



# ROCK SOLIDNEWSLETTER

July 2015

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

## ---IMPORTANT--- Moms, Dads, Teen, & Adult Students

Let me ask you a very simple question.

**Why are you here? Why have you decided to bring your children to martial arts and why are you teens and adults in the martial arts?**

I'm quite sure that there are many reasons for you wanting to do the martial arts.

I'd like to speak to you about a **very important outcome** that all martial arts students receive from this program if they continue to **SHOW UP.**

**That outcome is PERSEVERANCE**

What exactly is it and why is it important for all of us to develop it?

Today I heard someone give a very graphic demonstration of what Perseverance is.

This definition came from a young man who had been in the military. He described being in a firefight and being shot with enemy fire and continuing to move forward with bullet holes in his body and the enemy still shooting at him.

He described the mindset as knowing that he had to keep moving forward. **One foot in front of the other.**

I hope that none of you has to go through such an extreme example of perseverance, but at the same time you can bet that we will all be challenged at some time in the future and things will not be easy.

Then...

We have to decide. The decision is whether or not we will continue to put ourselves in an environment where we are being continually challenged



Let me speak specifically about your experience in the martial arts and how it can develop the all-important character trait of perseverance

**Are all the sore muscles, mistakes that you make, and frustrations that you might have in class worth it?**

Let me answer with a resounding **YES**

Here's why...

Challenges make us stronger. Without challenges we never become who we are capable of becoming. When times really get tough we bow out simply because we're too soft to continue. Make no mistake, we give up because we can and it's easier than sticking it out.

**So how do you fight the will to give up when things get tough?**

First of all you know what you want when you start. As parents we decide that we will help our children see this mission through especially when times get tough for us and for them

As teens and adults we must also decide what it is that we want and understand that this will not be easy at times

Challenges and tough times build our character. These times give us the confidence that we can find in no other way when we are put to the test



So when you start your martial arts classes do yourself a favor and decide to begin with the end in mind

Did you decide to try martial arts for 6 months?

Did you decide to try it for one year?

Did you decide to become a Black Belt and train beyond that?

Whatever the case, **DECIDE** that you will honor that decision no matter how difficult it may become at times.

Train with the end in mind and watch how your commitment and your results prosper and remember to always be thankful for your trials. It's your trials that forge you into the person of character that we all strive to become.

*Fred Nicklaus*

Fred Nicklaus

Owner & Master Instructor

## SUMMER REFERRAL CONTEST

### Can You Bring A Friend To Class

#### This Summer?

*June 1 – Aug 11*



Summer is a great time for new people to try martial arts. So each summer we encourage our students to invite their friends to try martial arts training.

As a way of saying THANKS for the work that you do to invite someone to class we have a long list of prizes that we are excited to give to any of our students who invites a friend to class.

Your name will go into our drawing for some great summer end prizes with a \$500 gift certificate to the Wisconsin Dells being our #1 prize, but there are other great prizes too and everyone who brings a friend to class gets a t shirt and a chance to win any of the 3 Grand Prizes

Think about who you could invite to class and give yourself a chance to win some of these exciting prizes.

During the week of July 6<sup>th</sup> & 13<sup>th</sup> anyone who brings a friend to class will not only get to get prizes out of our treasure chest but you will be able to wear your instructors Black Belt during class.



During the following two weeks of July 20<sup>th</sup> and July 27<sup>th</sup> anyone who brings a friend to class will get Double Prize points.



### 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

### 2<sup>nd</sup> PRIZE

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

### 3<sup>rd</sup> 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.

### More Exciting Events Happening In July

#### ***Family Bowling Evening***

***July 29<sup>th</sup>***

This event always proves to be a fun time for our families. Grab a ball and let's roll

This summer's bowling event will be on Wednesday, July 29<sup>th</sup> at All Star Lanes. Time details will be announced

Hope you can join us. Remember there will be no classes after 6 pm on bowling night

#### ***Need To Cool Down???***

***July 11<sup>th</sup> 230-4 @Pettibone***

July will bring us some hot, sticky days. There's no better way to cool down then to take a splash/splash in the water.

