

**March 2015**

website: www.NicklausMartialArts.com

Human Essentials... Happiness and Success

All of us want good things for ourselves and for those we love. We work, we study, we do our best to do the things that we think will make our lives more fulfilled.

But...

Sometimes we miss the things that would make the most difference.

On Saturday February 21st I did a workshop for our families about Goal Setting.

There is a real value to setting goals. It gives us a direction and it gives us joy and a sense of accomplishment when we achieve the things that matter to us.

We talked about goal setting on Saturday but we also talked about some of the simple, but very effective things that make goal setting much more attainable.

Here are a few of the things we talked about.

One of the main ones was to understand the Body/Mind connection. Strong Body/Strong Mind. I gave the group a very short list of exercises that I suggested that they do everyday upon waking.

Here is that list:

- Trunk Rotations
- Stretch to ceiling
- Hip rotations
- Shoulder rotations
- Squats- 20 reps
- Plank- 30 seconds
- Lay on back- One leg up downs



You can do it too.

It's important to understand that we feel our best when our bodies feel healthy and strong. It's an important part of being a martial artist. It's important for anyone.

Doing even the simplest exercise gets us to move. Movement inspires us and helps our bodies and our minds become more efficient.

Movement also increases our heart rate and our breathing. This in turn allows our entire physical and mental system to function more efficiently.

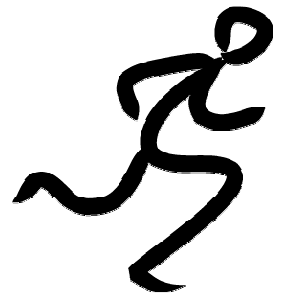
On Saturday we worked on simple breathing exercises that anyone can do to give themselves more clarity and better health.

We also talked about the importance of using our minds more efficiently. Our mind is the most powerful tool that any of us possess. It only makes sense to make it as efficient as we possibly can.

We worked on the idea of "Self Talk" and how we can inspire ourselves to bigger and better things by believing in ourselves. We also talked about the importance of breathing life into your goals. It's simply practicing deep breathing while you visualize one of your goals.

We talked about other things too. The reason that I did this workshop was to give our students and families ideas and techniques that will help them achieve their highest levels of happiness and success.

The things that I covered really do work. As with anything it's a matter of practice and making these skills consistent and effective.



I am planning on doing more of these workshops. There is so much to learn and anyone can do it.

I would encourage all of our families to take part in the next workshop which will be

**Saturday April 25th at 12:30
@MAA**

I promise to make this worth your while as we check on how you are doing with the past information as well as expose you to new strategies and techniques that you can use to achieve your best.

Mark the date on your calendar and plan to join us.

Fred Nicklaus

**Fred Nicklaus
Owner & Master Instructor**

P.S. Remember, friends are welcome to come as well.

Spring Fling Fitness Fest

Sat, April 11

On **Saturday April 11th** we will be hosting our **Spring Fling Fitness Fest**.

It's a chance for all of our students to challenge themselves with some high energy fitness exercises and drills.



It's also a chance for all participants to win prizes for their efforts.

Instructors will be promoting the event during March and getting students ready to do their best. Watch for a list of exercises that we will be doing at the event in classes during March.

Hope to see you all at this year's event.

New Core Exercise Classes

Starts March 2nd

Start a FREE MONTH Anytime

The new 2 month session of Core Exercise Training begins on **March 2nd**.

I'd like to invite Karate moms and dads to try a **FREE** month of this class.

Anyone can do this and the results that people are getting are inspiring.

It's a sure way to incorporate movement and energy into your life and it doesn't matter what fitness level you are at or whether or not you exercise at this time.

If you would like to improve your strength, improve your energy level, and become leaner and fitter than this is the program for you.

For locations and times of classes, Go to

www.CoreExercisesLacrosse.com

Mark These Karate Summer Camp Dates On Your Calendar

Before you know it spring and summer will be here. It's time to mark your calendars for upcoming Summer events.

Karate Summer
Camps- New
Dates.

