



ROCK SOLIDNEWSLETTER

June 2015

website: www.NicklausMartialArts.com

More Than Kicking & Punching

On Saturday May 30, twelve of our students tested for their Black Belt.

All of these people were of different sizes, ages, and skill levels. In essence, they were all very different, except for their desire of becoming Black Belts.



The desire to become Black Belts made each of these people strive to become the best that they could be. Being the best that they could be means that they **committed time, energy, hard work, and willingness to not give up.**

Over time I have come to realize that even though each person may have been testing for Black Belt it is still important for each of them and for us to realize that we are all individuals who can only do OUR BEST and not worry about everyone else.

When we take the time to do OUR BEST we become better martial artists and better people.

If you had asked anyone of the people who tested and achieved their Black Belt on Saturday if it had all been worth it I'm sure that you would have gotten a resounding **YES.**

At the same time, that may not have been the answer that you would have gotten all through their many years of training.

Let's examine...

Getting to Black Belt takes anywhere from 3-5 years. It is undoubtedly a commitment on the part of the student and also on the part of the family.

Before all of our Black Belt tests we make it a point to thank parents and family members for their part in helping their loved one get to this day.

You see, it's not all roses this journey to becoming a Black Belt. There are aches, coming inside from playing with friends when it's time to go to Karate practice, there are frustrations when you can't do something the way you want it to be done, there are corrections from instructors and reminders about how you need to work a bit harder.

So why go through all of this just to have a Black Belt tied around your waist?

All of the things that I've mentioned above are important parts of the journey to becoming a stronger human being.

Committing to doing your best, not giving up when things become tough, coming to class even on the days when you don't want to, showing others respect, practicing on a regular basis to make your mind and body stronger, and realizing that your mistakes only make you stronger are lessons that no one can take away from you that will stay with you for your entire life.

If we thought that teaching martial arts to our students was only about teaching them the physical movements of the martial arts I doubt very seriously that myself or any of my instructors would still be doing what we do.



We live in a world where people want things NOW. We live in a world where it's not as important that you achieve your goals with dignity and hard work. We live in a world where people give up their dreams too easily.

We're happy and proud that we bring this special value to the world.

Receiving a Black Belt really is worth it.

Congratulations to the 12 who chose not to give up and a very special wish that all those of our students who are not yet Black Belts continue to work to realize that dream.

Best of luck. It's a journey worth taking.

Fred Nicklaus

**Fred Nicklaus
Owner & Master Instructor**

SUMMER REFERRAL CONTEST

Bring-A-Friend to Class

June 1 – Aug 11

Another summer is upon us and with summer comes a great opportunity for you to share the joys of Martial Arts training with a friend.

We will be holding a **Summer Referral Bring A Friend Contest** during **June/July/August**. Everyone can play. It's simple.



1. **Stop in the office to get a few Referral Gifts Cards**
2. **Ask a friend to try a martial arts lesson with you** (Friends need to complete a waiver)
3. **One Entry** - When that friend tries his/her first lesson you will have your name put in the drawing 1 time.
4. **Two More Entries** - If that friend tries a FREE month of lessons you will have your name put in the drawing 2 more times **for a total of 3 times**.
5. **Three More Entries** - If your friend enrolls for the Basic 6 Month Program after the FREE month of lessons you will have your name placed in the drawing 3 more times **for a total of 6 times**.

You'll get a free t-shirt when your friends try the Free Month of Lessons, too!

You can repeat this as many times as you would like and your name can go into the drawing an infinite number of times during June/July/August giving you a better chance to win one of the top 3 prizes.



This year we will do the drawing for the top 3 prizes for this year's Summer Referral Contest at our Annual Summer Picnic on August 11 and the top 3 prizes are:



GRAND PRIZE

\$500 Dollar Wisconsin Dells Package

This year our number 1 prize will be a \$300 Gift Certificate to the Wisconsin Dells in addition to \$200 of spending money for your trip to the Dells. All total first prize is \$500 for your Dells weekend

2nd PRIZE

**A Google Nexus 7" Tablet
(\$200 Value)**

3rd Prize

Movie Ticket Package – 10 Movie Tickets & Gift Card for Snacks (\$100 Value)

Important Note- If you bring a friend(s) to the program this summer and you qualify for the top 3 prizes **you MUST be at this year's picnic to win your prize.** If your name would be drawn to win one of the top 3 prizes and you would not be at the event we will draw another person's name to win that prize.

Your energy and your enthusiasm for your martial arts training is the absolute best way for us to bring new students into our program.

Help us give more people the opportunity to enrich their lives through our martial arts training program.

Thanks in advance for your help.

Women's Self-Protection, Self-Defense & Awareness Training

On **June 11 at 7 pm at MAA** we will be hosting another Women's Safety and Awareness Training evening.

This is a great opportunity for women (high school, college, and all other women) to join us for an evening of education and safety training that could very well help you stay out of a dangerous or even life threatening situation.



You will learn information about:

- The **Mind Set and Attitude** that you must have to not get into or to remove yourself from danger if it occurs.
- **Home and automobile safety**
 - **The number one place** you should never leave if you find yourself in a dangerous situation
 - **Simple, easy to learn physical movements** to break out of certain grabs

- **The most effective area on the body to strike** to if you ever find yourself in danger and the situation has escalated
- **Powerful weapons on your body** that you will learn how to use effectively to escape from a person who has physically attacked you

Bring a friend or family member to this very worthwhile event.

Cost of event per person is \$9. All proceeds go to the New Horizons Shelter for Women.

Register and pre-pay for this event in the office

Birthday Parties- New Format

Saturday, June 13th

2:30 – 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!**

- 3 Nikki Goodwin
- 8 Krystail Young
- 12 Christian Stitt
- 14 Jacob Klug
- 17 Kaleb Azene
- 18 Ben Loyd,
Sam Trussoni
- 22 Kammy Irvin
- 29 Khaled Alneami

**Welcome to
MAA**






Dylan Muller
Jaedyn McGuire

**Welcome to the
Leadership
Program**

Krystalyn Campbell
Ella Walden

**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 June: Escrima Sticks

ROCK SOLID CALENDAR – JUNE 2015						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
31 Dragon Theme: Coor- dination	1	2	3	4	5	6
SUMMER REFERRAL CONTEST Be Sure to Bring Your Friends to Class! Bring your friend to class. Good Luck in Winning!						
7 Dragon Theme: Self- Control	8 Summer Boot- camp I Starts (No Morning Classes)	9	10 	11 Women's Self- Defense Seminar 7 pm @ MAA	12 Beginner Testing 7pm @Blessed Sac. School	13 FREE Birthday Party for May/June Bday's 230 pm
14 Dragon Theme: Focus	15	16	17	18	19 Workout w/ Instructors 645 pm @ MAA	20
Karate Shirt Week!!! Wear Your Karate Shirts to Class 						
21 Dragon Theme: Team Work	22	23 	24	25	26 Workout w/ Instructors 645 pm @ MAA	27 
28 Dragon Theme: Fitness	29	30 	1	2	3 4 Happy Independence Day! No Regular Classes Friday & Saturday	
July Upcoming Events: <ul style="list-style-type: none"> • Advanced Testing & Black Star Testing July 17 • Black Stripe Testing July 18 						
Leadership Weapon of the Month: <i>ESCRIMA STICKS</i> <i>Next Month: Bo Staff</i>						

