



# ROCK SOLIDNEWSLETTER

 **October 2014** 

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

## With Knowledge, Comes Safety FREE Anti-Bully & Child Safety Seminar

**Saturday, Oct 4 – 215 pm @MAA**

The new school year brings new challenges for your child. New teachers, new ways to learn, tougher subjects, new friends, and bigger expectations. All of these situations cause your child to adapt, and if handled properly, can also lead to personal growth.



There is one situation, however, that can only lead to much pain and suffering.

That situation is your child having to deal with the physical and mental stress of bullying. It's something that many kids deal with on a daily basis and many times parents are unaware.

Bullying is an issue in all schools. Teachers and parents can't be there every minute of the school day to prevent it and many times young people just don't know how to deal with it.

Just how dangerous can the effects of bullying be? Bullying can cause physical pains but the effects of bullying can be far more disruptive and unsettling. At times children can become afraid to go to school, suffer from depression and lack of self-esteem, and there have even been reported cases of children taking their own lives because of bullying and the pain it causes.

I believe that no child should ever be the victim of a bully. I also know that there are things that kids can learn to protect themselves against a bully.

On **Saturday October 4<sup>th</sup> at 2:15 pm at Nicklaus' Martial Arts America** I will help our kids learn how to safeguard themselves against bullying.

Some of the topics that I will be covering are:

### • **Anti-Bully Topics**

- Difference between harmless play and harmful harassment
- How to defuse a situation verbally
- **When and when not** to defend themselves so they won't worry about getting in trouble.

- Why bullies act out and how not to become one.
- **Personal Safety Topics**
  - What are the **3 Top Tricks** Predators use to trick kids
  - The importance of Awareness
  - The Importance of being in groups
  - How prevent a Bigger, Stronger Predator from abducting children
    - Creating noise & attention to outlast a predator's time limit
    - How to use body weight & positioning to stop someone from simply picking up the child
    - How to use surroundings to prevent someone from easily picking up the child
    - How to help a friend in need from being taken

In addition to giving your child the confidence and knowledge to deal with a bullying situation I will also cover the topic of dealing with an adult predator. This is information that all children should know.

Even though my topic will be very serious we will also include some games, prizes, and refreshments to lighten this very important information.

Many people that I've spoken to about personal safety or bullying issues have chosen to do nothing. Instead they've chosen to believe that this could not happen to their child.



It's the wrong way to think. It can and does happen to many children every day. It can happen to your child.

As a parent you can do something to make sure that your child is not a victim of bullying or the victim of an adult predator.

This information is easy to understand and it makes an important impression on young people. It's information that they should all know.

Be sure to register your child in the office for this seminar and remember to give this gift to one or more of your son/daughter's friends too.

I hope to see you on the 4<sup>th</sup>.

*Fred Nicklaus*  
**Fred Nicklaus**  
**Owner & Master Instructor**

**Halloween Party**  
**Friday, October 24 530-7**  
**No Regular Classes**



There's never a bad time to have a celebration and we're going to have a fun Halloween Party on Friday **October 24<sup>th</sup> from 5:30-7:00pm** at the Karate school.

It will be an evening of ghouls, vampires, princes and princesses, and many more fun, creative, and scary costumes.

We'll also have prizes for the best costumes and a fistful of candy for all the kids that come. It's not just for kids though so remember that adults are encouraged to wear costumes and take part in the fun also.

It promises to be Spooktacular.

**Importance of Technology.**  
**Help Mr. Cornell Out**



More and more people are searching on the Internet for what they need. The

Internet has become the go to player for information and also for shaping ideas and opinions.

Google plays an important role in all of this and businesses are becoming more savvy at using this tool to create awareness and growth.

You can help us make more people aware of what we do at Nicklaus' Martial Arts America by taking the time to write a short Google review for us.

The challenge is that many times you may not know what to do to give us a review.

I'm going to create a short video that gives you easy, step by step directions for you to create a review testimonial for us.

You can find the video at our newly redesigned student website on Friday:

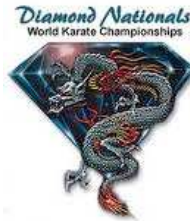
**[www.NicklausMartialArts.com](http://www.NicklausMartialArts.com)**

Please follow the link and take a few moments to share your thoughts about what our program is doing for your child or for you.

Your help is appreciated.

William Cornell

**Diamond Nationals**



It's that time of the year again. Some of our other students will be competing in America's top martial arts tournament the Diamond Nationals in Minneapolis on Saturday October 11<sup>th</sup>.

Mr. Cornell won 2 Overall Grand Championship Titles the 2009 & 2010.

**Any of our students and families can go to the tournament to compete or to be a spectator. This event is something to see especially if you have never been before. It really is a showcase of the top martial arts talent in the country and the things that you will see will leave you spellbound.**



**Happy  
Birthday!**

- 2 Karleen Fry
- 3 Ashley Handel
- 5 Sarah French
- 7 Casey Erickson
- 11 Darwin Trinko
- 14 Julia Poelma
- 15 Mr. Cornell,  
Esmeralda Valera,  
Daniel Yao
- 21 Jaylen Xiong
- 23 Diamond Vang
- 24 Sarah Graff
- 26 Jameson Nickley
- 28 Patrick Sullivan
- 29 JD Klich
- 30 Adam Joseph

**Welcome to  
MAA**







- Trenton Berlin
- Kali Goodwin
- Nikki Goodwin
- Jeff Hill
- Jaycee Sandry

**Welcome to the  
Leadership  
Program**

- Donovan Yang
- Emma McAndrews
- Logan Boland

***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 October: Nun-Chuks

<b>ROCK SOLID CALENDAR – OCTOBER 2014</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Self-Control			1 	2	3 Beginner Graduation 7 pm No 645 pm Class	4 Anti-Bully & Child Safety Seminar 215 pm @MAA
5 Dragon Theme: Respect	6 	7	8	9	10 Workout w/ Instrs 645 pm @MAA	11 
12 Dragon Theme: Focus	13	14	15 	16	17 Advanced & Black Star Graduation 630 pm Location TBA No 6/645 Class	18
19 Dragon Theme: Team Work	20	21	22	23	24 Annual Halloween Party 530-7 pm No Regular Classes	25
26 Dragon Theme: Fitness	27	28	29	30 	31 Happy Halloween! STILL Regular Classes :)	1 
<b>Leadership Weapon of the Month: Nun-Chuks</b> <i>Next Month: Bo Staff</i>						