

January 2018

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

## Mr. Nicklaus' Spotlight Article: **Knowledge & Discipline**

January 18<sup>th</sup> marks my 40<sup>th</sup> year in the martial arts. It's been a wonderful ride. Not only have I gained much personally from my martial arts journey but I've been able to share what I've learned with many others. What I've learned in my martial arts training has truly helped changed lives over time for the good.

There have been many valuable lessons. Martial Arts training has proven to be beneficial both physically, mentally, and emotionally.

I'd like to share a few of these many benefits with you today.

They are **knowledge and discipline**.

**Knowledge** comes to us in many ways. We can learn through traditional schooling. We can learn by the work we do on our jobs. We can learn simply by keeping our eyes open and our minds willing to try new things in our everyday lives.

In order to gain real knowledge a person must be willing to try. The willingness to try puts us in a situation where we might fail or at the very least be uncomfortable.

In the martial arts students are asked to learn new techniques and then perfect those techniques.

Sometimes the biggest mistake that students make is wanting to learn too many things too quickly.

One of our greatest martial artists, Bruce Lee, once said that in competition he feared a man more who practiced one technique ten thousand times more than a person who practiced ten thousand techniques one time.

Therein lies one of the most important secrets of any students martial arts training.



Be patient. Take your time to practice and learn the techniques that you are being shown to the best of your ability. Remember that you are shown the techniques in the classroom but you perfect the techniques that you learn outside of the classroom when you practice on your own.

Do you spend time at home practicing? Practicing for as little as 10 minutes a few times a week can help your technique and your understanding of how to perform that technique more efficiently.



This is where your **discipline**, self-discipline, comes in.

How good of a martial artist would you like to be?

Would you like to be average or would you like to be something special?

If you choose to be something special then you must decide to do what others are unwilling to do.

It's been said that 80% of the meaningful results in this world come from 20% of the people?

Are you one of the 80% who would like to be special but don't really do anything to become that or would you like to become one of the 20% who are willing to make a real change in your life and the lives of those around you?

It's your choice.

So as we begin a New Year I wish all of our families the very best of luck.

I do believe that we make our own luck.

If that truly is the case then we must ask ourselves what we are willing to do to give ourselves good luck.

It really is all out there for us.

Now we have to decide if we want it badly enough.

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

## Join Us For An Evening Of Dodgeball

**Feb 2<sup>nd</sup> – 7 pm @ Blessed Sacr. School**



Over the years we have found our Dodgeball nights to be some of our most popular nights for parents and kids.

I'm not sure what it is.

Could it be that it gives both parents and their children a chance to throw superfast balls at each other?

Parents can get a chance to seek a bit of sweet revenge just in case son/daughter has been having trouble listening and following directions lately.

Kids get a chance to whip a fast one at mom and dad and not worry that mom or dad can tell them that they can't do that.

It's a free for all.

There is absolutely no better way to get rid of any frustration that you might have than to take a ball and throw it at someone as fast as you can.

It's even better when your ball finds its target

We will be hosting a **DodgeBall Night on Friday February 2<sup>nd</sup> at 7pm at Blessed Sacrament School.**

This is your chance to have some excellent fun, get some exercise, cheer on your buddies, and rid yourself of any frustration that you might be carrying around with yourself.

Plan to be there. Parents and kids can all join the fun.

Let us know in the office if you are planning to come.

Dodgeball is a great time.

### **Special Training Seminars**

Remember, our Special Training Seminars are going to be at the karate school. If you have NOT received your equipment for the seminars, please stop in the office.

If you already have glochuks or a bo staff from previous years and are interested in participating, please talk to Mr. Cornell.

**Bo Staff Seminar – Sat, Jan 13, 130 pm**  
**Glo-Chuk Seminar – Fri, Jan 19, 7 pm**  
**Boxing Glove & Focus Mitt Seminar – Fri, Jan 5, 7 pm**



**Happy**

**Birthday!**

- 6 Ella Walden
- 11 Marquis Young
- 12 Gandharv Eadara,  
Elijah Sweeney
- 17 Bennett Folkers
- 20 Lawson Fruechte
- 24 Evan Fukuda
- 27 Elijah McClellan

**Welcome to**

**MAA**






Kate Elliott  
Kennedy Kernin  
Branson Weber

**Welcome to the**

**Leadership Program**

Jack Murphy  
Gabe Rivera

**ROCK SOLID CALENDAR – DECEMBER 2018**

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
	1	2 <b>WELCOME BACK!</b> 	3	4	5 <b>Parent &amp; Child Boxing-Mitts Seminar</b> 7 pm @MAA	6
7 <b>Dragon Theme: Fitness</b> (Purple)	8	9	10 	11	12	13 <b>Mr. Cornell Bo Seminar</b> 130 pm @MAA Talk to Mr. C for details
14 <b>Dragon Theme: Self-Discipline</b> (Blue)	15	16	17	18 	19 <b>Mr. Cornell GloChuk Seminar</b> 7 pm @MAA Talk to Mr. C for details	20
21 <b>Dragon Theme: Memory</b> (Red)	22	23	24	25 	26 <b>Advanced / Black Star Testing</b> 630 pm @Blessed Sac. School	27
28 <b>Dragon Theme: Coordination</b> (Brown)	29 	30	31	1	2 <b>DODGE BALL NIGHT</b> 7 pm @ Blessed Sac. School	3
<b><u>February Upcoming Events:</u></b>						
<ul style="list-style-type: none"> <li>• Beginner Testing – Feb 16</li> </ul>						
<b>Leadership Weapon of the Month: <i>Nun-Chuks</i></b>						
<i>Next Month: Escrima Sticks</i>						