



ROCK SOLID NEWSLETTER

 **September 2016** 

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: **Fall Has Arrived**

It's hard to believe but summer is once again over. I hope that your summer was a good one and that you were able to experience some memorable and exciting things.

With fall comes the beginning of a new school year along with new challenges and expectations.

Every year we talk about things in our martial arts classes that can make for a great year in school, at work, or everyday life in general.

Even though everyone's lives may be different and provide unique challenges, many of the rules for success, achievement, and happiness are the same for everyone.

Let's spend a few moments reminding ourselves of some of those important rules

- **Before you start on your journey know what you want.**

Where would you like to be within the next month, 3 months, 6 months, or even one to 5 years. Unless we know what we want it's hard to get there. One of the best ways to remind ourselves of what we are shooting for is to write our goals down, put them someplace where we see them on a daily basis, and visit the goals regularly in order to wrap our minds around their accomplishment



- **Remember that the path to your goals is rarely if ever a straight line.**

There are usually some detours and disappointments along the way. In many cases these unexpected challenges are



actually blessings in disguise that only make us explore new and better ways to reach our goals and also help us to become stronger in the long run

- **It's important not to get overly frustrated and give up on our goals.**

Sure there will be challenges but once again a goal reached after some difficulty and

struggle only makes us healthier and stronger in the long run. Expect to make mistakes and learn to let your mistakes be a source of growth for yourself

- **You can only control what you can do and try not to compare yourself to others.** This simply means that we should take care of our own business and not worry about what other people are doing or saying. There is only one of you and you have been blessed with many unique gifts. Take time to grow your own gifts

- **Give yourself some credit and remember to enjoy your small victories.** Life goes by so fast that we seem to always be looking for the next thing. Let's take a moment to reward ourselves for the effort of reaching the last goal no matter how small it may have seemed. It's important to step back and pat ourselves on the back

- **Remember to be thankful.** The most successful people that I know have developed the ability to say thank you. All of us have been given many blessings. It's important for us to give thanks for the many that we have

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Leadership Conference- Practice With A Purpose

**Tuesday, September 20, 6-7pm
@Blessed Sacrament Gym**



With fall and the new school year upon us we want to offer a workshop to help our students better implement the simple rules stated above and provide you with a stimulating and challenging workout.

Everyone has different talents and it may be that only one or two of us can become a champion. Having said that it's also important to know that all of us can practice

like champions in order that we can bring out the best in ourselves.

All you need is your martial arts uniform and a high energy level and we will take it from there.

See you for the Leadership Workshop

Board Breaking Class **Sat, October 1st - Noon** **@MAA**



How about another fun activity for everyone?

On Saturday October 1st at Noon.

We are hosting a Back To School Board Breaking class/

This is going to be fun.

We will have boards of all different thicknesses to challenge from the smallest to the biggest students.

If you have never broken a board then this class is something that you will not want to miss.

If you have a friend or family member that you could bring to this event be sure to invite them. Just for bringing your buddy we will also have a small prize for you.

We have not decided on which prize we will have for you so watch for it in the upcoming weeks.

SUMMER REFERRAL CONTEST **A Big Thank You**

Thanks to your efforts we were once again able to share our martial arts classes with your friends and family members.

We know that you hear this often from us but it's important that we repeat it.

There is nothing so powerful as you telling a friend about our program.

Your friends believe what you say more than they would even believe what we might say about our program simply because they expect us to say only good things.

Your recommendations carry weight and we encourage you to tell other people about our program because we know of the many good things that people can gain from participating in our martial arts program.

We hope that you continue help us spread the word and thanks in advance for offering to help. As a 'thank you' we still have our ongoing rewards system for Referred Families.

Our Summer Referral Contest was again a huge success and we are happy to reward those of you who brought your buddies into our program.

