

 **March 2018** 

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: ***Little Steps, Big Steps***

Recently I made a decision to become active in a group that helps people deal with life challenging issues. The program is called Living Free and there are programs that help people who are going through the life challenging problem as well as families and friends who are struggling because of their loved ones challenges.

In a recent meeting one of the people brought up a very important point. He said that in order for him to remove himself from the dangerous situation that he found himself in it was going to require DISCIPLINE.

He went on to say that the only way that he has experienced success in his struggle to fight his challenges is to focus on one thing at a time and continue on no matter what.

He admitted that it wasn't easy and that he had to keep the prize in mind in order to be able to experience success, but success is certainly possible.

Let's go back and talk about Discipline for a while. Nothing worth having ever comes easy. If something comes easy we usually don't appreciate it as much as something that we have to work for.

Discipline is essential in the practice of martial arts. It's important that we discipline ourselves to come to class on a regular basis. It's not always easy.

It's important that we put forth good effort when we are in class no matter what kind of a mood we are in or what type of day we have had. Usually we find that our effort pays off in a healthier mindset and attitude when class is over.

It's important that we practice the things we learn in class outside of class. We learn how to do the skills in the classroom but we perfect the skills outside of the classroom by our commitment to practice.

Discipline is one of the secret ingredients that make our lives better. Sadly, some people never learn the

value of personal discipline and inevitably they watch their lives spin out of control. It's our choice.

Discipline is not easy. Discipline can be painful at times. Discipline is not for the faint of heart who only want the end result but are not willing to work and sacrifice to get it.

Discipline changes lives for the better. It's a skill worth developing which leads to a more fulfilled life.

Fred Nicklaus
Fred Nicklaus
Owner & Master Instructor

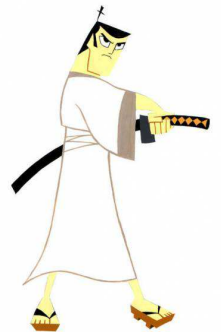


Annual Summer Boot Camp **Boot Camp Session I – June 11–15** **Boot Camp Session II – Aug 6–10**

Spring is just around the corner and with spring comes a need to start planning activities for kids this summer.

Once again we will be hosting our Martial Arts Summer Bootcamp.

Bootcamp is a Monday-Friday 9 am-Noon program each day with Friday also being the Big Show for parents after class as well as being pizza and movie day on the last day for the kids.



2018 Bootcamp Dates are:
June 11-15 and August 6-10

We are already starting to begin registration for this year's Summer Boot Camp.

Be sure to take a look at your calendar and leave some time for your son/daughter to take part in this year's camp.

Kids love our Summer Bootcamp's and Mr. Cornell is a master at making the camp beneficial and fun.

Stop in the office to register for one or both camps.

Discounts are available for registering for both camps.

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
- Special T-Shirts designed specially for each camp that only Boot Camp participants receive
- Movie Day on the Last Day

Spaces Fill Quickly!

Reserve and save your spot soon.

Each Camp will have only 30 spots. The camp will be:

- **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**

- **Special Designed T-Shirt for Each Camp**
- **Fun Guaranteed**

The camp for the only week is \$169. Registration for:

Session I – Register by May 15

Session II – Register by June 30

Both sessions fill quickly

Register and reserve your spots in the office ASAP.

I can't wait to have you join us!

William Cornell

William Cornell

Bootcamp For Non-Students

If you have a family member or friend who would like to join us for some Bootcamp fun this summer we will be hosting our Bootcamps for non-students on the following dates

June 18,20,22 and August 13,15,17

These classes start at 9am and last until 10:30 am.

The cost for these bootcamps is only \$19 and the cost includes a bootcamp t-shirt, pizza party, and movie day.



Happy

Birthday!




- 4 Sage Kirven
- 5 Rowan Strong
- 6 Jasmine Valera
- 8 Gabe Rivera
- 9 Nolan Dayton
- 12 Kayden Soper
- 13 Jeremiah Las
- 19 Gretchen Burrows,
Ellis Williamson
- 21 Brenden Dickey,
Tate Eckblad
- 22 Van Mudler
- 29 Jacob San Miguel
- 30 Eli Abar

Welcome to MAA

- David Dittmer
- Kanishk Kolouju
- Ben Lucey
- Atticus Matty
- Evan Matty
- Jack Olson
- Ellis Williamson
- Deacon Witzke

Welcome to the Leadership Program

- Ryushin Ikeyama
- Brooklyn Nuemann

<u>ROCK SOLID CALENDAR – MARCH 2018</u>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Focus (Orange)	Advanced Stripe Check Week			1	2	3
		Summer Boot Camp I: June 11-15				
Summer Boot Camp II: Aug 6-10						
4 Dragon Theme: Team Work (Green)	5	6 	7	8	9	10
11 Dragon Theme: Fitness (Purple)	12 Beginner Stripe Check Week	13	14	15	16	17 
18 Dragon Theme: Self-Discipline (Blue)	19	20	21 	22	23	24
25 Dragon Theme: Memory (Red)	26 Advanced Stripe Check Week	27	28	29	30 	31
Leadership Weapon of the Month: <i>Bo Staff</i>						
<i>Next Month: <i>Nun-Chuks</i></i>						
<u>April Upcoming Events:</u>						
<ul style="list-style-type: none"> ● Beginner Testing – Apr 13 ● Advanced & Black Star Testing – Apr 20 						