



ROCK SOLID NEWSLETTER

June 2016

website: www.NicklausMartialArts.com

SUMMER REFERRAL CONTEST

Bring-A-Friend to Class June 1 – Aug 10

Hard to believe but summer is almost here and with summer comes a chance for us to offer some great prizes to everyone who brings a friend into our martial arts program.



We enjoy giving rewards for your efforts to help us bring the benefits of our program to more people.

We will be holding a **Summer Referral Bring A Friend Contest** during June/July/August. Everyone can play. It's simple.

Here is how the summer referral program works:

1. **Stop in the office to get a few Referral Handouts.**
2. **Ask a friend to try a martial arts lesson with you** (Friends need to complete a waiver)
3. **One Entry** - When that friend tries his/her first lesson you will have your name put in the drawing 1 time.
4. **Two More Entries** - If that friend tries a FREE month of lessons you will have your name put in the drawing 2 more times **for a total of 3 times.**
5. **Three More Entries** - If your friend enrolls for the Basic 6 Month Program after the FREE month of lessons you will have your name placed in the drawing 3 more times **for a total of 6 times.**

You'll get a free t-shirt when your friends try the Free Month of Lessons, too!



You can repeat this as many times as you would like and your name can go into the drawing an infinite number of times during June/July/August

giving you a better chance to win one of the top 3 prizes.



In previous years we have had a Grand Prize of \$500.

This year we will do the following:

Grand Prize

Total Prize Value: \$700

\$500 Gift Certificate to the

Wilderness Lodge in the Wisconsin Dells



+

\$200 in Spending Money
for that family vacation

2nd Prize

\$200 Best Buy Gift Certificate

3rd Prize

5 tickets for a La Crosse Queen Cruise on the La Crosse Queen paddle wheeler

Start thinking about who you will bring to try some martial arts classes.

Remember all you have to do is bring someone to try a class and we will do the rest

Thanks in advance for your help.

The 30/30 Challenge

June Check #1 – Fri 6/3, 6:15 pm

June Check #2 – Sat 6/11, 1:30 pm

Graduation Party – Fri 6/17, 6:15 pm

It's time to check your progress and get ready for the party.

Our 30/30 Graduation Party will be on **Friday, June 17 at 6:30 p.m.** On that night you will be able to display your mastery of the 4 exercises that you have been working on for the past 3 months. On

that night we will also present you with your 30/30 t-shirts. Check out the design below!

Remember the pizza party afterwards.

Before we do our graduation ceremony we have to have a few check nights to check your progress and to get t-shirt sizes.

The check up dates will be Friday June 3 at 6:30 pm and Saturday June 11 at 1:30.

Note: You must make the Friday June 3rd date in order to be eligible for the graduation party.

You've been working hard to achieve your 30/30 goal. Keep on with the good work. See you on the 3rd.

Summer Camps

Summer time is upon us and with summer it's also time for our much anticipated karate summer camps.

Summer camps are a great way to keep our students highly motivated and give them an opportunity to learn some really cool things.

Our first summer camp starts the week of June 6th.

If you are registered for that camp get ready to have some great fun.

If you are not registered for the first camp remember to register for the August camp.

Boot Camp Session II – Aug 8–12
Session II – Register by June 30

This is great for
White, Gold, Orange, Green Belts, too!

We also have camps planned for kids who are not currently students.

If you know someone who might be interested in trying our 3-Day camp for new students please let



www.rocksolidkids.info



them know about our June camp which begins June 13.

Have a safe, healthy, and wonderful summer and be sure to get to class.

Spotlight Article: A Difficult Thing

There is a secret. If only we could capture it and have it available to us for all of our endeavors.

The secret that I speak of is the ability to see things through to the end. The ability to do what we say we are going to do.

In our martial arts program the goal that our students seek is to become a Black Belt.

It sounds very exciting and it really is a special goal to achieve, but it certainly is not the easiest thing to accomplish.

In today's fast paced world of "I want it now attitudes" and shorter and shorter attention spans sticking to something over the long haul is indeed a challenge.

