



ROCK SOLIDNEWSLETTER

January 2016

website: www.NicklausMartialArts.com

New Year, New Things to Try

Every year we ask ourselves what we can do better. I think it's healthy to do that. Make no mistake, I certainly believe that we are doing some very exciting things and doing many things well, but there is always room for improvement. There is also always a possibility to explore some new ideas.



As you know our regular martial arts program has many children in attendance. We know that what we do can also help adults. We are in the process of putting together our all-new curriculum for adults.

We also know that there are some things about our regular martial arts program that adults may not enjoy.

For example...

Adults in the past have told us that they are not too excited about wearing martial arts uniforms. That may not seem like a big deal to us Karate Guys but it is a big deal to some people.

Some adults have mentioned that they like the challenge of striking targets and a challenging aerobic workout. Even though those things can be and are accomplished in a regular class they can be emphasized even more in a class geared towards adults.



So what is this New Thing for Adults that I've been talking about...

Starting the week of January 11th we will be offering a program for adults called.

Extreme Core Kickboxing

The idea behind the program is to teach adults the skills of striking, hitting targets effectively and with power, and to also incorporate the extremely

effective exercises of our Core Exercise Training program.

We will be using techniques from martial arts, boxing, mixed martial arts, and Core Exercise to give adults an exciting, challenging, and top-notch workout.



One of the benefits of any martial arts program is that it is a mental as well as a physical workout. In a martial arts class you learn how to do the exercises and why you should do them a certain way for maximum benefit and to reduce any chance of injury.

The same is true of this new Adult class.

When you leave this class you will not only be getting a great workout but you will also be getting an education as to the most efficient ways to benefit from your class. This is not a follow the leader class but a...

Do It, Understand What It Is, Learn How You Can Do It Better, And Know Why You Did It, And Get The Most Benefit Possible.

So if you're looking for an adult workout that's different, challenging, educational, and fun then be sure to try our All New.

Extreme Core Kickboxing

See our new schedule. Classes will be held on **Tuesday, Wednesday, and Thursday evenings.**

Ask about this class in the office and be sure to tell your friends.

The month of January will be FREE so be sure to give it a try.

Be sure to try a class during the week of January 4th

Ask in the office.

I'll look forward to teaching this new class and seeing you there.



The New Weapons Schedule

Over the past few years we have concentrated on teaching our students the Bo staff. Many of our students have been excited about their bo staff training.

We have also been asked if we can do a little more training with the other weapons that we have in our system. Specifically the escrima sticks and the nun-chuks.

We have decided to do that and we have also decided to make Saturday the day for our weapons training. Starting the week of January 11th our weapons training will be held on Saturdays but the difference from now is that every month we will be switching weapons.

For instance. The January weapon will be nun-chuks. The February weapon will be escrima sticks. The March weapon will be Bo staff.

In addition we have planned a special help class on Friday. If you are interested in attending that class and bringing your weapon you can also practice at that time.

We are confident that this new schedule of weapons classes will give our students a better chance to use and improve all of their weapons skills.

Kama Seminar

Sat, Jan 30th

SEMINAR

Many of you signed up for the All New Kama Seminar that Mr. Cornell will be presenting on Saturday January 30th

This is one more of the special learning opportunities that we will be presenting for our students.

Over our time training students in the martial arts we have found that it's a good idea to challenge students with new things.

It's a great way for students to learn new things and keep their energy and excitement level up.

These additional seminars also give students a chance to spend some additional time with instructors and continue to learn about the

importance of focus, practice, not giving up when you make a mistake, and doing your best.

Even though the Kamas are not one our curriculum weapons they do give students who give the seminar a try another chance to practice and good at something new.



We still have room in the seminar. We will keep registration for the seminar open until

Last Day to Register:
January 21st

Fee for the seminar is \$39 and the fee includes a pair of Kamas for you to call your own.

All skill levels are welcome to attend.

Give this a try. Guaranteed to be fun and motivating.

Programs In Your School

Remember that we do Show and Tells as well as programs about Bully Safe in area schools.

Talk to your teacher and moms and dads if you have questions about any of these school programs please ask us in the office.

Let us know if we can come to your classroom to do one of these exciting programs.

The New Class Schedule

Effective Jan 11

Effective Monday January 11th we will be making some changes to our schedule. Be sure to take a look at the new schedule and mark your class times.

If you have questions about the new schedule please stop in the office. We will be happy to answer your questions.

An Exciting New
Store
Win A \$50
Drawing

I wanted to make you aware of a new store in Onalaska.



Actually it's the second, of the Savvy Home Consignment stores.

It's called Savvy 2 and it's in the building that I own in Onalaska. It's located one block east of the Harley Davidson store.

Angela Marlow is the owner of the Savvy stores and she sells beautiful, reasonably priced furniture and home furnishings. It's a must to see.

Angela started her Savvy 2 store in my building in September 2015 and I told her that I would mention her new store to you, my families at the Karate school.

So take some time to get out to the new Savvy store in Onalaska and be sure to first stop at the original Savvy store on Oak Forest Drive next to La Crosse Archery to look around and **also pick up the information slip that tells you about the weekly drawing for \$50 that you can get in on when you go to the new Savvy 2 store in my building and register.**

HAPPY NEW YEAR!

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor



**Happy
Birthday!**

- 3 Ryan Raymond
- 6 Ella Walden
- 8 Drew Adams
- 9 Genessa Carney
Keira Wengel
- 11 Marquis Young
- 12 Gandharv Eadara
- 16 Lily Robinson
- 19 Ms. Schwertfeger
- 20 Gunnar
Schwertfeger
- 21 Asya Her
- 27 Kiersten Elskamp
- 28 Eris Sibelle
- 31 Stephanie
Leinbach

**Welcome to
MAA**

- Collin Ogle
- Tristan Poff







**Welcome to the
Leadership
Program**

- Olivia Baltz
- Braeden Felber

**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 January: Nun-chuks

ROCK SOLID CALENDAR – JANUARY 2016

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
27 Dragon Theme: Respect	28	29	30	31	1	2
				Happy New Year!!! No Regular Classes Thurs-Fri-Sat See you Monday!		
3 Dragon Theme: Focus	4 Back to Classes 	5 	6	7	8 	9
10 Dragon Theme: Team Work	11 NEW SCHEDULE STARTS	12	13	14 	15	16
17 Dragon Theme: Fitness	18 Beginner Stripe Check Week Need 8 classes	19	20	21 	22 Advanced / Black Star Testing 630 pm @Blessed Sac. School	23
24 Dragon Theme: Self- Discipline	25 	26	27	28	29	30 Mr. Cornell's Kama Seminar 12-2 pm
31 Dragon Theme: Memory	1	2	3	4	5	6
February Upcoming Events:						
<ul style="list-style-type: none"> • Beginner Testing – Feb 12 						
Leadership Weapon of the Month: NUN-CHUKS <i>Next Month: Escrima Sticks</i>						