



ROCK SOLID NEWSLETTER

July 2017

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: 3 Little Words

Over time I've had the good fortune to work with many boys and girls and found out what I can say and do that makes them comfortable and wanting to strive for more.

I've been blessed with two wonderful children. My son, Kirk, is 27 years old and lives in Denver and my daughter, Samantha, is soon to be 25 years old and lives in La Crosse. They are both great young people and I couldn't be prouder.

We as parents know how we feel about our children but there are times when maybe we don't tell them enough.

Recently my daughter's 2 roommates moved out of their apartment and moved onto jobs in other cities so Sammie moved home with us. During that time she was finishing school as a paralegal.

Maybe you have not experienced your adult child moving in with you but it changes things and it takes some work. Parents have their routines and children have theirs. It takes some working together and realizing that there has to be compromise.

Over the past few weeks my daughter and I had been having some battles.

I guess I'm a type A personality in that I'm driven to work hard and get things done. My daughter does very well at school and at work also but she has more of a, "I'll get it done when I get it done" kind of a gal.

So sometimes we clash.

This past Sunday I was at a presentation at my local church that was about family and addictive behavior.

During the seminar the presenter began talking about millennial's and he mentioned 4 things that characterize this group of youngsters

He said that millennial's want others to

- Put yourself in my place

- Love me with no other motive
- Don't be so smart
- Don't label me

As the speaker mentioned these 4 things something hit me in the head and in the heart.

I knew that my daughter and I had been arguing quite a bit lately and I said to myself, "what's more important? That I have her act the way I want her to act or that I accept her for who she is and not make such a big deal out of little things?"

So as I'm sitting in this seminar, supposed to be listening to the speaker, I text my daughter these 3 little words.

I Love You

She immediately texted me back that she loved me and that my text was just what she needed.

I'm sharing this with you because you're a parent and parenting is not easy.

There is no manual as to how to do it.

You do what you think is right in your heart.

But sometimes we forget that we are dealing with another human being who just wants us to spend time with them and make them feel that we care for them and love them just the way they are.

My daughter is a wonderful, vibrant, fun loving, intelligent, beautiful person.

I am so glad that I heard the message loud and clear this past weekend.

I hope my story helps you in some way.

Sincerely,
Fred Nicklaus
Fred Nicklaus
Owner & Master Instructor

SUMMER REFERRAL CONTEST

Bring A Friend to Class

June 5 – Aug 8

You've already been hearing about our Summer Referral Contest.

Our students are bringing their friends and family in for some FREE classes and in turn we are giving prizes to everyone who brings a friend to class.



In addition everyone who brings a friend to class becomes eligible for our Grand Prize drawings in August.

We are so thankful for our students and families efforts to bring friends and family into our program and give us a chance to share with them the many benefits of martial arts training. Your help gives us a chance to help so many more people.

Remember we've got t-shirts, \$5 gift certificates from area businesses, and great grand prizes for all who participate.

Do you know someone who could benefit from our martial arts training program?

Anyone who brings a friend to try a class will receive.

- **A Summer Special t shirt** - You will get a t shirt for every person that you bring in for an introductory class
- For every friend or family member that you bring in for a class you will also get your name into our fish bowl which makes you eligible for the top 4 prizes at the end of the contest



Here is a list of the 4 Top Prizes

Grand Prize

Total Prize Value: \$700

\$500 Gift Certificate to the

Wilderness Lodge in the Wisconsin Dells

+

**\$200 in Spending Money
for that family vacation**

2nd Prize

**4 Adult tickets & 4 Child tickets for the Friday
Night Dinner Cruise
On The La Crosse Queen**

3rd Prize

**6 Adult tickets and 6 Child tickets for the
Sightseeing Cruise on the
La Crosse Queen**

4th Prize

\$100 Gift Certificate from Best Buy

Bring a friend or two to your classes in June, July, and August and give that friend the opportunity to experience what the martial arts are all about.

We would love to give you as many prizes as possible.

Looking forward to seeing you in class this summer and thanks for being part of our martial arts family.

Karate Summer Camps



We just finished our June Summer camps and as always the response was phenomenal. We had summer camps for our students and also for non-students.

We will again be hosting Summer Camps in August. Camp for our current students is from August 7-11 and camp for non-students (great way to try out karate classes) is from August 14, 16, & 18.

If you wanted to come to the first camp but could not for some reason, no need to fret.

There is still room in both camps. You can register in the office.

Kids really enjoy the camps and camp is a great way for your son/daughter to meet new friends and learn some very cool karate moves. It's fun and challenging and certainly something that kids won't see in their regular classes.

If you know someone who might be interested in trying martial arts then the non-student camp is a great way for them to get started. Tell your friends about it.

Remember. You must be registered for camp by no later than July 15th as we need to get our personalized camp t-shirts printed for all campers.

August Picnic

Aug 8 – 5-7 pm

@Myric Park Main Shelter



Be sure to make plans to join us for our Summer Picnic. The picnic is on Tuesday August 8th at Myrick Park.

Every year we have some of the best food, main dishes and desserts, at our picnic.

In addition it's always the year's biggest water fight between instructors and students.

Bring your appetite, your biggest guns, and plan to have lots of fun.

We look forward to seeing you there!

***Be sure to Mark
August 8th on your Calendar!***



Happy

Birthday!

- 1 Tanner Hainz,
Harold Nachtman
- 4 Lila Gerbig
- 5 Nicholas Wieser
- 6 Max Doering
- 10 Leo DeLong,
Collin Ogle
- 17 Kat Caucutt
- 19 Ali Buege
- 21 Ashlynn
Reynolds
- 23 Braeden Kerska,
Abby Kerska,
Laura Milner
- 26 Estella Radtke
- 28 Lewis Bingol
- 29 Gretchen
Jespersen

Welcome to

MAA






- Daphne Jespersen
- Nkauj Ntsuab
- Isabella Olesen

Welcome to the

Leadership

Program

- Vilas Stanley

ROCK SOLID CALENDAR – JULY 2017						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Fitness (Purple)	3	4	5 Back to Classes!	6	7	8
	Happy 4th of July  No Reg Classes July 1-4			12	13	14
9 Dragon Theme: Self- Discipline (Blue)	10 Beginner Stripe #1 Check	11		13	14	
16 Dragon Theme: Memory (Red)	17 Adv Stripe #3 Check	18	19	20	21 Advanced & Black Star Graduation 630 pm @Blessed Sac. School No 530/615 Class	22
23 Dragon Theme: Coordi- ation (Brown)	24 k	25		27	28	29 
30 Dragon Theme: Self- Control (Black)	31	1	2	3	4	5
<u>August Upcoming Events:</u> <ul style="list-style-type: none"> • Annual Potluck Picnic & Water Battle – Aug 8 <ul style="list-style-type: none"> ○ Bring a dish to pass. We'll do our Summer Referral Contest Drawing. Finally, bring something for the Water Battle • Summer Bootcamp 2 – Aug 7-11 • Beginner Testing – Aug 11 New Student Summer Camp – Aug 14, 16, 18 						
Leadership Weapon of the Month: <i>NUN-CHUKS</i> <i>Next Month: Escrima Sticks</i>						