



ROCK SOLID NEWSLETTER

 February 2017 

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article:

Practice Makes Perfect

WRONG!!!!

PERFECT Practice Makes Perfect

I can't tell you how many times I've seen students practice in a way that doesn't benefit them at all

Practicing without focus, energy, and purpose is just movement. Movement of itself is better than no movement but anyone who is practicing a skill must practice with a definite purpose

Being that we are talking about martial arts training let me give you a few MUST DOS

#1 Aim at and hit a target

This is a difficult concept when practicing your kicks and punches in the air. Still, it's important that you look at and see your target and then do your best to hit the target that you are looking at

#2 Be ready to work

This is important. Before you come to class prepare yourself to do well. Close your eyes for a few minutes before class and see yourself performing with speed, power, and energy. The more you picture yourself performing in an optimal fashion the more likely your chances of actually making it happen. Even though you are performing the physical movements of martial arts remember the importance of preparing mentally.

#3 Forget about any bad things that might have happened to you during the day

What if a friend said that they don't like you? What if mom or dad or your wife or husband was crabby this morning? What if you just don't feel like doing a workout? We all have things happen to us that can make us sad if we choose to let them. Most things aren't worth getting upset about. Forget About it. Make your martial arts class one of the best times of your day. It's amazing how fast we can turn around our days and our attitudes if we only take the time to do something that can help us out

#4 Expect to improve in every class- People who know that they are getting better at something are more

enthusiastic about what they are doing and very seldom become bored. Boredom is usually a direct result of not trying hard enough and not feeling any positive progress. Make a plan to work with energy and passion when you come to class and you will be excited about your training

Do your best to practice with Perfect Practice. This can be done slowly or with speed but either way it must be done correctly. Examples are making proper fists, having your feet in the correct position for your ready stance, pivoting on your round and side kicks, bending your knees properly when doing stances, snapping your techniques, not giving up when you get tired, and always paying attention to the little details.

Excellence in anything comes because of small improvements. The most talented people in any field work on continually improving the little things.

We can all benefit by paying attention to the details.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Dodgeball In February (Take Two)

Friday, Feb 24 @ 7 pm

At Blessed Sacr School

We had a small mix up when we planned our January Dodgeball night. Oh well, we still had a blast working with those that came.

We want to make it up to you and we guarantee you that there will be Dodgeballs there for sure.

The Dodgeball Celebration will be on Friday night February 24th at 7pm at Blessed Sacrament.

We encourage all students and families to come. We will have kids vs. kids, everybody against everybody, and we hope to have adults vs. adults, too.

It's always a fun evening and a great way to blow off some steam.

Mark your calendar for the Big Dodgeball Celebration.



Happy Birthday!

- 2 Cameron Schmitt
- 5 Miranda Highman
- 6 Brooklyn Elskamp, Elijah Wieser
- 7 Tristan Poff
- 10 Olivia Baltz
- 14 Melayeh Azene
- 16 Erin Ready
- 19 Kenji Vang, Laurel Erickson
- 20 Kristjan Palm-Leis
- 21 Owen Frasor
- 22 Brandi Strong
- 23 Jamie Schnick
- 23 Talen McCullick, Tristan McCullick
- 25 Cash Lennartz
- 26 Samuel Matty, Gunnar Brueggen
- 27 Vivian Lowrie

Welcome to MAA

- Elizabeth Corcoran
- Cooper Johnson
- Anders Van Rooyen
- Seth Louks
- Evie Lowell
- Gordan Lowell
- Vivian Lowrie
- Logan Vangyija
- Lucas Wuensch
- Zach Wuensch

Welcome to the Leadership Program

Caleb Miller

ROCK SOLID CALENDAR – FEBRUARY 2017:

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 Dragon Theme: Self-Control (Black)	30	31	1 	2	3	4
5	6 Beginner Black Testing Stripe Week	7	8	9 	10 Beginner Testing 7 pm @Blessed Sac. School	11
12 Dragon Theme: Respect (Gold)	13	14 	15	16	17	18
19 Dragon Theme: Focus (Orange)	20	21	22	23	24 DODGE BALL 7 pm @Blessed Sac. School	25 
26 Dragon Theme: Team Work (Green)	27 	28	1	2	3	4
Leadership Weapon of the Month: <i>Escrima Sticks</i> <i>Next Month: Bo Staff</i>						