



# ROCK SOLIDNEWSLETTER

 **September 2014** 

website: [www.NicklausMartialArts.com](http://www.NicklausMartialArts.com)

## A Very Special Event

On Friday, September 5<sup>th</sup> we at Nicklaus' Martial Arts America will be witness to a very special event. On that day our Mr. Cornell will be marrying the love of his life, Emily Brian (soon to be Cornell).



This is really exciting.

I've had the good fortune to watch Mr. Cornell grow into the person he has become for the past 21 years and it's been a journey that I've really enjoyed.

His loyalty, hard work, dedication, willingness to accept challenges, and persistence have helped him grow from a shy, very soft spoken little boy into a young man who is confident, able and willing to help others, and able to take charge in any situation.



I'm confident that Mr. Cornell and Emily will have a wonderful day on September 5<sup>th</sup> and a wonderful life with each other afterwards. It's been fun to see two young people who love, respect, and think so highly of each other.

I hope that all of our students get a chance to wish the lucky couple the best of luck over the next few weeks. I know that your wishes will mean a lot to both of them.

I hope and pray for the very best for both Mr. Cornell and Emily.

*Fred Nicklaus*

**Fred Nicklaus  
Owner & Master Instructor**

## Days The School Will Have No Regular Classes

There will be no classes on the following days during September.

Thurs, Sept 4- Sat, Sept 6- Mr. Cornell's Wedding

We will have classes on Tuesday and Wednesday September 2<sup>nd</sup> and 3<sup>rd</sup>

Child Anti-Bully & Personal Protection Seminar

## Birthday Party Special Savings

You may or may not know but we offer high energy, something out of the ordinary Karate Birthday Parties.



Our Karate birthday parties are a combination of exciting martial arts, fun games, and lots of cake, punch, and present opening.

The birthday party includes:

- A birthday cake
- Liquid refreshments
- All plates, cups, napkins and other party fixings
- Best of all- We clean up the mess when the party is over



The Karate birthday party is also a chance for your birthday son/daughter to be the star of the show and show his/her friends some of the skills that he/she is learning in the martial arts.

All in all it's great fun and great energy and a party that no one will soon forget.

Being that birthday parties are something fairly new to us we would like to make all of our families aware of the birthday party possibility and also offer you a chance to save \$\$\$ if you book your birthday party by September 30.

**Regular cost for the birthday party is \$129. Book your party during September and save \$30. Your cost only \$99.**

Book your birthday party today.

**Child Anti-Bullying &  
Personal Protection Seminar**  
**Sat, Oct 4<sup>th</sup> @ 2 pm**  
**At MAA**



**On Saturday, October 4<sup>th</sup> at 2 pm we will be offering a Child Anti-Bullying and Personal Protection Seminar.**

This is information that every youngster should be exposed to.

Teaching children basic awareness skills can help them to be safe and able to avoid a potentially threatening situation.

This is a seminar that we will be offering to the public as well as to our kids in the Karate school. We encourage you to invite your son/daughter's friends to this very important seminar.

Watch for more information about this seminar in the Karate school and also on our Facebook page.

**Taking Care Of Our Health**

Parents make many sacrifices for their kids. It's what parents do. Even though we do these things to help our kids in any way that we can, we also have to think about ourselves.

There has to be some **ME TIME** in order that you can recharge your batteries and be the best parent that you can be.

**Starting September 8<sup>th</sup>** we will be starting our new 2 month session of Core Exercise Training.

You're invited to give Core Exercise Training a try.

Whether you are a person that is already exercising and wants to add something to your routine or you are someone who is not



exercising and feels it's time to get started, Core Exercise Training has your answer.

You can choose from the high energy 30 minute Lean In 30 classes or from the regular One hour Core class.

Either Way you can **try your first month absolutely FREE.**

Try the first month of lessons and after that you make the choice as to whether or not you want to continue.

Join us for a healthy round of more strength, more energy, and better health

Learn more at

**[www.CoreExercisesLacrosse.com](http://www.CoreExercisesLacrosse.com)**



**Happy Birthday!**

- 3 Mollie Vandenberg
- 4 Michelle  
L'Abbe-Harrell,  
Saumya Dubey  
Victoria Goetting
- 7 Max Mootz
- 11 Jack Trinko,  
Stu Leinbach
- 12 Luke Miller
- 14 Tristin Golatt
- 17 Maks Bloyer
- 18 Evan Bingham
- 19 Krstalyn Campbell
- 20 Sammy Adams,  
Andrea Turnbull,  
Max Hein,  
Jacob Elegbede
- 21 Owen Brown
- 22 Colton Hoskins
- 26 Ciarra Lietke,  
Nicholas Highman
- 29 Sarah Dalton

**Welcome to MAA**







- Daniel Yao
- Erin Ready
- Maks Bloyer
- Sammy Adams
- Nicholas Wieser
- Kiera Wengel
- Dani Dillard

**Welcome to the Leadership Program**

Kaleb Azene

**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 September: Escrima Sticks

<b>ROCK SOLID CALENDAR – SEPTEMBER 2014</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	<b>1 Happy Labor Day!</b> No Regular Classes	<b>2 Back To School!</b> Classes are Tonight	<b>3</b> Classes are Tonight	<b>4</b>	<b>5</b>	<b>6</b>
<b>Mr. Cornell's Wedding Weekend Congrats!</b>  <b>No Regular Classes</b> <b>Thurs, Sept 4 – Sat, Sept 6</b> <b>See you Monday!</b>						
<b>7</b> Dragon Theme: Self-Discipline	<b>8 Beg Stripe Check Week</b>	<b>9</b> 	<b>10</b>	<b>11</b>	<b>12</b> Workout w/ Instrs 645 pm @MAA	<b>13</b>
<b>14</b> Dragon Theme: Memory	<b>15</b>	<b>16</b>	<b>17</b> 	<b>18</b>	<b>19</b> Workout w/ Instrs 645 pm @MAA	<b>20</b> 
<b>21</b> Dragon Theme: Coordination	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 	<b>27</b> 
<b>28</b> Dragon Theme: Self-Control	<b>29 Beg Stripe Chk Week</b>	<b>30</b>	<b>1</b>	<b>2</b> 	<b>3</b> Beginner Graduation 7 pm No 645 pm Class	<b>4</b> Child Anti-Abduction & Personal Safety Class 2 pm
<b>Leadership Weapon of the Month: ESCRIMA STICKS</b> <i>Next Month: Bo Staff</i>						