

 August 2014 

website: www.NicklausMartialArts.com

How Is Your Practice Going???



Over the past few months I've suggested practice outside of class to our students.

I believe that it's important for all of our students to ask themselves what they want from their martial arts training.

Not only is it important for our students to ask this, but it's also important for parents to ask the same question.

When a parent asks their martial arts student(s) to see their moves or even have the student teach the parent some moves it shows much needed support and enthusiasm for their son/daughter's martial arts training. It makes a big difference.

Over the 35 years that I've been involved in the martial arts business one thing has become very clear to me.

Those students who practice on their own are always the ones who get the most out of their martial arts training.



Interestingly enough the same holds true for students who study and work on their school homework, adults who are willing to study and learn something above and beyond what their job calls for, and anyone who is willing to improve themselves by doing something extra, something others are not willing to do.

It's great to have all of our students in martial arts classes, but it's even more exciting for our students if they take the time to practice outside of the classroom.

Here is my very simple suggestion for all of our students as far as practice outside of the karate class

- Ten round kicks on each side
- Ten rear hand punches on each side
- Ten push-ups

- Ten flutter kicks

Important- perform each of the exercises to the best of your ability. Be focused and strive for good form. As time goes on you can increase the repetitions of each exercise and add more exercises to your routine.

Start doing these simple exercises for the next two weeks everyday. In a very short period of time you will see and feel yourself becoming stronger, faster, and more polished. It really does matter.

The choice is really very simple for all of us.

Decide to do extra work on your own and feel yourself improving and enjoying your martial arts lessons even more. It's a for sure thing.

Or...

...choose not to practice and do any extra work.

Your choice and your results are up to you

I wish you luck in making a choice that will bring you the most benefits.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor



SUMMER REFERRAL CONTEST E-N-D-I-N-G

Thanks to all of our students and families for trying your best to bring your friends and family into our martial arts program. We appreciate your efforts.



We will be announcing the winners of our Summer Referral contest on **Friday, August 15th at 7:30** at the

Karate school. The top 3 prizes will be awarded on that night.

We would like to invite all of our students and families to help us celebrate this special event. We hope you can be there and looking forward to seeing you all.

Remember also that you have until Aug 15th to bring a friend into class or have them schedule their first class by that date. Ask a buddy or two and bring them to class before the 15th.

Summer Karate Picnic

Aug 14th @ 5 pm

Myrick Park Main Shelter

Bring A Dish to Pass

Our Annual Karate Summer Picnic will be on **Thursday, August 14 at 5 pm at the main Myrick Park Shelter** in La Crosse.

Students and instructors look forward to this, the biggest water gun battle of the year.



NOTE: There is no limit to the size of the water gun that you can bring to the battle 😊

We're excited to be having the party during the very warm time of the year. This is earlier than we have had the party in a while and we hope that all of our families can attend.

We ask that everyone bring a dish to pass. We always have some outstanding food options. We appreciate main dishes in order that there is enough good food to eat and that everyone can try the great variety. We'll provide plates, napkins, utensils, and lemonade...plus the hose for water gun ammo 😊



Looking forward to seeing you at the Karate Picnic.

Valley View Mall **Booth & Demonstrations**

On **Saturday August 23rd** we will have a booth and be doing demonstrations at the entrance to Macy's in the Valley View Mall.



The demonstrations will be at **12:30 and 3:30** on that day.

It would be wonderful to have you come out and visit our booth and see and cheer for our demonstrators at one or both demonstrations on the 23rd

Hope you can make it.

Be sure to tell your friends about it.

Facebook Help

Social media is fast becoming a main source of advertising for many businesses. It really does work.

It's great to see the growing number of people on our Nicklaus' Martial Arts America Facebook page.

When you go to the Facebook page it really does make a



difference if you can Like, Comment, and Share the things that you see on the page.

By sharing our posts with the friends that you have on your page you help us introduce and educate people about who we are and what we do at the Karate School.

Thank you for your past support and please keep using Facebook in order that we can help more people benefit from our martial arts training program.



Happy Birthday!

- 5 Max Brennan
- 6 Jake Skibo
- 7 Andrew Pfaff,
Lyndon Torkelson
- 13 Lydia Harmston
- 14 Devyn O'Bryan
- 16 Markos Cash
- 19 Joe Osinde
- 22 Jackson Hill,
Kendall Sullivan
- 23 Donovan Yang
- 27 Dane McCormick,
David Turner
- 28 Matt Habeck,
Alex Bliss
- 31 Julia Her,
Emma McAndrews

Welcome to MAA









- Evan Bingham
- Jasmine Ellefson
- Casey Erickson
- Laurel Erickson
- Evan Marquardt
- Anden Schieldt
- Aliyah Schieldt

Welcome to the Leadership Program

Lydia Harmston

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

ROCK SOLID CALENDAR – AUGUST 2014						
Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
Dragon Theme: Self-Control					1 No 645 pm Class	2 
3 Beg. Progress Chk Week	4	5	6 	7	8 Beginner Graduation 7 pm @ Blessed Sac. School No 645 pm Class	9
10 Dragon Theme: Self-Discipline	11 	12	13 	14 Annual School Picnic 5-730 No Classes	15 Workout w/ Instrs 645 pm Summer Referral Contest Drawing 730 pm	16 
17 Dragon Theme: Self-Discipline	18	19 	20	21	22 Women's Awareness & Self-Defense Class 7 pm @ MAA Look for Details. No 645 pm Class	23
24/31 Dragon Theme: Self-Discipline	25	26	27	28 	29 30 Happy Labor Day Weekend!!! No Regular Classes Aug 29-Sept 1 See you Tuesday!	
Leadership Weapon of the Month: NUN-CHUKS						
<i>Next Month: Escrima Sticks</i>						