



ROCK SOLID NEWSLETTER

May 2017

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: Superheroes Are All Flawed

I'm currently in the middle of reading Tim Ferris' *Tools Of Titans*.



It's a fascinating read and I would encourage anyone to pick it up.

Here is one of the many important points in the book which also happens to be the theme for this article.

“The superheroes you have in your mind (idols, icons, titans, billionaires, etc.) are nearly all walking flaws who've maximized 1 or 2 strengths. Humans are imperfect creatures. You don't succeed because you have no weaknesses; you succeed because you find your unique strengths and focus on developing habits around them.”

In the past I've written about the importance of confidence. All of us, whether adult or child, have to continually work on developing this important skill.

All too often we listen to what others say that we can and should do while in the process we sometimes refuse to pursue the talents and skills that would truly make a difference for our development and happiness.



How Much Do Other Opinions Matter?

In order to develop our own self-confidence we have to be very specific about who and what we listen to.

Recently I did a kids anti-bullying class and told the kids that it's very important that they not allow negative words and negative people into their lives. I suggested that they have a large spinning shield in front of them at all times and this shield deflects

anything negative from entering their minds and their belief system.

There's a lot of junk floating around out there. Ferris' idea that we all have weaknesses that could become overwhelming if we only focus on our weaknesses and not focus on our skills is a very important idea to remember.



It's easy to slip into the "I'm not good enough, I'll never amount to much" line of thinking.

Be very careful.

It's important that we believe in ourselves. It's important that we are not too hard on ourselves when we do boneheaded things. It's important that we surround ourselves with people who make us believe that we are capable of becoming more.

Recording star Teddy Pendergrass sang a song titled "Life Is A Song Worth Singing" Are we giving ourselves a chance to make our life a song worth singing by developing our strengths and believing in our possibilities?

Fred Nicklaus

**Fred Nicklaus
Owner & Master Instructor**

Summer Bootcamps

REGISTRATION

DEADLINE

APPROACHING

SPOTS FILLING UP

**Summer
Camp**



You've heard us talking about our Boot Camps a lot.

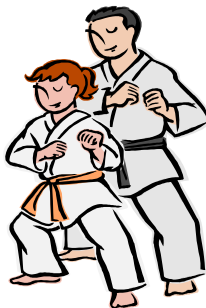
It would be wrong if we did not continue to make a big deal out of our Summer Boot Camps.

These camps provide our students with a very special energy.

It's a chance to meet new friends, do things that you have never done before, learn new and challenging things, and get your summer off to a high energy, fun start.

Here's another very important idea.

Many of our students who continue to get the most from our program are those who take part in our special events. Coming to these special events helps our students learn more and feel more competent about their martial arts skills and it also helps them feel that they are more a part of a martial arts family.



Participation helps in many ways.

If you have not yet registered for one or both of our summer camps for our students be sure to do so soon.

Registration for the first summer camp ends May 15th and there are only a few spots left in that first camp.

Here is more information about both of our Summer Boot Camps for our students. Check out our Facebook page for our Non-Student 3-Day Camps that other family members or friends will enjoy.

Registration Deadline May 15 for
Bootcamp 1 June 5-9
7 Spots Left

Registration Deadline June 30 for
Bootcamp 2 Aug 7-11
10 Spots Left

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**

Reserve and save your spot soon.

- **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:

Register and reserve your spots in the office ASAP.

Moms and Dads... **Fitness For You**

Did you know that we have a program that can make your body firmer and fitter, help you lose unwanted weight, and teach you valuable self-protection striking skills?



It's our **Self-Protection**

Kickboxing class.

Classes meet on **Tuesday and Thursday night at 7:15 and Wednesday night at 7:30.**

No experience necessary and you're invited.

You'll be in class with a group of fun, supportive people.

Wear comfortable workout clothes and try **2 Weeks of Class FREE** to see if it's for you.

Just show up for any of the times mentioned above.

We would love to have you in class.

Black Belt Testing

May 6 – 200 pm

@Blessed Sacr. School

We have 3 Black Belt Candidates—Sarah Ojelabi, Emma McAndrews, & Donovan Yang-- training and preparing for their Black Belt Test on May 6. If you've never seen a Black Belt Testing, please join us for all or part of the Black Belt Testing. A healthy cheering section always makes testing for Black Belt easier.



Happy

Birthdays!

- 1 Griffin Rudie
- 2 Ethan Nevsimal
- 3 Emmett Rathert,
Novelyn
Whitaker
- 4 Sarah Ojelabi
- 6 Katlin Palm-Leis
- 12 Max Clark
- 16 Menolly Widolff
- 24 Preston Erler
- 28 Aaron Lukas

Welcome to

MAA

Andrew Bucher




Welcome to the

Leadership

Program

- Kat Caucutt
- Tate Eckblad
- Gretchen Jespersen
- Vivian Lowrie
- Aaron Lukas
- Eva Valentine
- Ivan Valentine

ROCK SOLID CALENDAR – MAY 2017

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Fitness (Purple)	1	2	3	4	5	6 Black Belt Test 2 pm @Blessed Sac. School
Register For Summer Boot Camp 1 by May 15						
7 Dragon Theme: Self-Discipline (Blue)	8 Beginner Stripe #1 Check	9	10 	11	12	13
14 Dragon Theme: Memory (Red)	15 	16	17	18	19	20
21 Dragon Theme: Coordination (Brown)	22 Advanced Stripe #1 Check	23 	24	25	26	27
						Memorial Day Weekend No Regular Classes May 26, 27, 29
28 Dragon Theme: Self-Control (Black)	29 Happy Memorial Day No Regular Classes Today	30	31	1	2	3
Upcoming Events in June:						
<ul style="list-style-type: none"> • Beginner Testing – June 9 • Summer Bootcamp 1 – June 5-9 • New Student Summer Camp – June 12-14-16 						
Leadership Weapon of the Month: <i>Escrima Sticks</i> <i>Next Month: Bo Staff</i>						