



# ROCK SOLID NEWSLETTER

April 2016

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

## So Much Going On In April

It's good to be busy, and we sure will be in April. It's a fact, being busy creates energy. So let me tell you about our busy April.

## The Light Saber Phenomenon

As you already know, the new Star Wars movie has been a huge success. People all around the globe are dressing up as Star Wars characters and the weapon of choice is the Light Saber Sword.



We did our first Light Saber class on Saturday April 2<sup>nd</sup> and it was a big hit.

The first class was done with swimming pool noodles and it introduced our students to the art of choreographed sword fighting.

This is not a class where kids go about hitting each other over the head and stabbing each other willy nilly with swords.

There is a pattern to this which teaches our students **focus, awareness of distance, control of the body, teamwork and coordinated movement with a partner**, and many other important traits that help our students become more effective martial arts and students in general.

At the same time it's important that we take that youthful enthusiasm and direct it in a class that not only teaches the things mentioned in the aforementioned paragraph but also is loads of fun for our kids to learn.

It is our intent to teach students who come to our light saber class the motions that they would need to know for demonstrations that we will be doing in the future. **The light saber training will be a detailed part of demonstrations that we do in the future.**

So what's next?

We have planned follow up light saber classes for April. Once again this further training will provide the basis for demonstration team material.



Here's the plan...

We will be conducting **4 additional classes of Light Saber Training**. The classes will meet on the following dates.

- Friday, April 22 - 8 pm
- Saturday, April 23 - 1:30 pm
- Friday, April 29 - 7 pm
- Saturday, May 6 - 7 pm

All participants to these Light Saber Demonstration practices **will also receive their very own Light Saber.**

The cost for this

**4 Session Training Program- includes the Light Saber is \$49**

We will also be producing a special web page which will have all of the choreographed combinations that students will be working on in a video.

Register for your advanced Light Saber training in the office.

**IMPORTANT:** Since the intent for this program is to prepare for demos, training sessions will be at least 1.5 hours long each in order to perfect moves and choreography. Also, training sessions will need a lot of repetition, need for intensity, excellent listening skills. Students will definitely feel the reward of new skill and opportunity to perform at demonstrations. Speak with your instructor if you have questions.

**Light Saber Class For Non-Students**  
**May 7 – 130 pm @ MAA**

Light Saber class was a blast for our students so we also feel it can be a blast for anyone who is not a student.

We will be conducting a Light Saber class for non-students (your friends and family members) on **Saturday May 7<sup>th</sup> at 1:30 pm at the Karate School.**

Tell your friends about it and be sure to have them go to our facebook page and register for this class.

**Annual Summer Boot Camp**  
**Boot Camp Session I – June 6–10**  
**Boot Camp Session II – Aug 8–12**

Years back we started our Summer Camp programs for kids, and every year the camps become even better. When we ask kids what their favorite part of karate is, usually the Summer Camp comes up as #1. The reason is, to a child, fun is where it's at.



The core parts of the summer camp are:

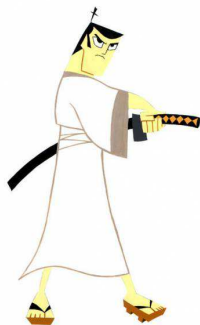
- Regular Curriculum Training
- Fun Weapons Training not seen in regular class
- Special Martial Arts Training like
  - Musical Forms
  - Extreme Acrobatic Martial Arts
  - Team Combinations
  - Team Building Skits
- SWORD FIGHTING with padded swords
- Snacks and Games (their favorite)
- Special T-Shirts designed specially for each camp that only Boot Camp participants receive
- Movie Day on the Last Day

***Spaces Fill Quickly!***

Reserve and save your spot soon.

Each Camp will have only 30 spots. The camp will be:

- **9 am – Noon Daily** during each camp
- **Each day earns two regular class credits** which means kids do not have to go to class at night ☺
- **Snacks & Drinks included** even for the movie
- **Last Day Pizza Meal Celebration**
- **Special Designed T-Shirt for Each Camp**
- **Fun Guaranteed**



The camp for the only week is \$169. Registration for:

**Session I – Register by May 15**  
**Session II – Register by June 30**  
***Beware, BOTH Sessions will probably Sell Out QUICKLY***

Register and reserve your spots in the office ASAP.

I CAN'T WAIT TO HAVE A BLAST!

