



ROCK SOLID NEWSLETTER

 **November 2017** 

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: **Turning A Tough Day Into a Spectacular Day**

We've all had them. The days when we just can't seem to get a break.

So what can we do on those days when things just aren't going our way?

Over time many wise folks have said that it's not what happens to us that matters, but it's how we react to what happens to us. We have a choice.

Let me give a few martial arts examples.

You came to class but you had a tough time. You felt tired. Your balance was off. You couldn't remember your form.

We all have these days.

Sometimes the only thing we can do is just smile and tell ourselves that we'll do better next time.

Here is another example.

You've had a tough day at school. You did poorly on a test. You don't want to go to Karate class today but your mom is making you go.

What's a person to do?

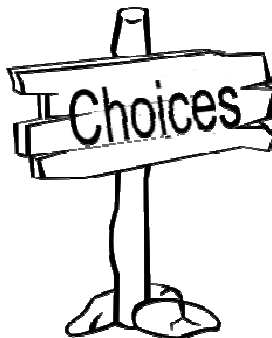
Well, you have a choice.

Mom has decided that you are going to class so you can be angry at mom and carry a less than positive attitude into your martial arts class.

Or

You can decide to make your day better even though it really has been a tough day.

Wouldn't it make more sense to do the best you can at your martial arts class and when class is over you can honestly tell yourself that you improved because you made a conscious decision to put forward your best effort and change your attitude?



We all have a choice.

We can let things affect us in a negative way or we can choose to be upbeat and do our best job.

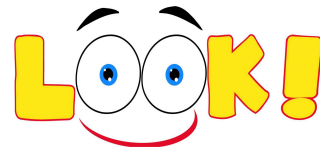
Success and happiness are about working on ourselves. The more times we choose to stack small successes on top of each other the better our chances are of facing every day with a positive, powerful attitude.

It's all about our choices.

What will you choose?

Fred Nicklaus
Fred Nicklaus
Owner & Master Instructor

Saving Opportunities During November and December



The Big 20% Martial Arts Gear Sale and Century Catalog Discounts

Mon, 11/20 – Sat, 12/9

From Monday **November 20th** thru **Saturday December 9th** we will be offering:

Additional 10% discount
on all regular gear &

Additional 20% discount
On any non-gear Century Catalog Item

Take a look at the catalog. There are always fun and interesting things for Christmas ideas.

If you are in need of Sparring gear or a new



uniform this is the absolute best time of the year to order.

These are the lowest prices of the year.

Martial arts gear, uniforms, training targets, breakable boards, and other goodies make for great surprises for under the tree.

Be sure to place your order by December 9th as we want to be sure that we can get your Christmas presents to you by Christmas. Santa is very busy during the holidays. We don't want to add any stress to his already hectic routine.

Holiday Apparel Orders



Keep a sharp eye out for the new designs and apparel ideas.

We are working on some new, fun designs for t shirts, hooded sweatshirts, and even cool new jackets. Just in time for fall and winter.

The 50% Tuition Sale
Get 2 Months of Lessons
For The Price Of 1

We hope that you are enjoying your martial arts lessons and plan to be here for a long time to come. It's great to have you as part of our martial arts family.

2 for 1

We also want to give you a chance to SAVE on your martial arts lessons. It's a way for us to say thank you for your support while saving you some \$\$\$ in the process.

Starting **Monday, November 27th** and going until **Thursday, December 28th** you can purchase 2 months of lessons for the price of one to add to the end of your currently enrolled program. More details to come in December.

Thanks again for being part of our family at Nicklaus' Martial Arts America.

Salvation Army Bell Ringing
Sat, 12/2 @ Walgreens Mormon Coulee & Shopko Shelby

It's that time of the year. Salvation Army bell ringing. The Salvation Army does wonderful work in our community. This year we will again be bell ringing for the Army and we hope that you will join us for a 2 hour bell ringing slot

The date is **Saturday, Dec 2 at Walgreens on Mormon Coulee Road and at Shopko in the Shelby Mall**



The times at both locations are **noon-2, 2-4, 4-6, and 6-8.**

We try to get two people per time slot. All you have to do is sign up for the time slot that you want in the office. You can do your bell ringing with a karate

friend or family member (Wear your karate uniform and belt)

This is always fun for those who ring the bells and there are many smiles and thank yous from those who see our students at these bell ringing locations

Hope you can help out

No Classes For Thanksgiving
No Regular Classes Nov 23-Nov 25

The Karate school will be **closed from Thursday November 23rd thru Saturday November 25th.**

We look forward to seeing you again on Monday or Tuesday of the following week

Have a great Thanksgiving Holiday



Happy

Birthday!

- 3 Shanyu Chandana
Sid Kilbey,
- 6 Anderson
Fortney,
Kate Fortney,
Mitchell Fortney
- 10 Anders Van
Rooyen
- 11 Isabella Thorson-
Olesen
- 13 Kevin Strong
- 14 Dylan Caspersen
- 19 John Freund,
Sophia Kampa
- 25 Nkauj Ntsuab
Stewart
- 30 Kyler Fry,
Jaycee Sandry,
Xander Vallee



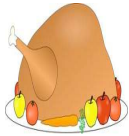

**Welcome to
MAA**

Chiashee Lee

**Welcome to the
Leadership
Program**

Shelley Hogan

ROCK SOLID CALENDAR – NOVEMBER 2017

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Focus (Orange)			1 	2	3 Anti-Bully & Anti-Abduction Class for Current Students 630 pm @ MAA	4 Anti-Bully & Anti-Abduction Class for Non-Students 2 pm @ MAA
5 Dragon Theme: Team Work (Green)	6	7 	8	9	10	11
12 Dragon Theme: Fitness (Purple)	13	14	15	16	17 	18
19 Dragon Theme: Self-Discipline (Blue)	20 Holiday Day Sale Starts 11/20-12/9	21	22	23	24-25-26 Happy Thanksgiving! No Classes Thurs/Fri/Sat See you Monday! 	
26 Dragon Theme: Memory (Red)	27 Holiday 50% Off Tuition Savings Starts (details inside)	28	29	30	1	2 Salvation Army Bell Ringing Day Regular Classes in Session

December Upcoming Events:

- Beginner Testing – Dec 15

Leadership Weapon of the Month: *Escrima Sticks*
Next Month: Bo Staff