



ROCK SOLIDNEWSLETTER

February 2016

website: www.NicklausMartialArts.com

Souper Bowl

The first weekend of February marks the biggest game of the National Football League season. I'm sad to say that my Packers will not be there but as always I hold out hope for next year.

Even though my favorite team will not be playing in the big game I was fortunate to see what I thought was a great idea a few days ago.

While many of us will be celebrating Super Bowl Sunday with fun parties and great food there will be many more who will not know where their next meal is coming from.

Here is the idea



Souper Bowl is going to be an opportunity for all families at Nicklaus' Martial Arts America to give someone a warm meal.

I have to tell you that I feel very blessed to lead the life that I do. It gives me an opportunity to serve many people. It also gives me an opportunity to come in contact with many who are truly hurting.

I've never known the pain of not knowing where my next meal will come from.

Let me tell you more about our **One Week Souper Bowl ramp up** effort.

I'm asking all families who are interested to bring two cans of soup to the Karate school. You are certainly welcome to bring more soup if you choose to do so and put those in our Souper Bowl Soup Box.



On Saturday February 6th we will gather up and take the soup cans to the Salvation Army for their Soup kitchen.

Just so you know.

I have always believed that my business has the potential to do much more than teach the skills of the martial arts. I firmly believe that teaching our students the value of giving and serving others is one of the most important lessons to be learned in our Karate school.

So what do you say?

This is one of hopefully many opportunities that we will come up with to give our students a chance to give back and to develop true leadership qualities.

Souper Bowl week is February 1-6

Upcoming Leadership Conference

Feb 23 – 545 – 7 pm

@ Blessed Sacr. School

Is there anything in your life that you would like to change? If you are a parent is there anything that you wish you could change for your child or help them change?

I believe that all of us have something that we would like to change.

We want to lose some weight, we want to have a better job, we want better grades, we want to spend more time with our family, we want our kids to get better grades in school.



Changing some of our behaviors and thoughts can immediately change our lives for the better.

So how can we make these wish lists come true or will they forever stay as just wishes?

On Tuesday February 23rd from 5:45-7:00 pm at Blessed Sacrament School we will be hosting our February Leadership Conference

Normally these Leadership conferences are reserved for those students and families in our Leadership program but I'd like to invite **all of our students and families to this special event**

I'm going to explain some of the secrets that can help a person achieve their most sought after dreams as well as give you a great martial arts workout



I would encourage moms and dads to stay for the class because this information that I'm going to share is something that can help adults as well as children reach higher and live more fulfilled lives.

If you are a student just bring your Karate uniform.

Here's Another Big Announcement That Night

We will be unveiling our **All New 30/30 program**

The 30/30 program is one more way for us to help all of our students improve their health and their belief that "I Can Do It"

Confidence is essential to success. This program will help our students develop confidence, physical and mental strength, and give students time to work out with instructors.

Be sure to join us on February 23rd for all of the fun and new details.

Important: During 2016 we will strive to expose our students to even more opportunities that develop character and the understanding of how important it is to give. A few other ideas that we are working on for Spring are helping the elderly in the community with their yard work and also being part of the Mississippi River Clean Up day. If you have thoughts and suggestions please bring them to our attention

New Referral Program

We would like to make it known that we are happy to give our students and families gifts for bringing friends and family members into our martial arts program



As many of you know we hold our Annual Summer Referral Contest during the 3 months of summer but summertime is not the only time that your friends and family members can begin their martial arts training

We also want all of our families to know that we will have an ongoing program for year round referrals to our program

Here is how it will work

- If you bring a friend or family member to our school and they try a martial arts class you will receive a Special Referral T Shirt for any and all friends or family members that try a FREE class
- If that friend or family member enrolls in our regular 6 month program you will **receive a \$25 gift certificate to any business of your choice**
- If you bring two friends or family members to our program who enroll in the regular 6 month program you will **receive a \$50 gift certificate to any business of your choice**
- If you bring three friends or family members to our program who enroll in the regular 6 month program you will **receive a \$100 gift certificate to any business of your choice**



If you bring more than 3 friends or family members into our program who enroll we will come up with a very special prize for you

All of our families know someone who could benefit from our program. Your help is appreciated and needed to bring the benefits of our program to more families in the Coulee Region

Parents- I Want To Give You A Gift

Recently we developed a membership site for our exercise program.

The website is www.fitness-at-40.com (Even though we were originally targeting those over 40, the programs can help anyone, not just those over 40).

If you are looking for videos and ideas to improve your health and fitness in 2016 then let me help.

When you go to the site click on the Free Access button at the top of the page.

It will then take you to a registration page followed by a page where you create your own username and password.

You will then have full access to all of the training videos and information that we have created to help people experience great health.

I would encourage you to try some of the exercise routines. Some of the routines are as short as 6-7 minutes but all of them will give you great results.

Give it a try and share this with your friends!

Extreme Core Kickboxing **For You, Parents**

Our All New Adult program **Extreme Core Kickboxing** has started



This program will teach you simple but effective striking techniques as well as Core Exercise techniques that will firm and strengthen

You'll be hitting hand mitts and heavy bags (great therapy after a hard day) You'll get a great workout and you'll also get a self- defense benefit

The class times are Tuesday and Thursday at 7:15 and Wednesday at 7:30

Try your first 14 days FREE

Join us for this high energy, fun workout

No experience needed and you can wear comfortable workout clothes. No Karate uniform needed

Hope to see you in class
Fred Nicklaus

Thanks for Participating

Thanks to all the students who did the Kama Seminar. Over the past 23 years I've spent in Martial Arts, I have been fortunate to gain and grow so much through the Martial Arts.



Looking back, I've discovered that expanding what areas of Martial Arts I train opens up new challenges beyond my comfort zone.

I want to thank you for having your son or daughter joined me. Whether form, sparring, bo staff, nunchuks, escrima sticks, or, now, kamas excites you or your son daughter—taking that skill and honing it to new levels is the purpose of all that we offer. That pursuit of improvement yields the results, growth, and positive change you and I both want.

Thanks Again!

William Cornell

This is so exciting but I'm not going to tell you what it is until the end of the month or early next month. I will give you a hint. It has something to do with the new movie Star Wars. Watch for it!

STAR WARS



**Happy
Birthday!**

- 2 Cameron Schmitt
- 4 Krisjenn Rosche
- 5 Miranda Highman
- 6 Brooklyn Elskamp
- 10 Olivia Baltz
- 14 Melayeh Azene, Adam Smanski
- 15 Aurelia Boland
- 16 Erin Ready
- 19 Kenji Vang
- 20 Kristjan Palm-Leis
- 21 Owen Frasor
- 22 Brandi Strong
- 25 Cash Lennartz

**Welcome to
MAA**


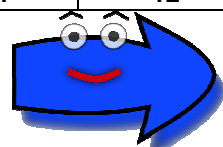



Van Mudler
Henry Faucheux

**Welcome to the
Leadership
Program**

Gandharv Eadara
Jeswanth Eadara
Ashlynn Reynolds
Leo DeLong
Joe Kabat

***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 February: Escrima Sticks

<u>ROCK SOLID CALENDAR – FEBRUARY 2016</u>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Memory	1	2 	3	4	5	6
	7 Dragon Theme: Coordination/ Control	8 Beginner Stripe Check Week Need 16 classes	9	10		
14 Dragon Theme: Respect	15	16	17 	18	19	20 
21 Dragon Theme: Focus	22	23 	24	25	26	27
28 Dragon Theme: Team Work	Leadership Weapon of the Month: <i>ESCRIMA STICKS</i> <i>Next Month: Bo Staff</i>					