



ROCK SOLIDNEWSLETTER

 **October 2015** 

website: www.NicklausMartialArts.com

Important - Important - Important

Over the past year we have strayed somewhat from a few very important concepts. Those concepts involve putting our students in positions to feel and understand what a potentially dangerous situation might feel like while at the same time keeping them safe and protected.

SPARRING

GEAR

In order to accomplish the goal of effectively bringing an element of realism into our classrooms we will once again be implementing the use of **SAFETY EQUIPMENT** in the classroom.

Training with safety equipment affords our students many benefits:

- Gives them the opportunity to block and counter while also protecting hands and feet
- Helps students understand appropriate distance from a would be attacker
- Teaches automatic reaction which can only be learned through repetition
- Safety equipment provides something for our students to get excited about. Using safety equipment in our classrooms is essential to helping our students become comfortable and confident with their skills

In order to help all of our students order the necessary gear for their belt levels we have decided to bring the order process back into the karate school. Previously we asked students and families to order their gear on a website.

We found that this was confusing and that people were having a hard time understanding sizing of gear and exactly what gear they should be purchasing.

Bringing the order of gear back into the school will allow instructors to properly fit all of our students and also answer any questions that families might have about gear usage, gear requirements, and gear purchase.

Our Gear Requirements Are As Follows:

By Gold Belt- Hand and Foot Gear

By Green Belt- Head Gear

By Purple Belt- Remaining Gear which includes shin guards, Chest Guard, mouth guard, and cup and supporter for males.

By bringing the ordering of the gear back into the school we have also decided to substantially lower the prices that our families will pay for gear when compared to the prices that you would have been paying if we had continued to use the gear website as we had previously done.

Using gear in the classroom will be a very useful and necessary part of our martial arts classroom and will provide all of our students with one more thing that they can enjoy and get excited about.

Ask in the office for order forms for your gear.

Decide which pieces of gear that you will purchase and please plan to pay at time of order.

Fred Nicklaus

OCTOBER SPECIAL EVENTS

BULLY SAFE PROGRAM FOR STUDENTS AND FRIENDS

**SAT, OCT 17 – 12 pm
@MAA**

On **Saturday October 17th** at **12 Noon** we will be hosted a safety class for our students, families, and friends.

This is a class that is for children ages 5-12

In this class we will show students and friends how to be safe when dealing with child bullies and adult predators



- Things to be aware of and avoid in a potential bully situation
- How to emotionally disarm a bully
- Your right to protect yourself
- Safety in numbers
- Trusting your GUT
- Developing your confidence and why it's so important to staying safe
- The power of the CLASP grip
- Making it almost impossible for an adult to pick you up and carry you away

The class will run from 12-1 pm

We ask that you register in the office as space will be limited and if we have over flow we may need to schedule another class.



Pick up permission slips for any friends or family that you would like to bring in the office

Register Today!

Note: No regular classes after 11:30 am or after

Mr. Cornell Tests For A Black Belt In Another Martial Arts System

Sunday, October 25

9 am - Minnetonka, MN

RSVP In Office by Oct 15

Admission is \$5 per person
(Address available after RSVP)

As you may know, Mr. Cornell is well accomplished in his tournament achievements, becoming a National & World Champion.

He competed in Japanese Styled forms in over 75 various national tournaments in what was the WSKF (World Sport Karate Federation) and NASKA - North American Sport Karate Association (biggest, longest running circuit in North America)

**SPECIAL
EVENT**

Years ago, I invited a 7 Time World Champion, Suzann Wancket-Yue to do a seminar in our karate school. I encouraged Mr. Cornell to pursue training with her in pursuit on his quest to cultivate his potential and challenge himself through competition.

For years, he traveled to Minneapolis 1-2 times/month to train and hone his skill in Japanese Forms competition. Mr. Cornell has been working over the last year to officially earn a Black Belt in her system Sho Rei Ryu to further his training and challenge himself.

The test will consist of basics, self-defense, target hitting, and 13 forms (yes, THIRTEEN!).



Some of the Midwest's Top Martial Artists (a lot National & World Champions) will be demonstrating as well.

You're invited to come watch. Video is not allowed, so if you want to see Mr. Cornell in action, please come attend as he and two others from Minneapolis test for Black Belt. There will be pictures taken.

Best of Luck, Mr. Cornell!

Fred Nicklaus

HALLOWEEN PARTY Friday, Oct 30 – 6-730 pm @MAA

This year's Halloween Party will be held on **Friday night October 30th from 6- 7:30 p.m.**

Be sure to get out your scariest, most creative costumes for this ghoulish event

Prizes for top 3 costumes in each age bracket (5-8 year olds, 9-11 year olds, 12 year old to 16)

Parents are encouraged to get into the spirit of the Halloween party and dress up also

Candy for everyone

This is always a fun event. Hope you can make it.



GIRL SCOUT PRESENTATIONS
Sat, Oct 24 – Starting Noon
@MAA

On this date we will be hosting another Girl Scout presentation. This workshop is titled

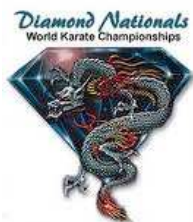
Strong Body/Strong Mind
Using Goals To Empower Your Life

If any of our students are involved in Girls Scouts be sure to let your group leaders know about this seminar.

There is a \$5 cost to attend with all proceeds going to the New Horizons Shelter For Women

Note- There will be no regular classes 11:30 am or after

Diamond Nationals



It's that time of the year again. Some of our other students will be competing in America's top martial arts tournament the Diamond Nationals in Minneapolis on Saturday October 10th.

Mr. Cornell won 2 Overall Grand Championship Titles the 2009 & 2010.

Any of our students and families can go to the tournament to compete or to be a spectator. This event is something to see especially if you have never been before. It really is a showcase of the top martial arts talent in the country and the things that you will see will leave you spellbound.



**Happy
Birthday!**

- 2 Karleen Fry
- 5 Sarah French
- 7 Laurel Erickson
- 11 William Buckley
- 15 Esmeralda Valera,
Mr. Cornell
- 16 Liam Strong
- 22 Mr. Nicklaus
- 23 Diamond Vang
- 29 JD Klich

**Welcome to
MAA**

- Seth Bingham
- Aurelia Boland
- Ayra Bonilla-Olson
- Leo DeLong
- Gandharv Edara
- Jeswanth Edara
- Tayah Goodman
- Cash Lennartz
- Wyatt Overson
- Isaiah Rahman
- Xander Vallee






**Welcome to the
Leadership
Program**

- Gavin Skinner
- Elisha Smith

**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 October: Bo Staff

ROCK SOLID CALENDAR – OCTOBER 2015

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Self-Control				1	2 Beginner Graduation 7 pm No 645 pm Class	3 Happy Oktoberfest! Regular Classes
4 Dragon Theme: Respect	5	6	7	8	9 Leadership Workout with Instructors 645 pm @MAA	10
11 Dragon Theme: Focus	12 	13	14	15	16 Advanced & Black Star Graduation 630 pm @Blessed Sacr. School No 6/645 Class	17 Anti-Bully Seminars (details pg 1-2) No Classes After 1130 am
18 Dragon Theme: Team Work	19	20	21 	22	23 Leadership Workout with Instructors 645 pm @MAA	24 Girl Scouts Seminars @Noon No Classes After 1130 am
25 Dragon Theme: Fitness	26	27	28	29 	30 Annual Halloween Party 530-7 pm No Regular Classes	31 Happy Halloween! Regular Classes 
<u>November Upcoming Events:</u>						
<ul style="list-style-type: none"> • Holiday Sale 						
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						