**On Saturday July 11<sup>th</sup> from 2:30-4:00** we will be meeting at Pettibone Beach to jump in the water and have some summer fun.

Bring your footballs and frisbees and join us for some water fun. Let us know if you'd like to join us for the fun games of Dunk You Very Much and Underwater Breathing.

### Other Fun Summer Events

Be sure to mark these dates and events on your summer calendar.

**August 10-14 Second Summer Bootcamp.**



This is always the highlight of the summer for all students who attend. It's a chance to work on your martial arts skills and also do fun martial arts things that you've never done before. There are still some openings in this Bootcamp.

If you are a beginning student (White belt through Orange belt) we encourage you to consider this event. It's a great way to meet new friends and top off your summer with a high energy event.

**August 11<sup>th</sup>- Summer Karate Picnic.** The event is at Myrick Park and now is a great time to start planning for what weapons you will be bringing to the world's greatest water fight. A highlight of the summer. Plan to make it and look forward to the many great foods that you can sample at the potluck dinner.



**August 22<sup>nd</sup>- Birthday party** for all students who have their birthday in July and August. Stop in the office and let us know that you are coming and how many friends you want to bring.



**Happy  
Birthday!**

- 4 Mr. Yoshizumi
- 6 Max Doering
- 7 Jacob Leinbach
- 11 Luke Johnson
- 13 Tia Wagner
- 17 Damian Frazer
- 19 Ali Buege
- 23 Braedon Kerska,  
Abby Kerska
- 25 Jakodi Graves
- 28 Lewis Bingol
- 30 Zarah Elegbede

**Welcome to  
MAA**

- Jeff Bingham
- Kaston Compton
- Addyson Erpenbach
- Jaedyn McGuire
- Dylan Mueller
- Ryan Raymond
- Krisjenn Rosche
- Julia Sill







**Welcome to the  
Leadership  
Program**

- Cameron Schmitt
- Nicholas Wieser

**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 July: Bo Staff

**ROCK SOLID CALENDAR – JULY 2015**

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
<b>Dragon Theme: Fitness</b>			1	2	3	4
<b>Summer Referral Contest</b> <ul style="list-style-type: none"> <li>• Weeks of July 6<sup>th</sup> &amp; 13<sup>th</sup> – Bring A Friend ANND Wear Your Instructor's Black Belt</li> <li>• Weeks of July 20<sup>th</sup> &amp; 27<sup>th</sup> – Double Points. Get Double Points for Bringing a Friend to Class</li> </ul>					<b>Happy 4<sup>th</sup> of July!!!</b>  <b>No Regular Classes Friday &amp; Saturday</b>	
5 <b>Dragon Theme: Self-Discipline</b>	6	7 	8	9 	10 Workout w/ Instructors 645 pm @ MAA	11 Beach Day 230-4 pm @ Pettibone
12 <b>Dragon Theme: Memory</b>	13	14	15 	16	17	18
19 <b>Dragon Theme: Coordination</b>	20	21 	22	23	24 Advanced & Black Star Graduation 630 pm Location TBA No 6/645 Class	25 
26 <b>Dragon Theme: Self-Control</b>	27	28	29 Bowling Night @ All Star Lanes	30	31 Workout w/ Instructors 645 pm @ MAA	1
<b><u>July Upcoming Events:</u></b> <ul style="list-style-type: none"> <li>• Women's Self-Defense &amp; Self-Protection Seminar – Aug 5</li> <li>• Beginner Testing – Aug 7</li> <li>• Annual Picnic – Aug 11</li> <li>• Summer Bootcamp – Aug 10-14</li> <li>• July/August Birthday Party – Aug 22<sup>nd</sup></li> </ul>						
<b>Leadership Weapon of the Month: BO STAFF</b> <i>Next Month: Nunchuks</i>						