



ROCK SOLIDNEWSLETTER

January 2015

website: www.NicklausMartialArts.com

Starting the Year Off With A BANG!

Happy New Year! I wish you all the best for this New Year.

I just wanted to share a few thoughts with you of some ideas for getting the best out of your 2015.

I believe that it's true that we humans sometimes sell ourselves short. The sad thing is that with just a few adjustments to our attitude and our behavior we can hit the home runs that in the past we've only dreamed about.

One of the most important steps for us to get ourselves moving forward on the path that we want for our lives is to **believe** that we have the ability to do that. Once we've given ourselves the o.k. then we need to **figure out what it is that we want.**

So what are some of your goals for this year?

Would you like to get A's and B's in your classes in school?

Would you like to meet new friends?

Would you like to lose a few pounds?

Would you like to get a different job with more pay?

Well we've mentioned a few things that you might be wishing for this year. I'm sure that you have some of your own.

Now that you've taken the time to tell yourself what you would like this year it's time to make your plan of action.

Here's why

By telling yourself what it is that you want your subconscious mind will start working on solutions to get you to the place that you want to go.



You've already decided that you believe in your ability to make new and exciting things happen for yourself. You've decided what you want to do and change. Your final step is to **start working the plan.**

Start taking passionate action to begin to realize your dreams.



This action step is the final step to your making sure that you reach some of your goals for this year and every year to come.

Without the all important action step we just can't get to where we want to go.

So here's to you taking the action steps that you need to make 2015 a year of wonder, excitement, and goal accomplishment for you.

Good luck,

Fred Nicklaus

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Owner & Master Instructor

Dare to Dream

The **secret to goal setting and achievement** that I've mentioned in the above article is especially important for our children to understand.

As parents we're committed to giving our kids the best opportunities that we can possibly provide.

One of the most important things that we can do for our kids is to **encourage them to learn how to dream big dreams and use their imaginations to achieve those dreams.**

Young people who realize their most exciting dreams have a tremendous advantage in life.

We are now doing our **Dare To Dream** programs in area schools and up to this point the response has been outstanding.

We would like to do more of these programs and **we could use your help.**

We would appreciate it if you could talk to your son/daughter's teacher or principal about the possibility of us doing one of our programs in your school. If you could just start the conversation we will be happy to call them to arrange the program.

Just stop in the office to ask for more information that you could hand out to your teacher or principal.

The Dare To Dream program empowers kids to make the very best of their gifts.

We hope to make a difference in your child's school.

Thanks in advance for going to bat for us.

How About You Mom & Dad???

Hey mom and dad do you ever feel overwhelmed with family, work, and other responsibilities?

Do you wish that you had a few more hours in the day to get all of the things done that you need to get done?

First let's talk about the bad news.

There are no more hours in the day.

So how about giving more energy and enjoyment to the hours that you do have?

I would like to give you an opportunity to make the hours that you do have more energized and fruitful.

Over the past 36 years in the martial arts and health and fitness business I've learned some very effective things that can improve a person's health, energy, strength, and overall fitness level.



Do you want to lose a few lbs?

Would you like to lose a dress size?

Would you like to have more energy and more creative ideas at work?

Would you like to be healthier?

How about it?

Starting the week of January 5th I will be starting my next 2 month session of Core Exercise Training.

I would like to extend a chance for you to try a **FREE MONTH** of this very effective program.



You don't need to have any previous experience. Anyone of any size and fitness level can do this.

You'll be in a group of other motivated adults who are going at their own pace to look and

feel great.

Give it a try.

You'll be happy you did.

Learn more and register for your **FREE MONTH** of classes at

www.CoreExercisesLacrosse.com

See You In Class!

Fred Nicklaus

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Owner & Master Instructor



**Happy
Birthday!**

- 2 Amanda Moser
- 6 Ella Walden
- 9 Kiera Wengel,
Genessa Carney
- 11 Keelee Baca
- 16 Lily Robinson
- 19 Mackie
Schwertfeger
- 20 Gunnar
Schwertfeger
- 27 Kiersten Elskamp
- 28 Lincoln Radecki
- 31 Stephanie
Leinbach

**Welcome to
MAA**

Patrick Hessler
Braylen McKee

**Welcome to the
Leadership
Program**

Evan Bingham
Aliyah Schieldt
Anden Schieldt
David Turner

**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 January: Bo Staff

ROCK SOLID CALENDAR – JANUARY 2015						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness				1 Happy New Year!	2	3
4 Dragon Theme: Self-Discipline	5 New Core Exercises Session Starts!	6	7	8	9 Workout w/ Instructors 645 pm @ MAA	10
11 Dragon Theme: Memory	12	13	14 	15	16 Workout w/ Instructors 645 pm @ MAA	17
18 Dragon Theme: Coordination	19	20 	21	22 	23 Advanced / Black Star Testing 630 pm @ Blessed Sacr. School	24
25 Dragon Theme: Self-Control	26 	27	28	29 	30	31
February Upcoming Events						
<ul style="list-style-type: none"> • February 6 – Beginner Testing 						
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						