



ROCK SOLIDNEWSLETTER

 **November 2014** 

website: www.NicklausMartialArts.com

Working With Our Business Neighbors To Add Value For Our Karate Families

We have a plan. We will be contacting area businesses that we feel our families would enjoy doing business with to see if we can arrange a deal that gives you a deal.

We could use your help, however, in deciding which businesses you would like us to contact.

You can soon find a survey on our Facebook page at Nicklaus' Martial Arts America where you can let us know 3 ideas for businesses that you would like us to approach to secure a deal for our families.

You might be a bike riding enthusiast, a pizza lover, a snow boarder, or anything else. We would like to know so that we can contact a business that our families might already patronize or would like to patronize in the future.

At the moment we are thinking about having a **Business Of The Month** that we promote to our friends and families.

We're willing to do the extra work to work this idea out as we feel it can offer great fun and value to our customers.

Please be sure to fill out the survey on Facebook or let us know in the office what some of your favorite hobbies or businesses are.

Fred Nicklaus
Fred Nicklaus
Owner & Master Instructor

A Chance To Release Frustration



Had a tough day or a tough week? There's nothing like a high energy game of Dodgeball to get rid of some of those pent up frustrations.

You will have your chance.

Friday November 14th
Dodgeball Night
630 pm

@Blessed Sacr. School

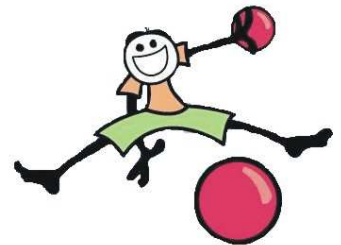
We will be sponsoring a Dodgeball Night for kids and adults at Blessed Sacrament school starting at 6:30 pm at the Blessed Sacrament gym.

This is a chance for kids and adults to throw heat seeking missiles at anyone that they choose.

A sure, there will be rules, but this could easily get to be Way To Much Fun!

Mark it on your calendar. Dodgeball is the great stress reliever.

Best,
William Cornell



Special Sparring
Workout with Instructors
Friday, Nov 21
6 pm @ Blessed Sacr.

Come on over for some exciting drills and fast paced sparring on **Friday November 21st 6pm at Blessed Sacrament school.**

We are using Blessed Sacrament because we know that we will need more space than the Karate school has to offer.

This is going to be fun. Do your best to attend.

I've asked Mr. Nicklaus to come over and teach this class. He'll certainly give you some valuable tips on improving your sparring.

Excited for Your Growth,

Mr. Cornell

Core Exercise Training **New 2 Month Session**

If you're in the market to lose a few lbs and look and feel healthier and stronger than you might be ready for Core Exercise Training.



I've been teaching the class for the past 8 years. I started doing the program myself after my first hip replacement surgery and I've been using it ever since.

People of all sizes and shapes have been doing the program and benefitting from it. No experience necessary.

You can give it a try for absolutely FREE

The new classes start the week of November 3rd and you're invited.

All you need to try the class is a small exercise mat, comfortable workout clothes, and a desire to get healthier and fitter.

You can find out more & register for your FREE MONTH of exercise classes at.

www.CoreExercisesLacrosse.com

Hope to see you in class.

Fall Black Belt Testing

Sat, Nov 15

230 pm @ Blessed Sacr. School



A Black Belt Test is something to see especially if you have never seen one before.

The students who will be testing for their Black Belt have been working hard for 3.5 to 4 years to get to this special day.

Your help and support would be appreciated by all of the Black Belt candidates.

The test will be on **Saturday November 15th at 2:30pm in the Blessed Sacrament gym.** Come cheer on our 11 candidates.

Genessa Carney
Sarah French
Ciarra Lietke
Keegan McCarthy
Aaron Poelma
Julia Poelma
Ryan Poelma
Julia Schumaker
Elijah Strauss
Reilly Sullivan
Takota Wall

Holiday Season Gear &

Uniform Sale

STARTS: Mon, November 24TH - 2 pm
ENDS: Sun, Novmber 30th at Midnight!



Now is a great time to start thinking about gifts for your karate student. Be sure to watch for our Big Sale this Holiday season.

This year we will be having a **HUGE 20% Sale** on all gear and goodies on our equipment website. This is a great time to get all of your sparring gear and loads of other things of interest for your martial arts enthusiast.

Be sure to check out the **GIANT Holiday Sale**



Happy Birthday!

- 2 Eryn Hammes
- 6 Anderson Fortney, Kate Fortney, Mitchell Fortney
- 12 Deb Sullivan
- 14 Lucas Marick
- 16 Andrew Sullivan
- 19 Cohen Bakalars
- 25 Reilly Sullivan
- 28 Celia Blaylock
- 30 Kyler Fry

Welcome to MAA

Josh Yeoman
Lincoln Radecki
David Elsen




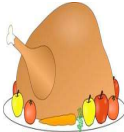

Welcome to the Leadership Program

Jasmine Valera
Preston Eler

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 November: Nun-Chuks

ROCK SOLID CALENDAR – NOVEMBER 2014

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	Holiday Shopping Starts Monday, Nov 25th at 2 pm!!! 20% Off Everything @ NicklausMaritalArts.com Coupon Code: <i>holiday</i>					1 
2 Dragon Theme: Self-Discipline	3	4 	5	6	7 Workout w/ Instrs 645 pm @MAA	8
9 Dragon Theme: Memory	10 	11	12	13	14 DODGEBALL NIGHT 630 pm @Blessed Sac. School No 6/645 Class	15 Black Belt Testing @Blessed Sac. School at 230 pm
16 Dragon Theme: Coordination	17	18	19 	20	21 SPECIAL SPARRING Workout With Instructors 6 pm @Blessed Sac. School No Regular 6/645 pm	22
23/30 Dragon Theme: Self-Control	24	25	26	27	28	29
HOLIDAY SALE STARTS DETAILS PAGE 2 & IN SCHOOL	Happy Thanksgiving! No Classes Thurs/Fri/Sat See you Monday! 					
Leadership Weapon of the Month: Nun-Chuks <i>Next Month: Escrima Sticks</i>						