This year the winners of the top 3 prizes were:

1. **Liam Strong**- 1st prize- \$700 weekend at the Wisconsin Dells
2. **Novelyn Whitaker** - \$200 Best Buy Gift Certificate
3. **Samuel Rosenstein**- La Crosse Queen Gift certificate



Thank those of you who won this year's prizes and all of you who talk to your friends about our program.

We are excited to have you as one of our martial arts families. We would like to help as many people as possible benefit from our martial arts training. Keep spreading the good word.

What If You Have A Question Or Concern

There are many moving parts in a martial arts school. We try our best to keep our students and families happy.

Sometimes we might overlook something or forget to answer a question you might have.

Please remember, we don't do it on purpose.

So if we forget something or if you have a question don't hesitate to let us know.

We appreciate it when you bring things to our attention and we realize that by taking care of our family's questions and concerns we only strengthen our business.

So remember. If you have a question or concern, bring it to our attention.

Note: Many of your questions may have answers on our student website at:

www.NicklausMartialArts.com

There are many videos for you to watch and other things that can better acquaint you with what and why we do things the way we do. Take a look.

Local Business Alert- **Are You Looking For A Real Artist** **To Do Work On Your Older Home?**

I don't usually do this but I have a friend that I have to tell you about. My friend works on older homes and he does historically or period correct restoration and renovation.

The title really does tell the truth. He is an artist when we are talking about working with older homes.

I've seen some of his work and it's beautiful. On one of his last projects he was working on a one hundred and forty year old house and he had to rebuild the windows and the trim on the windows to match what was there before.

He told me that and I said, "You've got to be kidding. How do you even do something like that?"



True to his word he did it and I have to tell you that it looked every bit as good as the original or even better.

If you have an older home and you need some work done I believe that you want to keep the historical significance of the work that is present in your home. You want to restore it to its original beauty.

I'm quite sure that not just anyone can do that type of work.

Now you know someone who can.

If you have an older home and you have been wanting to have someone restore it to its original beauty then you should ask my friend Karl to come and take a look. He'll meet with you and give you a FREE estimate.

You can find out more about his work and about him at www.archrestore.com or take a look at his work on Facebook at Architectural Restorations.

Thanks for listening to my story about my friend Karl!

Fred Nicklaus



Happy Birthday!

- 4 Saumya Dubey, Victoria Goetting
- 10 Joe Kabat, Isaiah Rahman
- 11 Stu Leinbach
- 12 Jeswanth Eadara
- 15 Gage Suchla
- 18 Evan Bingham
- 20 Sammy Adams, Max Hein, Jacob Elegbede
- 26 Nicholas Highman
- 27 Isaac Eckert
- 28 Gabe Driscoll

Welcome to MAA

- Laith Al-Ghamdi
- Kat Caucutt
- Maggie Frasor
- Gretchen Jespersen
- Sid Kilbey
- Caleb Miller
- Hudson Running
- Isaac Sciammas

Welcome to the Leadership Program

- James Freund
- Talen McCullick
- Tristan McCullick

ROCK SOLID CALENDAR – SEPTEMBER 2016:

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Team work	29	30	31	1 	2	3
					Happy Labor Day! No Regular Classes Sept 2-Sept 5 See You Tuesday!	
4 Dragon Theme: Fitness	5 Happy Labor Day No Regular Classes	6 Welcome Back! 	7	8	9	10
11 Dragon Theme: Self-Discipline	12	13	14 	15	16	17
18 Dragon Theme: Memory	19 	20 Leadership Conference: <i>Practice with Purpose</i> 6-7 pm @Blessed Sarc. School	21	22 	23 September Gear Order Due Today!	24
25 Dragon Theme: Coordination	26	27	28	29	30 	1 Board Breaking Day @ Noon @ MAA

October Upcoming Events:

- Beginner Testing – Oct 14
- Advanced Testing – Oct 21
- Halloween Party – Oct 28th @ MAA

Leadership Weapon of the Month: *Bo Staff*
Next Month: *Nun-Chuks*