



# ROCK SOLID NEWSLETTER

April 2017

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

## Mr. Nicklaus' Spotlight Article: Effort Is Still The Answer

I'm often times confused.

The messages that I hear in the media and in general seem to be pointing us towards mediocrity.

We are being told that excellence and effort are not nearly as important.

Those that ascend to positions of efficiency and competence are looked at by a growing number of people as being somehow selfish and greedy

Some in our society are pushing us towards the point of everybody being the same. No one should strive to become better and work towards a level of excellence and achievement that many will not bother to strive for

Have this world gone crazy?

I think that this "being average" attitude is dangerous and stops us from being the people that we are capable of being

I can make you a promise

We will never let you or your children down when it comes to asking them to do their best and constantly strive to do better

We as humans have a born into us desire that pushes us to do more, to do better

I believe that it's wrong of us not to honor our human need to achieve and grow.

I sometimes ask my staff to remember the importance of "**constant corrections**"

It's not to embarrass anyone. It's not to make anyone feel out of place.

Constant corrections remind our students that little things matter

Little things develop a strength, explosiveness, and correctness in movement that can only be achieved by

having a mentor continually make those important corrections

Developing the ability to accept corrections helps any individual grow not only in performing their tasks at a higher level of proficiency but possibly more importantly it **develops a stronger personality that does not shut down when asked to make corrections**

I ask my instructors how can a student improve when the instructor in the classroom fails to make necessary corrections? Is it reasonable to think that a student can get to the level of achievement that they are capable of without having someone show them the way? I think not.



When you take pride and human performance away from people what do you create?

As always I wish our students the best. I wish for them to struggle and overcome those struggles. I wish that they push through when things get tough, as we all know they will. I wish that we fight back against some of the foolish ideas that are hoisted upon us on a regular basis.

Train hard. Expect good things of yourself.

*Fred Nicklaus*

**Fred Nicklaus**  
**Owner & Master Instructor**

## Krav Maga Training **Friday, April 7 – 7 pm @MAA**

We had our first Krav Maga workshop on Friday March 31<sup>st</sup>. The class was taught by Mr. Smit Chauhan. Mr. Chauhan is a Certified Worldwide Krav Maga Instructor. He brought an exciting understanding and explanation of this highly respected self-defense art to the workshop.

Participants came away from the class with a better knowledge and practical application skills of what they might do if a situation became physically dangerous.

It can happen to anyone. It could happen to you or to a loved one.



Knowledge is power.

We will be having our next meeting of the **Krav Maga class on Friday April 7<sup>th</sup> at 7 pm**

You are invited to attend

Please let us know in the office if you will plan to attend the next Krav Maga class

Note: This class is for those over 17 years of age.

## **Kid's Safety and Self-Protection**

**Friday, April 28 – 630 pm @MAA**

It's good to know

What would your child do if presented with a dangerous situation (Bullying or Adult Abduction)

Join us **Friday night April 28th at 6:30pm for a Kid's Safety Night**

We will show your children how to be SAFE

We ask that you register for this class in the office

Invite your friends. Pick up a registration permission slip for your friends in the office

Kids over 5 should come and learn these valuable skills.

## **Annual Summer Boot Camp**

**Boot Camp Session I – June 5–9**

**Boot Camp Session II – Aug 7–11**

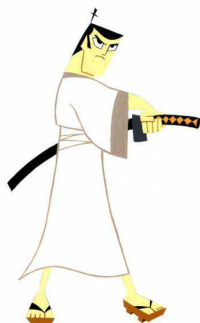
Years back we started our Summer Camp programs for kids, and every year the camps become even better. When we ask kids what their favorite part of karate is, usually the Summer Camp comes up as #1. The reason is, to a child, fun is where it's at.



The core parts of the summer camp are:

- Regular Curriculum Training
- Fun Weapons Training – Bo, Nunchuks, Escrima Sticks
- Musical Forms
- Team Combinations
- Team Building Skits
- Padded Sword Fighting
- Snacks and Games
- **NEW THIS YEAR!!!- BOARD BREAKING**

**Spaces Fill Quickly!**



Reserve and save your spot soon.

Each Camp will have only 30 spots. The camp will be:

- **9 am – Noon Daily** during each camp
- **Each day earns two regular class credits** which means kids do not have to go to class at night 😊
- **Snacks & Drinks included** even for the movie
- **Last Day Pizza Meal Celebration**
- **Movie Day** on the Last Day
- **Special Designed T-Shirt for Each Camp**
- **Fun Guaranteed**

The camp for the only week is \$169. Registration for:

**Session I – Register by May 15**

**Session II – Register by June 30**

***Both sessions fill quickly***

Register and reserve your spots in the office ASAP.

I CAN'T WAIT TO HAVE A BLAST!

*William Cornell*

**William Cornell**

## **Ninja Karate Master**

### **Birthday Parties**

Did you know about these fun and exciting birthday parties?



If you are looking for a new and different birthday party idea then be sure to check out these Ninja Birthday parties.

Did you know that the birthday boy or girl gets to cut the birthday cake with a real Ninja sword?

Where else can you cut a birthday cake with a real Ninja sword?

Consider giving our Ninja Karate Master Birthday Party a try.

You can find out more about these parties on our website at [www.rocksolidkids.info](http://www.rocksolidkids.info).



**Happy**

**Birthday!**






- 2 Gordon Lowell
- 3 Carter Crabtree
- 6 Isaac Sciammas
- 7 River Kirven
- 8 Kai Kapellas
- 9 Isaiah Steinhoff
- 11 Kenny McAndrews
- 16 Bode Kemmer
- 21 Logan Boland
- 23 Carver Ritterling
- 24 Jake Dwyer, Logan Vangyija
- 25 Kingston Bundy
- 27 Wyatt Lachman
- 28 Samuel Rosenstein

**Welcome to MAA**

- Lucia Aponte
- Wyatt Lachman
- Estella Radtke
- Quinten Raymus
- Isaiah Steinhoff
- Menolly Widolff
- Collin Wilson
- Noah Wolk

**Welcome to the Leadership Program**

- Victor Gerbig
- Lila Gerbig
- Kaleb Weissenberger
- Harrison Pataska
- Cutler Brueggen
- Gunnar Grueggen

<b><u>ROCK SOLID CALENDAR – APRIL 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>2</b> <b>Dragon Theme: Self-Control</b> (Black)	<b>3</b> <b>Beginner Stripe #2 Check</b>	<b>4</b>	<b>5</b>	<b>6</b> 	<b>7</b> <b>Beginner Test</b> <b>7 pm</b> @Blessed Sac. School No 615 pm Class	<b>8</b>
<b>9</b> <b>Dragon Theme: Respect</b> (Gold)	<b>10</b> 	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> <b>Dragon Theme: Focus</b> (Oragne)	<b>17</b> <b>Adv Stripe #3 Check</b>	<b>18</b>	<b>19</b> 	<b>20</b>	<b>21</b> <b>Black Star &amp; Adv Test</b> <b>630 pm</b> @Blessed Sac. School No 615 pm Class	<b>22</b> 
<b>23</b> <b>Dragon Theme: Team Work</b> (Green)	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Kids Self-Protection Seminar</b> <b>630 pm</b> <b>@ MAA</b>	<b>29</b>
<b>30</b> <b>Dragon Theme: Fitness</b> (Purple)	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 	<b>5</b>	<b>6</b>
<p><b>Leadership Weapon of the Month: <i>Nun-Chuks</i></b>  <i>Next Month: Escrima Sticks</i></p>						