



ROCK SOLIDNEWSLETTER

May 2015

website: www.NicklausMartialArts.com

More Than Kicking & Punching

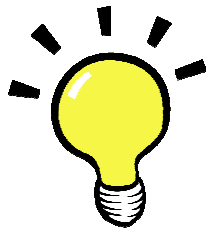
Over time I've heard "it must be great teaching people how to exercise and kick and punch."

I often say that it is great but I go on to explain that even though it is enjoyable to teach people the skill of the martial arts and better health through fitness, it's really much more than that.

Many business trainers tell their clients that you should have a short elevator speech to give to people when they ask you what you do for a living. It makes good sense so over the years I took time to try to capture the essence of what we do in our businesses.

This is what I've come up with.

Rather than saying I own a martial arts business or I teach fitness classes I tell people that "I **help people reach their physical and mental potential through training in my martial arts and fitness businesses.**"



That seems to peek people's interest a bit more and keep the conversation moving along.

So why do I say that?

Well first of all because it's the truth. Mr. Cornell, Mr. Y, Mr. Max and the other assistant instructors have learned that the kicking and punching is a vehicle that we use to develop new skills, challenge students mentally and physically, help them accept challenges, help them learn the importance of commitment and persistence, and help them become a more confident, respectful person.

Recently I was having a discussion with my first instructor, Mr. Kirk Notsch, and we were talking about the idea that it takes a person 3 ½ to 4 ½ years to become a Black Belt. It requires a commitment on that person and on the part of that person's family. This is not an easy road.



It's so important because we live in a world where attention spans are miniscule and people want results now. That's not the way it is in the martial arts school. We are still an old dinosaur who believes that patience, time, and regular, consistent effort are important skills that make a person's life better.



We also believe in regular movement and exercise. It's a sure fire way to energize the body and mind and a sure fire way to stimulate the creative imagination.

So you see, this martial arts thing that you are involved in really is much more than just kicking and punching.



It's a pleasure to have you. We hope that we can serve you for a long time to come. Thanks for the opportunity.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor



Reasons Why Summer Boot Camps Could Be the Best Part of Summer

Boot Camp I – June 8-12

Boot Camp II – Aug 10-14

Can you believe it? Another school year is almost at an end. We hope that all of our students had a productive and enjoyable year.

Now it's time to plan for summer fun.

There is nothing quite so much fun as taking part in one of our Summer Bootcamps.

These summer camps have been the rave for many of our students and many of the students who attended previous camps are waiting in line for this year's camps.

- 1. It's a great way to make up classes.** Each student earns 10 Class Credits for each Summer Bootcamp which is perfect for making up classes from vacation or sports.
- 2. Great way to develop Social Skills.** If you child is shy, the friendship in Summer Bootcamp invites everyone to the COOL group and develops friendships. Also, those more outspoken develop Leading a Team. Finally, we discover the UNEXPECTED leader who in the right situation emerges as the leader.
- 3. FUN** – Let's not forget about the fun factor. Tons of it from the action and partying 😊
- 4. Gain more Advanced Open Hand & Weapons Skills.** If you're growing and improving, you're more excited and get more benefits from your training.
- 5. Develops a more meaningful & powerful relationship with the Instructor.** This makes the Martial Arts experience more influential. Having a mentor for your children gives you as a parent an ace up the sleeve to help support what you're doing at home.

If you have never been to one of these camps be sure to consider it. This year's camp dates are

Camp #1- June 8-12 (Register by May 10)

Camp #2- August 10-14 (Register by June 30)

These camps are a great way to start summer or a great way to finish it. Either way be sure to get your spot in this year's summer bootcamps.

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

Thanks for attending our Super Seminar!

The biggest takeaway from the seminar was understanding that gaining at least one idea from the seminar to make yourself better.

We saw the faces of all our students – beginner & advanced – where one thinks “Can I do that?” or “I'm sure if that's something I can do.”

What our students discovered on Saturday was there's a lot of things we are capable of that we didn't know we could do. Unearthing & cultivating those capabilities is the purpose of the seminar and the job of us as instructors.

Thanks for attending! If you missed it, keep your eyes peeled on the newsletter for the next one.

Black Belt Testing

May 30 – 230 pm
@Blessed Sacr. School

We have 12 Black Belt Candidates training and preparing for their Black Belt Test on May 30. If you've never seen a Black Belt Testing, please join us for all or part of the Black Belt Testing. A healthy cheering section always makes testing for Black Belt easier.

Birthday Parties- New Format

Saturday, June 13th

230 – 4 pm

@MAA



If your birthday is in May or June then join us for a fast paced martial arts birthday celebration to celebrate your big day.

It's a group party and we supply the CAKE, PUNCH, and FUN.

Bring yourself and up to 3 friends and get ready for some high energy birthday shenanigans.

The party for May and June birthdays will be on Saturday June 13 at 2:30 pm.

Be sure to register yourself and your friends in the office by June 8th.



**Happy
Birthday!**

- 1 Joseph Sullivan
- 2 Ethan Nevsimal
- 3 Emmett Rathert,
Jasmine Ellefson
- 4 Sarah Ojelabi
- 6 Kristjan Palm-Leis
- 7 Keegan McCarthy
- 11 Levi Graves
- 12 Max Clark
- 19 Mr. Max Sexauer,
Elijah Strauss
- 24 Preston Erler
- 30 Anna Kies

**Welcome to
MAA**

- Abbie Ames
- Anita Ames
- Ethan Guynes

**Welcome to the
Leadership
Program**

- Gabe Driscoll
- JJ Martell
- Amelia Northwood
- Ryan Northwood

**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 May: Nun-Chuks

ROCK SOLID CALENDAR – MAY 2015

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
		Register For Summer Boot Camp 1 by May 10			1	2
Dragon Theme: Team Work						
3 Dragon Theme: Fitness	4	5	6 	7	8 2nd Degree Black Belt Test 7 pm @MAA	9
10 Dragon Theme: Self- Discipline		12	13	14	15 Workout w/ Instructors 645 pm @ MAA	16
17 Dragon Theme: Memory	18	19 	20	21	22 Workout w/ Instructors 645 pm @ MAA	23 Happy Memorial Day Weekend No Regular Classes Today
24/31 Dragon Theme: Coor- dination	25 Happy Memorial Day No Regular Classes Today	26	27 	28	29 Workout w/ Instructors 645 pm @ MAA	30 Black Belt Test 230 pm @Blessed Sac. School
June Upcoming Events:						
<ul style="list-style-type: none"> • Teen Girl/Women's Self-Defense/Self-Protection Seminar – June 11 • Beginner Testing – June 12 • May/June Karate Birthday Party – June 13 						
Leadership Weapon of the Month: NUN-CHUKS						
<i>Next Month: Escrima Sticks</i>						