



ROCK SOLIDNEWSLETTER

March 2016

website: www.NicklausMartialArts.com

Karate March Madness

This is a time of the year when basketball fans of all types get very excited about their sport. This March we at Nicklaus' Martial Arts America are unveiling 2 programs that we can't wait to get started on.

Those 2 programs are our **All New:**

30/30 Health & Fitness Initiative

And

Light Saber Choreographed Combat Class

About the 30/30 Program:

We are constantly searching for ideas that we can implement to help our students reach their physical and mental potential.

Growth is about being willing to accept new challenges and learn new things. It's important for us to remember that **little things lead to big victories**. We are often impatient and want results to happen faster than they sometimes do.

In order for us to make consistent progress towards our goals we have to remember that a great deal of whether or not we will be successful in reaching these goals will depend upon **Choices and Habits**.

Choices and habits are important for both children and adults. The all- new 30/30 program will give both children and adults a chance to work together to make the martial arts experience at Nicklaus' Martial Arts America an extremely beneficial experience.

What is the 30/30 program?

This is a program that is very easy to start but in the long run will improve overall physical fitness, martial arts technique, and develop the all- important habit of consistent practice.



For the first 90 days of the program we ask all who participate to qualify by doing the following daily:

10 push-ups, 10 flutter kicks, 10 round kicks on each leg, and 10 side-kicks on each leg. These are the simple exercises that each participant will be asked to do daily to qualify.(It typically takes between 2 and 2 ½ minutes to complete these exercises.

In addition students and families will be working towards being able to perform **30 continuous push-ups, 30 flutter kicks, 30 mountain climbers, and 30 reverse crunches.**



On June 4th we will have our graduation ceremony for the 30/30 program.

It's going to be a party and a celebration. On that day each student and family member who has completed the 30/30 journey will be awarded with their 30/30 t-shirt.

We will be checking on student progress during regular classes and also at regular check dates at the beginning and end of April. The check dates are Saturday April 1st (time TBA)

We encourage moms and dads to join your children in doing these exercises together. By joining your child in these exercises it gives you the opportunity to work on your health and fitness as a family and it also gives your child the all- important support that is needed for him/her to continue on successfully.

Once again parents, you are invited to participate in the work at home but also in working to attain your 30/30 t-shirt in May. If you decide not to participate please still make it a point to support your child in their practice and efforts at home.



This 30/30 program is not just for our kids and we certainly welcome our adult students to participate as well.

It has been our experience that strong, healthy children and adults are more confident and able to handle life's challenges with conviction and courage.

Our 30/30 program is about much more than doing a few exercises, but instead it's about setting goals, sticking to those goals until completed, setting aside time to practice, and the importance of developing habits that make our lives better.

We look forward to working with our students and families for this 30/30 journey. We ask you to help us make this as special as we know it can be.

Respectfully,

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

The Light Saber Choreographed Combat Class

This is going to be fun. After all of the uproar of the new Star Wars movie we have decided to take advantage of the buzz.



These classes will be held on Saturday April 2nd with the first class starting at 1:30 pm.

The capacity for each class will be 24 students/friends. This is a class that friends will be welcome but each friend will need a permission slip signed by a parent.

Be sure to register for this FREE class as soon as you can. After the first 24 slots are filled we will schedule additional class times on that day with a maximum of 3 classes of 24 students each.



Focus is a very important part of any martial arts class and curriculum. Focus gives us that added something extra which allows us to achieve more in all of our endeavors.

During the Light Saber class we will be teaching choreographed patterns much like our regular forms which are a tremendous aid in helping students develop focus.

Students will be practicing with swimming pool noodles that we will provide.

This will not be a free for all class where students swing noodles at each other without control.

As in all classes that wish to accomplish a desired end result, in this case a learning of established combat patterns done with precision, speed, and power, serious practice combined with fun will be required.

Instructors will demonstrate the choreographed fighting sequences with authentic light sabers.

Be sure to sign up in the office for Light Saber class today.

After this initial Light Saber seminar it is our intent to schedule 4 follow up classes for those interested students and friends.

During these classes all students will have their own light saber.

