class will get Double Prize points.

That means that instead of getting 3 choices from the treasure chest you will get 6.

In addition anyone who brings in a friend in July and through August 11th will also have his/her name put into the big drawing for the \$500 gift certificate to the Wisconsin Dells and other great prizes.

So we hope that you are considering helping us out by bringing those friends to class this summer.

Get your permission slips for your friends in the office and don't wait. Summer is short and before you know it the Bring A Friend contest will be over.

Thanks a bunch for being willing to help us show more people the benefits of martial arts training at Nicklaus' Martial Arts America.

New Core Session Begins

If you are interested in firming up, losing a few lbs., and getting much stronger this summer then consider trying a 2 month session of Core Exercise Training or Lean In 30.

The Core Exercise classes are one hour long whereas the Lean in 30 classes are 30 minutes. Both classes will get you great results with the 30 minute class being a bit more challenging and fast paced.

Try either class this summer.



**New students receive
2 months for the price of 1**

and Karate family members receive a discount when you continue on with lessons.

Find out about class times and locations at either

www.CoreExercisesLacrosse.com

or

www.LeanIn30.tv

It would be great to have you in class.

July 4th Vacation Days **No Regular Classes July 2-5**

Another July 4th is just around the corner. It's time to celebrate the birth of our nation with some good food and some fun in the sun.

It's also a time when we take a few days off at the Karate school.

This year there will **be no classes from Wednesday July 2nd through Saturday July 5th**

We hope that you have a safe and enjoyable 4th of July week.

See you again when classes resume on July 7th.



Happy Birthday!

- 3 AJ Kalosis
- 4 Mr. Y!!!
- 6 Max Doering
- 7 Alahna Keil,
Jacob Leinbach
- 10 Vickie Manderfield
- 11 Luke Johnson
- 13 Tia Wagner
- 14 Jackson Affeldt
- 17 Damian Frazer
- 19 Ali Buege,
- 23 Abby Kerska,
Braedon Kerska
- 24 Ryan Poelma
- 28 Lewis Bingol
- 30 Makayla Carney,
Zarah Elegbede
- 31 Grace Graff,
Emmett Coogan

Welcome to the Leadership Program

Kaylee Blatz
Damian Frazer

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 July: Bo Staff

ROCK SOLID CALENDAR – JULY 2014						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness		1	2	3	4	5
	Happy Independence Day!!! No Regular Classes July 2-July 5					
SUMMER REFERRAL CONTEST Be Sure to Bring Your Friends to Class! Bring your friend to class. Good Luck in Winning!						
6 Dragon Theme: Self-Discipline	7 Summer Camp I Starts No Morning Classes	8	9 	10	11 Workout w/ Instrs 645 pm @MAA	12
13 Dragon Theme: Memory	14	15 	16	17 	18 Workout w/ Instrs 645 pm @MAA	19
20 Dragon Theme: Coordination	21 	22	23 	24	25 Advanced & Black Star Graduation 630 pm Location TBA No 6/645 Class	26
27 Dragon Theme: Control	28	29 	30	31 		
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						