



# ROCK SOLIDNEWSLETTER

April 2015

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

## YOU'RE INVITED...

**Goal Setting Workshop**  
Apr 25 – 1230 pm  
@MAA

On Saturday April 25<sup>th</sup> at 12:30 I will be hosting another Goal Setting Workshop.



All of us are capable of incredible successes and wonderful lives but there are some secrets that we have to learn along the way

One of the most important things is that we have to know what we want and then make a

plan and stick to a plan of how to get there

It's sad to watch people who don't have any dreams or who often struggle through life because they really don't have any direction

One of my goals is to always find ways to create value for our students. The things I'm going to share with you are things that have worked well for myself and many others.

For those of you who were at the last seminar I will review some of the things that we previously covered but add more nuggets for you to take away

For those of you who were not at the seminar you will receive a proven group of strategies that will improve

performance and results that you get in school, work, martial arts, and every area of your life

I believe that even one idea understood and used well can change a person's life for the better.

I encourage you to join me for **75-90 minutes on April 25<sup>th</sup>** and see how many ideas you can find



and use that will help you reach whatever goals you currently have and many more in the future Life can be a truly wonderful adventure if we only take the time to learn the things that can help us on the journey to happiness and success

I look forward to seeing you on the 25<sup>th</sup>

*Fred Nicklaus*

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

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

## Spring Fling Fitness Fest

**Sat, April 11**

**Noon @ Blessed Sacr. School**

Spring is a great time to challenge yourself physically.

On Saturday **April 11<sup>th</sup>** you will have that opportunity

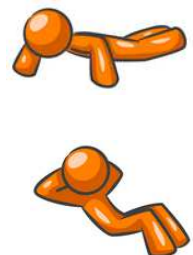


Adults and kids will be able to get a sound 30 minutes of continuous exercise

Guaranteed to make you huff and puff and get your heart going.

The exercises that you will be doing are:

- Push-ups
- Flutter kicks
- Reverse crunches
- Burpees
- Frog Jumps
- Mountain Climbers
- Side to Side Jumps
- Plank



This will be a fun morning. The event will be held at Blessed Sacramento school and will begin at Noon

**There will be classes until 1130 am that day but no classes after noon.** Be sure to practice your exercises at home. You're instructors will be practicing with you in the classroom

Remember all participants will get prizes. We appreciate your efforts and know that helping you improve your fitness level is an important practice that will serve you well for a lifetime



## **Annual Summer Boot Camp** **Boot Camp Session I – June 8–12** **Boot Camp Session II – Aug 10–14**

Kids who have done Boot Camp know. Our summer Boot Camps are the ***MOST POPULAR EVENT*** we do next to obviously earning a new belt. **EVEN BEGINNER BELTS CAN DO THIS (6 & Up).**



Years back we started our Summer Camp programs for kids, and every year the camps become even better. When we ask kids what their favorite part of karate is, usually the Summer Camp comes up as #1. The reason is, to a child, fun is where it's at.

Each year I try and make it better and better. The core parts of the summer camp are:

- Regular Curriculum Training
- Fun Weapons Training not seen in regular class
- Special Martial Arts Training like
  - Musical Forms
  - Extreme Acrobatic Martial Arts
  - Team Combinations
  - Team Building Skits
- Snacks and Games (their favorite)

Some additions I made to make last year's two summer camps stand out:

- Special T-Shirts designed specially for each camp that only Boot Camp participants receive
- Movie Day on the Last Day



### ***Each Camp is Packed!***



In fact, **I had to turn people away.** I expect the same this year. The second camp usually fills up the quickest, so register soon!

Each Camp will have only 30 spots. The camp will be:

- **9 am – Noon Daily** during each camp
- **Each day earns two regular class credits** which means kids do not have to go to class at night 😊
- **Snacks & Drinks included** even for the movie
- **Last Day Pizza Meal Celebration**
- **Special Designed T-Shirt for Each Camp**
- **Fun Guaranteed**

The camp for the only week is \$169. Registration for:

**Session I – Register by May 10**  
**Session II – Register by June 30**  
***Beware, BOTH Sessions historically***  
***Fill Up QUICKLY***

Register and reserve your spots in the office ASAP.

I CAN'T WAIT TO HAVE A BLAST!

