



ROCK SOLID NEWSLETTER

 August 2017 

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: A Little Motivation

This past weekend a friend invited myself and my brother to his cabin in the north woods.

The weather was wonderful, the fishing was not so wonderful, and all in all it was a great time.

When I go on these out of town fishing outings one thing usually suffers.

It's that I get out of my usual routine and don't go for walks and don't exercise the way that I usually do.

We returned from our trip on Sunday evening and on Monday morning I woke up and just didn't feel well.

I told myself that it was time to get back on track and go out for a good walk followed by some exercise after.

It didn't take long and I was feeling better.

Sometimes it's so simple.

It doesn't take much to get out of our routine but when we do we notice the difference very quickly.

So what's the issue when it comes to doing what's right and important for taking care of ourselves?

Well the issues are taking care of our families, keeping the house in working order, being too tired to exercise, sitting down to take a moments rest, and then there's simply being too lazy to do something that will make us feel better.

Habits start at a young age.

The habit of putting some type of movement into our daily lives is one of the most important habits that we can employ in order to keep our lives happy and healthy.

One of the simplest types of movement is walking. Walking starts the body in motion, engages our breathing at a somewhat accelerated rate, and gives us a chance to clear our minds.

I remember my mom telling me to get outside and get out of the house.

Back in those days we didn't have the Internet and video games.

It seems that these are high on the list of things that keep us from going outside and getting some fresh air.

My mom was a little German lady who knew a lot about staying healthy. She lived until 91 and she believed strongly in walking and spending time outside breathing fresh air.

If you struggle sometimes with not feeling your best and not being in a good mood then might I suggest taking some of my mom's advice.

Get out of the house and get moving.

It's the simple things that make the most sense.

Take time to make time for yourself. You can thank yourself later.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

SUMMER REFERRAL CONTEST

Winding Down

Ends Aug 8

My how time flies.

It seems that we just got started with summer and in no time summer is almost over.

Many of our students have brought friends and family members to class.

There's still time for you to do that if you have not already.

But hurry.



The first week of August is really the last chance that you have.

During this last week there will be double points for anyone who can bring someone to class.

Double points means that

- **Your name will go into the drawing for 1 of our 4 prizes- Remember the Grand Prize is a \$700 trip to the Wilderness Lodge in Wisconsin Dells**
- **You will also receive a Special Referral Contest t- shirt**
- **In addition you will receive a \$10 gift certificate to a local business**



We are excited about the benefits that our martial arts program gives our students. We also enjoy the opportunity to have an event where we can thank our families for doing something for us.

Our Summer Referral Special gives us that opportunity

Think about bringing someone to class over the first week of August. Who knows. Your effort may land you in the Wisconsin Dells with a very cool gift package

August Picnic

Aug 8 – 5-7 pm

@Myric Park Main Shelter

On Tuesday August 8th we will host our Annual Summer Picnic. It's always a great time for lots of good food and fun.

The picnic is at the main **shelter house at Myrick Park and will run from 5-7pm or until the last person leaves.**

Remember- this is also all out war. Water fight war that is.

It's a time for students and instructors to have the biggest water fight of their lives. All manner of giant water guns are allowed.

Important: Every year we have samples of some outstanding culinary dishes. It's important that we have our families bring some main dishes so that

everyone gets a chance to try these wonderful and mouth- watering meals.

Desserts and chips are certainly welcome and appreciated but please consider bringing a main dish (Electricity to plug in your crock pots and other electrical cooking pans is available).

Looking forward to seeing you at our picnic for a night of fun, food, and water fights.

August Summer Camps

With the school year rapidly approaching here is a great chance to finish off summer with a bang

We will be having summer camps for our existing students and also for those who are not yet in our program

Summer Camp For Existing Students will be from August 7-11

Summer Camp for those who are not yet students will be Monday-Wednesday-Friday August 14,16, 18

There are spots left in both camps but please let us know ASAP if you are interested. We will have to put a rush order in for your t- shirt in order that you have it on the first day of camp

Summer camp is loads of fun for our kids and a great way to end the summer and get ready for school with a high energy affair



Happy

Birthday!

- 1 Lucas Wuensch
- 4 Ms. Kylie Slaby
- 7 Lyndon Torkelson,
Stephen Matty
- 15 Braeden Felber
- 17 Stella Young
- 18 Kaleb Weissenberger
- 22 James Irvin
- 23 Julia Sill,
Donovan Yang,
Laith Al-Ghamdi
- 24 Ryan Northwood
- 27 David Turner,
Evie Lowell
- 28 Elisha Smith,
Sam Rosenstein
- 30 JJ Martell
- 31 Julia Her,
Emma McAndrews





Welcome to MAA

- Abbi Bucher
- Bennett Folkers
- Shelly Hogan
- Sophia Kampa
- Ambrose Marco
- Gabe Rivera
- Dominic Zenke

Welcome to the Leadership Program

- Andrew Genelin
- Evie Lowell
- Gordon Lowell
- Lucas Wuensch
- Zach Wuensch
- Stella Young

ROCK SOLID CALENDAR – AUGUST 2017

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
30 Dragon Theme: Self-Control (Black)	31	1	2	3	4	5
6	7 Beginner Stripe #2 Check Summer Boot Camp Starts	8 Annual Summer Picnic 5 pm @Myric Park No Morning & Evening Classes	9 	10	11 Beginner Graduation 7 pm @Blessed Sac. School No 615 Class	12
13 Dragon Theme: Respect (Gold)	14 New Student Camp Starts	15	16	17	18	19 
20 Dragon Theme: Focus (Orange)	21 Adv Stripe #3 Check	22	23 	24	25	26
27 Dragon Theme: Team Work (Green)	28	29	30	31	1 	2 Happy Labor Day Weekend! No Regular Classes Sept 2-4
<u>September Upcoming Events:</u>						
<ul style="list-style-type: none"> • Labor Day Weekend – No Regular Classes Sept 2, 3, 4 (See you on Tuesday!) 						
Leadership Weapon of the Month: <i>Escrima Sticks</i>						
<i>Next Month: Bo Staff</i>						