*William Cornell*

William Cornell

**Women's Personal Safety & Awareness Class**

**Friday April 29<sup>th</sup> at 6:30 pm @ MAA**

**Cost is \$9 with all proceeds going to New Horizons Shelter.**

You will learn simple awareness ideas that can help you avoid a situation in addition to simple strikes and effective ways to escape a situation if it should escalate.

Anti- terror tactics will also be discussed.

Don't miss this informative class.

Bring a friend

Register in the office

**Anti-Bully Class**  
**Saturday April 30<sup>th</sup> at 12:30**

This is a class that all of our youngsters should attend.

Bullying is a constant threat to our children in school and in everyday life.

How can they handle it and continue to develop a strong self- image?

Let us give them some powerful ideas that will allow them to not be bullied.

Sign your kids and friends up for the Anti-Bully class in the office.

**Extreme Core Kickboxing**

The class has been going on for 3 months now and more people are joining the group. If you would like to get a great workout and develop



effective striking tools then this is the workout for you.

The Extreme Core Kickboxing class is an adult class that works on your core strength and teaches you effective striking through the use of tools such as heavy bags and focus mitts.

It's a great workout and anyone can do it.

**It's simple. If you want to get in better shape or lose a few lbs. then all you have to do is decide and then do it.**

We're here to help and we promise you a fun learning experience.

*Anyone can do this. No past experience is necessary.*

### **Try 2 Weeks of FREE Classes**

[www.rocksolidkids.info/kickboxing](http://www.rocksolidkids.info/kickboxing)

### **30/30 Program**

We just finished the first month of our 30/30 program and at this point over 40 of our students and family members have decided to join the program.



It's our goal to help our students develop strong health promoting habits and strategies.

In order to qualify for the 30/30 party and t shirt we ask that students do the following daily.

10 push-ups, 10 flutter kicks, 10 round kicks and 10 side kicks on each leg. (This takes about 2 minutes).

In addition to doing the daily qualifying exercises students will be working towards being able to do.

30 push-ups non stop, 30 flutter kicks, 30 mountain climbers, and 30 reverse crunches.

Doing these exercises on a daily basis for the next 90 days will develop an outstanding fitness habit along with unbeatable self-discipline.

If you have not already started your 30/30 personal program it's not too late. Stop in the office and register.

## **Ninja Karate Master Birthday Parties**

Did you know about these fun and exciting birthday parties?



If you are looking for a new and different birthday party idea then be sure to check out these Ninja Birthday parties.

Did you know that the birthday boy or girl gets to cut the birthday cake with a real Ninja sword?

Where else can you cut a birthday cake with a real Ninja sword?

Consider giving our Ninja Karate Master Birthday Party a try.

You can find out more about these parties on our website at [www.rocksolidkids.info](http://www.rocksolidkids.info).



**Happy  
Birthday!**

- 7 River Kirven
- 8 Kai Kapellas
- 11 Kenny McAndrews
- 16 Bode Kemmer
- 21 Logan Boland
- 22 Ayra  
Bonilla-Olson
- 23 Carver Ritterling
- 24 Jake Dwyer
- 28 Cordero Gilliam

**Welcome to  
MAA**

- Kingston Bundy
- Scarelt Christopherson
- Meah Dupris
- Jedrick Ebata
- Anh Luong
- Lila McClure
- Sophie McClure
- Orionna Powell
- Novelyn Whitaker






**Welcome to the  
Leadership  
Program**

- Tristan Poff
- Sam Rosenstein
- Jaycee Sandry
- Abby Smanski

**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 April: Nun-Chuks

**ROCK SOLID CALENDAR – April 2016**

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
3 Dragon Theme: Team Work	4 Beginner Stripe Check Week	5	6	7 	8 Beginner Test 7 pm @Blessed Sac. School No 615 pm Class	9
10 Dragon Theme: Fitness	11 	12	13	14	15	16
17 Dragon Theme: Self- Discipline	18 Advanced Stripe Check Week	19	20 	21	22 Black Star & Adv Test 630 pm @Blessed Sac. School No 615 pm Class	23 
24 Dragon Theme: Memory	25	26	27	28 	29 Women's Self- Defense Seminar 630 pm @ MAA	30 Anti-Bullying Seminar 1230 pm @ MAA

**Summer Boot Camp I:  
June 6-10 – Register by May 15**  
**Summer Boot Camp II:  
Aug 8-12 – Register by June 30**

**Leadership Weapon of the Month: NUN-CHUKS**  
*Next Month: Escrima Sticks*