This summer we will be doing an early summer

camp. This camp will begin the week of June 8th. In the past the start of summer school conflicted with our summer camp so we have decided to have the first camp the week immediately after school gets out. This will give our families a chance to get in a fun week of Karate Summer camp and not have it interfere with any summer school activities.

Summer camp dates will be as follows:

Karate Summer Camp # 1- June 8-12

Karate Summer Camp #2- August 10-14

Start making Summer plans now. Register in the office to reserve your place in camp. Don't wait. These camp spots fill fast.



Birthday Parties- New Format

Saturday, April 18th

2:30 – 4 pm

@MAA

On **Saturday April 18th** from **2:30-4:00** we will be hosting a birthday party for everyone who is having their birthday in March or April.

We want to celebrate your birthday with you. Cake and drinks will be provided. We will also be doing some fun karate games and making sure that it's a party to remember.

You can bring up to 3 friends to your party. (Be sure to register yourself and your friends in the office before the event).

Note: If you are interested in having your own personal Ninja Karate party you can also schedule that in the office.



Black Belt Graduation

March 28th - 2:30 pm

@ Blessed Sacr. School

We'd like to invite all of our families to our Spring Black Belt Test on Saturday March 28th at 2:30 pm at Blessed Sacrament school.

This is a great chance for you to see what a Black Belt test is like and also for you to cheer on all of the people that will be working hard to earn their Black Belt.

Jenny Boldt
Victoria Goetting
Bode Kemmer
Joe Osinde
Jaylen Xiong

It's always exciting to feel the energy of one of these events as participants are pushed to their limits in order to attain the coveted Black Belt.

The test itself takes about one hour.

Hope you can join us on March 28th!



**Happy
Birthday!**

- 2 Kaylee Blatz
- 3 Aedan Higgins,
- 4 Britani Kabat
- 5 Rowan Strong
- 6 Jasmine Valera
- 7 Jeremiah Buswell
- 9 Kaitlyn Klich,
Rochelle Sullivan
- 12 David Elsen
- 24 Keira Wengel
- 26 Guenna Sexuaer
- 28 Brock Sullivan,
Mya Colburn
- 29 Jacob San Miguel
- 30 Oscar Sexauer

**Welcome to
MAA**

- Khaled Alneami
- Dylan Bingham
- Gretchen Burrows
- Kammy Irvin
- Elisha Smith

**Welcome to the
Leadership
Program**

Sammy Adams, Jr

***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 February: Escrima Sticks

ROCK SOLID CALENDAR – MARCH 2015

| Sunday | Monday | Tuesday | Weds | Thursday | Friday | Saturday |
|--|---|---------|------|----------|--|--|
| 1 Dragon Theme: Fitness | 2 | 3 | 4 | 5 | 6 Workout w/ Instructors 645 pm @ MAA | 7 |
| Summer Boot Camp I: June 8-12 Summer Boot Camp II: Aug 10-14 | | | | | | |
| 8 Dragon Theme: Self- Control | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 Dragon Theme: Memory | 16 | 17 | 18 | 19 | 20 Workout w/ Instructors 645 pm @ MAA | 21 |
| 22 Dragon Theme: Coor- dination | 23 ADV 2 nd Stripe Chk Wk | 24 | 25 | 26 | 27 Workout w/ Instructors 645 pm @ MAA | 28 Black Belt Test 230 pm @ Blessed Sac. School |
| 29 Dragon Theme: Self- Control | 30 Beg 2 nd Stripe Chk Wk | 31 | 1 | 2 | 3 | 4 |
| | | | | | | Happy Easter! No Regular Classes April 3, 4, 5 |
| <u>April Upcoming Events:</u> | | | | | | |
| <ul style="list-style-type: none"> Beginner Testing – April 10 Spring Fling Fitness Fest – April 11 FREE Birthday Party for March/April Bday's – April 18 Black Star & Advanced Testing – April 24 Goal Setting Workshop - April 25 | | | | | | |
| Leadership Weapon of the Month: ESCRIMA STICKS | | | | | | |
| <i>Next Month: Bo Staff</i> | | | | | | |