Working towards and becoming a Black Belt is a process that involves not only the person in class but the entire family.

Parents need to schedule the class times and make it a point to bring their child to the appointed classes.

Adult students also need to make it a point to get to class and meet the requirements for each belt level.

Fitting Karate classes in each week and sticking to the plan is not easy. Nothing worth having ever is and I can assure you that this journey to becoming a Black Belt is meaningful and life changing.

So what happens during the times when motivation is lower and desire to go to class just is not a top priority? I can guarantee you this. Every person that has ever become a Black Belt has gone through this. Every family who has had someone in our program has encountered this struggle.



It is a tough time.

At the same time this is a time to ask yourself just how important this goal of becoming a Black Belt really is.

Let me break down the benefits of working towards and becoming a Black Belt.

The journey to Black Belt develops fitness, ability to overcome challenges, sense of pride in accomplishment, confidence in one's martial arts skills and confidence in every area of life, increased focus, respect for self and others, self-discipline, and many others.



Correct me if I'm wrong but is there anything in the aforementioned list of benefits that you would not want for yourself or a loved one.

Easier said than done. If we could take a pill or push a button there is absolutely no doubt that this is something that we would all have.

But again, we all know it takes much more than that.

So this is your challenge.

If you are a parent of a child in our program I would ask you to consider a few important things.

- Your children are young and do not know what is best for them. It's your job to make that decision and then stick to your guns even when you might hear complaints about going to class. It's important that kids finish what they start even if they might not go all the way to Black Belt.
- You will encounter resistance. Your child will not want to go to class every time. The weather is getting nicer by the day and your child may want to play outside and do other things. I understand. I also know the value of helping our children stick to their commitments.
- You can help your child by asking them to show you what they have done in class or even by asking them to teach you how to do some of

their martial arts techniques. Kids love to be the teacher.

And here is something for you boys and girls who are our students.

You told your parents that you wanted to do Karate. Don't complain. Get in the car, get to class, work hard, and do what you said you would do. You will only benefit from the experience.

As I have mentioned throughout this message, sticking to something is not easy. You will have days where you dread your commitment because there are always other things to do.

But...

Remember. This journey is well worth it. Sticking to the plan will bring life long benefits. Your persistence will be rewarded. Achieving the goals that we set out for is a beneficial, life changing experience.

I wish you well in your journey.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor



**Happy
Birthday!**

- 6 Brody Miller
- 8 Krystail Young
- 13 Ayden Jackson
- 17 Kaleb Azene
- 18 Ben Loyd
- 23 Wyatt Overson

**Welcome to
MAA**

- Aiden Halverson
- Carson Knope
- Talen McCullick
- Tristan McCullick

**Welcome to the
Leadership
Program**

- Anh Luong
- Kingston Bundy

**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 June: Bo Staff

ROCK SOLID CALENDAR – JUNE						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
29 Dragon Theme: Coor- dination	30	31	1	2	3 1 st June 30/30 Check 615 pm @ MAA	4
SUMMER REFERRAL CONTEST Be Sure to Bring Your Friends to Class! Bring your friend to class. Good Luck in Winning!						
5 Dragon Theme: Self- Control	6 Summer Boot- camp I Starts (No Morning Classes)	7	8	9 	10 Beginner Testing 7pm @Blessed Sac. School	11 1 st June 30/30 Check 615 pm @ MAA
12 Dragon Theme: Focus	13	14	15	16	17 30/30 Grad Party 615 pm @ MAA	18
Karate Shirt Week!!! Wear Your Karate Shirts to Class 						
19 Dragon Theme: Team Work	20	21 	22	23	24	25 
26 Dragon Theme: Fitness	27	28 	29	30	1	2
July Upcoming Events: <ul style="list-style-type: none"> • Advanced Testing & Black Star Testing July 22 • Black Stripe Testing July 23 						
Leadership Weapon of the Month: <i>Bo Staff</i> <i>Next Month: Escrima Sticks</i>						