More For Moms and Dads You Deserve Some "Me" Time

If getting into your best shape is something that you are planning for 2016 then let us help.



You may have heard us talking about our all-new Extreme Core Kickboxing class.

This is a chance for moms and dads to be involved in a high energy, highly effective program.

You will learn strikes from the martial arts, boxing, MMA, and you will also receive the benefits of our Core Exercise Training program.

This is a great way for you to improve your overall fitness and also learn effective self-protection skills. There is nothing quite so invigorating and stress relieving as hitting heavy bags and focus mitts with power and speed.

Anyone can do this. No past experience is necessary.

Try 2 Weeks of FREE Classes.

These classes meet on Tuesday and Thursday at 7:15pm and on Wednesday at 7:30pm

Give this class a try. You'll be happy you did.

We all need a good workout in order that we can be at our best. Great stress reliever.

Find out more about this class at
www.rocksolidkids.info/kickboxing

Special Sparring Class with Mr. Nicklaus

Sparring is fun game when you get the hand of it. Sparring can also be intimidating when you're not comfortable or new to it.



Mr. Nicklaus will be teaching Sparring Class on Sat, March 19 at 11:15 am. He'll cover the secrets of successful sparring to make sparring fun.

This is ESPECIALLY important for beginner White-Green Belts. Make sure you order the rest of your equipment. Sparring is a part of Advanced Belt testings, and you want to start practicing sparring before you get to advanced level training.

Make sure you plan your day for some sparring!

Mark These Karate Summer Camp Dates On Your Calendar

Before you know it spring and summer will be here. It's time to mark your calendars for upcoming Summer events.



Karate Summer Camps-
New Dates

This summer we will be doing an early summer camp. This camp will begin the week of June 8th. In the past the start of summer school conflicted with our summer camp so we have decided to have the first camp the week immediately after school gets out. This will give our families a chance to get in a fun week of Karate Summer camp and not have it interfere with any summer school activities

Summer camp dates will be as follows:

Karate Summer Camp # 1- June 6-10

Karate Summer Camp #2- August 8-12

Start making Summer plans now. Register in the office to reserve your place in camp. Don't wait. These camp spots fill fast.

Ongoing Referral Thank You Program

Remember, we have a new ongoing Referral Thank You Program. We still have our Annual Summer Referral Contest during the 3 months of summer, and we also have a new ongoing 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



**Happy
Birthday!**

- 5 Rowan Strong
- 6 Jasmine Valera
- 7 Jeremiah Buswell
- 9 Kaitlyn Klich,
Caden Webber
- 12 David Elsen,
Kayden Soper
- 18 Abby Smanski
- 19 Gretchen
Burrows
- 26 Guenna Sexauer
- 28 Brock Sullivan,
Mya Colburn
- 29 Jacob
San Miguel
- 30 Oscar Sexauer

**Welcome to
MAA**

- Brendan Dickey
- Ayden Jackson
- River Kirven
- Rowan Larson
- Stephen Matty
- Sam Matty
- Brody Miller
- Serenity Newman

**Welcome to the
Leadership
Program**

- Joe Kabat
- Cash Lennartz
- Tristan M. Poff
- Abby Smanski
- Xander Vallee

***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 March: Bo Staff

ROCK SOLID CALENDAR – MARCH 2016

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
		1	2	3	 4	5
	Summer Boot Camp I: June 6-10 Summer Boot Camp II: Aug 8-12					
6 Dragon Theme: Fitness	7 Beginner Stripe Check Week	8	9	10	11	12
13 Dragon Theme: Self- Discipline	14	15 	16	17	18	19 Sparring with Mr. Nick 11:15 am
20 Dragon Theme: Memory	21 Advanced Stripe Check Week	22	23	24 	25	26
27 Dragon Theme: Coord- ination	28	29	30	31		
Upcoming April Events: <ul style="list-style-type: none"> • 30/30 Progress Check • Beginner Testing April 8 • Advanced Testing April 22 • Black Stripe Testing April 23 • Women's Self-Defense Seminar April 29 • Anti-Bullying Seminar April 30 						
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						