



# ROCK SOLID NEWSLETTER

 **March 2017** 

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

## Mr. Nicklaus' Spotlight Article: Is Fear Shutting You Down?

Does fear ever stop you from doing the things that would inspire and motivate?

Are you afraid of failing, afraid of losing a friend who doesn't agree with your beliefs and ideas, afraid of trying a new job because of the security of the old job, afraid that you won't be as strong, fast, wealthy, or smart as the person next to you?

FEAR can have a way of stopping us in our tracks. FEAR robs us of our confidence and makes us feel less than we are.

But...

What is FEAR? A realistic definition is that FEAR is False Evidence Appearing Real.

Let me be clear. There are certainly things that we should be afraid of.

Walking in the woods and running into a large grizzly bear can and should be fearful.

Watching a loved one going through a dangerous illness can cause us much fear and anxiety.

There are certainly things that can cause us REAL fear.

But...

Many of the things that we lose sleep over that cause us fear are things that will never happen anyway.

So the question is, why worry about these things?

It's a fact that we as humans conjure up more things to worry about and be fearful of than could possibly ever happen.

Let's talk about martial arts and kickboxing.

Kids and adults come to our program wanting to learn a skill.

But...

Learning a skill involves overcoming challenges and accepting the fact that you might make mistakes and it's going to take some work on your part.

While going through this learning process kids and adults alike learn that they can do more than they thought they could.

They learn that mistakes don't hurt but instead they help us become better by taking us to a new level of performance and understanding.

What could we do if we had no fear?

What could we become if we were willing to step out of our comfort zone and not worry about the mistakes we make and how foolish they might make us look?

Is there something that you really want to try in your life?

Would you like to travel, learn a new skill, become more fit, study something that interests you?

Whatever inspires you be willing to give it a chance.

Overcoming FEAR and leaving your comfort zone will prove to be a trip worth taking.

Sometimes we fall but we never fail unless we decide to stay down.

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## Leadership Workout/Pizza Party

On **Friday March 17 at 6:30pm At Blessed Sacrament school** we will be hosting a very special workout followed by a family pizza party.

Mr. Cornell and Mr. Nicklaus will be leading a high energy workout that will sharpen your martial arts techniques and your bo staff skills (Bring your bo staffs along).

Following the workout we will have Pizza available for both students and family members.

*IF you are not yet in the Leadership program your instructor can invite you to the workout to give you a taste of what Leadership training is all about.*

Those of you who are in the Leadership program plan to attend this very special evening.

P.S. Please register in the office so that we can know how many pizzas to order.

## **Mark These Karate Summer Camp Dates On Your Calendar**

Before you know it spring and summer will be here. It's time to mark your calendars for upcoming Summer events.



Karate Summer Camps-  
New Dates.

This summer we will be doing an early summer camp. This camp will begin the week of June 8<sup>th</sup>. In the past the start of summer school conflicted with our summer camp so we have decided to have the first camp the week immediately after school gets out. This will give our families a chance to get in a fun week of Karate Summer camp and not have it interfere with any summer school activities.

Summer camp dates will be as follows:

**Karate Summer Camp # 1- June 5-11**

**Karate Summer Camp #2- August 7-11**

Start making Summer plans now. Register in the office to reserve your place in camp. Don't wait. These camp spots fill fast.



**Happy**

**Birthday!**

- 3 Jasmine Valera
- 4 Sage Kirver
- 5 Rowan Strong
- 12 Kayden Soper
- 13 Jeremiah Las
- 19 Gretchen Burrows
- 21 Brenden Dickey, Tate Eckblad
- 22 Van Mudler
- 29 Jacob San Miguel

**Welcome to MAA**

- Tate Eckblad
- Nolan Dayton
- Jacee Erickson
- Lawson Fruechte
- Drew Genelin
- Raphael Rivera-Bird
- Cason Smith-Nichols

**Welcome to the Leadership Program**

- Kayden Soper
- Kaleb Weissenberger

<b><u>ROCK SOLID CALENDAR – MARCH 2017</u></b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Weds</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>26</b> <b>Dragon Theme:</b> <b>Team Work</b> (Green)	<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Summer Boot Camp I: June 5-9</b> <b>Summer Boot Camp II: Aug 7-11</b>					
<b>5</b> <b>Dragon Theme:</b> <b>Fitness</b> (Purple)	<b>6</b> <b>Beginner Stripe #1</b> <b>Check</b>	<b>7</b>	<b>8</b> 	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> <b>Dragon Theme:</b> <b>Self-Discipline</b> (Blue)	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Leadership Workout & Pizza Party	<b>18</b> 
<b>19</b> <b>Dragon Theme:</b> <b>Memory</b> (Red)	<b>20</b> <b>Adv Stripe #2</b> <b>Check</b>	<b>21</b>	<b>22</b>	<b>23</b> 	<b>24</b>	<b>25</b>
<b>26</b> <b>Dragon Theme:</b> <b>Coordination</b> (Brown)	<b>27</b>	<b>28</b> 	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
<b><u>April Upcoming Events:</u></b> <ul style="list-style-type: none"> <li>Beginner Testing – Apr 7</li> <li>Advanced &amp; Black Star Testing – Apr 21</li> </ul>						
<b>Leadership Weapon of the Month: <i>Bo Staff</i></b> <i>Next Month: Nun-Chuks</i>						