*William Cornell*

William Cornell

## **Walking For Weight Loss**

**Monday's/Wednesday's**  
**650 pm @Central Track**



If you found that winter brought along with it a few extra lbs and you want to say goodbye to those unwelcome guests then we've got an answer for you

During April you can join Mr. Nicklaus in his all new **Walking For Weight Loss classes on Mondays and**

**Wednesdays.**

**The classes meet at 6:50pm at the Central High School track**

You'll experience many different strategies to use for your walking success as well as working on some simple but important strength building exercises that ramp up your metabolism and get you to your weight loss goals faster

Even though the emphasis in this class is weight loss anyone can join us for overall better health

Join Mr. Nick for a month of FREE walking to get you firmer and fitter this spring

Register for your FREE month of Walking For Weight Loss at

<http://CoreExercisesLacrosse.com/walking-for-weight-loss-class-in-lacrosse-wi/>

## **MAY SUPER SEMINAR** **Mr. Nick/Mr. Cornell Seminar**

On Saturday May 2<sup>nd</sup> we will be conducting 4 very special seminars

Each seminar will last 45-50 minutes

Students can come to as many seminars as they like

Mr Cornell will be conducting seminars on the bo staff and form training

Mr Nicklaus will be conducting seminars on sparring and conditioning your body for strength and performance

More details coming in April



There will be a cost for these seminars

**Cost for one seminar is \$25**

**Cost for two or more seminars is \$39**

## **Birthday Parties- New Format**

**Saturday, April 18<sup>th</sup>**

**2:30 – 4 pm**

**@MAA**

We'd like to celebrate your birthday with you. If you have a birthday in April or March we want to have a party for you.

The party is going to be on **Saturday April 18<sup>th</sup> from 2:30-4pm**

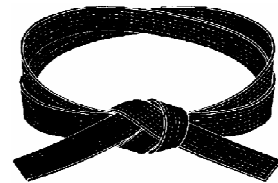


Cake and drinks will be provided along with some high energy Karate games and all around good times

Join us on the 18<sup>th</sup> to celebrate your birthday

Please let your instructors know that you will be coming and remember that you can bring up to 3 friends to the party (let us know who you will be bringing in the office)

## **Black Belt Graduation**



Congrats to our newest Black Belts: Jenny Boldt, Victoria Goetting, Bode Kemmer, Joe Osinde, Jaylen Xiong!

They all pushed themselves to their limit and achieved a great goal they've been working on for more than 3 years!



**Happy  
Birthday!**

- 8 Kai Kapellas
- 11 Kenny  
McAndrews
- 15 Corben Vaughn
- 16 Jenny Boldt,  
Bode Kemmer
- 19 Jerimiah Koll
- 21 Logan Boland
- 23 Carver Ritterling






**Welcome to  
MAA**

- Drew Adams
- Cordero Gilliam
- Jacob Klug
- Hunter Moon
- Kasey Roberts
- Christian Stitt
- Gage Suchla
- Marquis Young

**Welcome to the  
Leadership  
Program**  
David Elsen

**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 April: Bo Staff

<b>ROCK SOLID CALENDAR – APRIL 2015</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
<b>Dragon Theme: Self- Control</b>			1	2	3	4
						<b>Happy Easter!</b> No Regular Classes Fri/Sat
5	6 <b>BEG 2<sup>nd</sup> Stripe Chk Wk</b>	7	8	9 	10 <b>Beginner Graduation 7 pm</b> No 645 pm Class	11 <b>SPRING FLING FITNESS FEST 12 PM</b> @Blessed Sac. School
12 <b>Dragon Theme: Respect</b>	13 	14	15	16	17 <b>Workout w/ Instructors 645 pm</b> @ MAA	18 <b>Birthday Party 230-4 pm</b> @MAA
19 <b>Dragon Theme: Focus</b>	20 <b>ADV 3<sup>rd</sup> Stripe Chk Wk</b>	21	22 	23	24 <b>Advanced &amp; Black Star Graduation 630 pm</b> Location TBA No 6/645 Class	25 <b>Kids Karate Goal Setting Workshop 1230 pm</b> @MAA
26 <b>Dragon Theme: Team Work</b>	27	28 	29	30	<b>Register by May 10: Summer Boot Camp I: June 8-12 Register by June 30 Summer Boot Camp II: Aug 10-14</b>	
<b>May Upcoming Events:</b>						
<ul style="list-style-type: none"> <li>• <b>May 2 – Mr. Nicklaus &amp; Mr. Cornell SUPER SEMINAR</b></li> <li>• <b>Boot Camp 1 Registration for June ENDS MAY 10</b></li> </ul>						
<b>Leadership Weapon of the Month: BO STAFF</b>						
<i>Next Month: Nun-Chuks</i>						

