



# ROCK SOLID NEWSLETTER

 August 2016 

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

## Mr. Nicklaus' Spotlight Article:

### **The Mindset of Martial Arts Success**

There's a reason why people begin and continue with their martial arts training.

In every person's mind they want to become a Black Belt.

It's certainly a worthwhile goal but experience tells us that not everyone that begins martial arts lessons will become a Black Belt.

There's a variety of reasons as to why this goal is not achieved and there is also an important ingredient as to how it can be achieved.

Each of us has a need and a deep desire to improve and get better. If so then what skill do we need to make this happen?

Simply put it's the **Skill Of Practicing With Purpose**. In other words it's **Putting on Your Game Face**.

Putting on your game face simply means that you practice with an energy and intensity that will get you to that place of improvement and achievement.

Here are some of the things that a person must do when putting on your game face.

- **Trust a teacher or mentor-** in the case of martial arts it's important for the student to realize that their martial arts teacher is a person who can take them to another level of skill and excellence and it's important for the student to be willing to venture out of his/her comfort zone in order to grow.
- **Practice efficiently in the classroom-** Efficient practice means focused practice. Putting full energy into concentrating on the directions that you are given as well as putting concentrated physical effort into your movement. Some of the things that you should avoid in order to get the best out of your effort are **goofing around and talking if you are working with a partner**. In order to make the best progress it's important that you center your attention on only one thing.

There is certainly a time and a place for having fun and talking in the classroom. It's important that you do it at the right time.

- **Accept mistakes-** If you are practicing with focus and energy you will certainly improve and ultimately reach your goals. While practicing you must also realize that there will be times when you make mistakes. Do your best to not let your mistakes make you feel awkward and take you away from your focused practice. Everyone makes mistakes. Mistakes are an important part of learning. Those who claim to never make mistakes are those who are not getting better.
- **Practice outside of the classroom-** The classroom is where you learn the things that you need in order to progress. The time you spend practicing out of the classroom is where you refine the skills that you are learning in the classroom. This is a tough thing to do for many people because it requires a certain amount of self-discipline. Practice outside of the classroom develops confidence, better skills, self-discipline, and a growing love for the skill that you are practicing.

Everyone wants to be the best that they can be. The difficult thing is doing the things that are necessary to become that better self.

Becoming a Black Belt is a daunting challenge. It requires commitment, hard work, focused effort, and it also requires the will and teamwork of the family to make it happen.

Like everything in life the things that we have to work hard for are also the things that we appreciate the most.

This journey to Black Belt and even beyond is a journey well worth taking that will reward you with benefits that are truly life changing.

Good luck on your journey!

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

# SUMMER REFERRAL CONTEST

## Bring-A-Friend to Class

*June 1 – Aug 10*

There is still time for our students to take part in our Summer Referral Contest.



All that you have to do is encourage a friend or family member to take a class or even a FREE month after their first class and you immediately will have your name put into the drawing for great prizes.

We can't do this without your help.

Encouraging your friends or family members to give martial arts a try is the absolute number one way for us to continue to grow as a martial arts school and bring the benefits of martial arts training to more people.

Remember the prizes that you become eligible for by encouraging your friends and family members to give martial arts a try.

**Also remember that the contest ends on August 9<sup>th</sup>.**

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**

### 2<sup>nd</sup> Prize

**\$200 Best Buy Gift Certificate**

### 3<sup>rd</sup> Prize

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

**Important Note-** If you bring a friend(s) to the program this summer and you qualify for the top 3

prizes **you MUST be at this year's picnic (Aug 10) to win your prize.** If your name would be drawn to win one of the top 3 prizes and you would not be at the event we will draw another person's name to win that prize.

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.

## It's Summer Picnic Time

**On Wednesday August 10<sup>th</sup> we will host our Annual Summer Picnic.** It's always a great time for lots of good food and fun.

The picnic is at the main **shelter house at Myrick Park and will run from 5-7pm or until the last person leaves.**

**Remember-** this is also all out war. Water fight war that is.

It's a time for students and instructors to have the biggest water fight of their lives. All manner of giant water guns are allowed.

**Important:** Every year we have samples of some outstanding culinary dishes. It's important that we have our families bring some main dishes so that everyone gets a chance to try these wonderful and mouth- watering meals.

Desserts and chips are certainly welcome and appreciated but please consider bringing a main dish (Electricity to plug in your crock pots and other electrical cooking pans is available).

Looking forward to seeing you at our picnic for a night of fun, food, and water fights.

## August Summer Camps

Our August Summer Camps are happening this month

**Our camp for our existing students happens during the week of August 8-12**

**Our camp for non- students happens August 15, 17, and 19**

These camps are fun and a great time for learning and honing your martial arts skills



**Happy  
Birthday!**







- 3 Tyler Wise
- 4 Ms. Kylie Slaby
- 7 Lyndon  
Torkelson
- 15 Braeden Felber
- 22 Kendall Sullivan,  
James Irvin
- 23 Julia Sill,  
Donovan Yang
- 24 Ryan Northwood
- 27 David Turner
- 28 Elisha Smith,  
Sam Rosenstein
- 30 JJ Martell
- 31 Julia Her,  
Emma  
McAndrews

**Welcome to  
MAA**

- Naikya Chandana
- Shanyu Chandana
- Alek Gotz
- Tanner Hainz
- Kiera Keane
- Sage Kirven
- Zach Mullikin
- Dee Reed
- Griffin Rudie
- Mason Webb

**Welcome to the  
Leadership  
Program**

Erin Ready

<b>ROCK SOLID CALENDAR – AUGUST 2016</b>						
Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
<b>Dragon Theme: Coordination</b> 	<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7 Dragon Theme: Self-Control</b>	<b>8 Summer Boot Camp Starts</b>	<b>9 No Morning Class</b>	<b>10 Annual Summer Picnic 5 pm @ Myric Park</b> No Morning & Evening Classes	<b>11</b>  <b>No Morning Class</b>	<b>12 Beginner Graduation 7 pm @ Blessed Sac. School No 615 Class</b>	<b>13</b>
<b>14 Dragon Theme: Respect</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 Women's Self-Defense/ Self-Protection Seminar 715 pm MAA</b>	<b>19</b>	<b>20</b> 
<b>21 Dragon Theme: Focus</b>	<b>22</b>	<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b>	<b>27</b>
<b>28 Dragon Theme: Team work</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> 	<b>Happy Labor Day Weekend!</b> <b>No Regular Classes Sept 2-5</b>	
<b>31 Dragon Theme:</b>	<b>September Upcoming Events:</b> <ul style="list-style-type: none"> <li>• Anti-Bully &amp; Success Mindset Seminar</li> </ul>					
<b>Leadership Weapon of the Month: <i>ESCRIMA STICKS</i></b> <i>Next Month: Bo Staff</i>						