



# ROCK SOLID NEWSLETTER

 **October 2016** 

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

## Mr. Nicklaus' Spotlight Article: **Small Steps Lead to Big Gains**

In Martial Arts as in all things there are some simple ideas that can lead to unbelievable gains.

*Let's talk about the 2 P's.*

***They are Patience and Persistence.***

It's only natural to want to move faster and get to the final destination quicker.

But...

Is it the best way of going about things?

For example, let's take the person who would be happy if he/she could achieve a Black Belt within one year.

I'm fairly sure that there aren't any systems that would allow a person to do that but if there were would a person who achieved their Black Belt within one year have the same experience and the same knowledge as someone who did the same in 3 or 4 years.



We are often told that it's not in gaining the end goal that we should look forward to the most, but instead it's the journey and the education we get on our way to earning that goal.

We have also heard that the things we have to work for and earn are the things that have the most lasting value.

Getting back to Patience and Persistence.

Patience allows us to accept the fact that we will make mistakes. Learning patience helps us stay on course because it helps us realize that everything does not come easily and that we need time and practice to get it right.

# PATIENCE

*Patience gives us a quiet confidence that lets us know that in time the things that we need will eventually happen.*

Along with patience we also need to learn Persistence.

*Persistence is the skill that makes us get up after we fall. Persistence develops in us a mental toughness that does not allow us to quit on ourselves.*

A combination of persistence and patience helps us to continue to fight because we have learned that our fighting will take us to the place that we want to go in time.



Believing in ourselves and staying on course, especially thru the challenging times will give us our due reward.

***Fred Nicklaus***

**Fred Nicklaus**

**Owner & Master Instructor**

## **Board Breaking Class**

**Sat, October 22<sup>nd</sup> - Noon**

**@MAA**

Have you broken a board before? There's something powerful and very cool about hitting a target and watching your foot, hand, or elbow explode through it.



On **Saturday October 22 at 12 noon** we will be hosting a board breaking class.

This is a class that any of our students in the regular kids and adult programs can attend (Moms and dads of our Little Dragons this is not recommended for our youngest students).

Here's the thing...

This is usually a very popular class and we will need to know as soon as possible if you are planning on attending.



We ask that you register in the office as soon as you can. Space will fill quickly.

This is also a class that you can bring a friend to. We will teach them some of the simple techniques that they must know to break the boards. Let us know as soon as you can if you are planning on bringing a friend and remember that we will need you to give them a permission slip to have their parents sign letting us know that it's ok if they participate.

Plan to make it to the Board Breaking class on the 22<sup>nd</sup>. It will be fun. Count on it!

## Moms and Dads Something For You

Now that school is back in full swing I hope that your family is back into a regular routine and that things are going well.

My kids are older now and out of the house but I remember how hectic it was getting them to their events and making sure that everything in the schedule was working.

Being a parent is a tough job. It requires a lot of energy and a lot of sacrifice.

But...

That doesn't mean that you shouldn't be taking time to do things that give you the energy to do all of your family things and make you feel good.

I want to invite you to try my

# Adult Core Kickboxing Class

In this class you will strengthen and condition your body and you will also get a super effective workout

doing the boxing and martial arts movements that we teach you.

This is not just a workout but you actually learn a skill.

I teach you the right way to do the different techniques and by doing so you develop a confidence in your striking skills. Learning these skills is a valuable self-protection component and who doesn't need some of that in this crazy world.

The classes are Tuesday and Thursday nights at 7:15 and Wednesday night at 7:30.

Just wear regular workout clothes and don't worry if you have never done this before. No experience is necessary.

Plan to give the Core Kickboxing class a try. I know that you will like it and you have a chance to try it for two weeks FREE.

See you in class!

*Fred Nicklaus*

Fred Nicklaus

Owner & Master Instructor

## **HALLOWEEN PARTY** **Friday, Oct 28 – 530-7 pm** **@MAA**

This year's Halloween Party will be held on **Friday night October 28<sup>th</sup> from 530- 7 p.m.**

Be sure to get out your scariest, most creative costumes for this ghoulish event

Prizes for top 3 costumes in each age bracket (5-8 year olds, 9-11 year olds, 12 year old to 16)

Parents are encouraged to get into the spirit of the Halloween party and dress up also

Candy for everyone

This is always a fun event. Hope you can make it.





**Happy  
Birthday!**





- 2 Karleen Fry
- 3 Ashley Handel,  
Anh Luong
- 4 James Freund
- 7 Casey Erickson
- 11 William Buckley
- 15 Esmeralda  
Valera,  
Daniel Yao,  
Mr. Cornell
- 16 Liam Strong
- 23 Diamond Vang
- 28 Patrick Sullivan

**Welcome to  
MAA**

- Cutler Brueggen
- Gunnar Brueggen
- Evan Fukuda
- Lila Gerbig
- Victor Gerbig
- Madison Szwed
- Peyton Szwed

**Welcome to the  
Leadership  
Program**

- Gretchen Burrows
- Naikya Chandana
- Tevarion Parker

<b>ROCK SOLID CALENDAR – OCTOBER 2016:</b>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 <b>Dragon Theme: Self- Control</b>	3	4 	5	6	7	8
9	10	11	12	13	14 <b>Beginner Graduation 7 pm</b> No 645 pm Class	15
16 <b>Dragon Theme: Respect</b>	17 	18	19	20	21 <b>Advanced &amp; Black Star Graduation 630 pm</b> <b>@Blessed Sac. School</b> No 6/645 Class	22 <b>Board Breaking Noon</b> <b>@MAA</b>
23 <b>Dragon Theme: Focus</b>	24	25	26 	27	28 <b>Annual Halloween Party 530-7 pm</b> No Regular Classes	29
30 <b>Dragon Theme: Team Work</b>	31 <b>Happy Hallowee n!</b> Regular Classes 	1	2 	3	4 <b>2<sup>nd</sup> &amp; 3<sup>rd</sup> Degree Black Belt Test 7 pm</b> <b>@MAA</b>	5 <b>Black Belt Test 2 pm</b> <b>@ Blessed Sac. School</b>
<b>Leadership Weapon of the Month: Nun-Chuks</b> <i>Next Month: Escrima Sticks</i>						