

April 2018

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: **Do You Believe?**

Over these past 40 years of working with children and adults in the martial arts and other businesses I've come to realize that it's what a person believes that can make the difference between winning and losing and between living a fulfilled or unfulfilled life.

Can it possibly be that simple?

The answer is yes.

You see it's our beliefs that either empower us or enslave us. It's who we think we are and what we think that we are capable of that steers us on the path that we eventually choose.



If it's truly our beliefs that guide us along the path that we eventually choose, then how are our beliefs branded into our minds?

Beliefs come to us from many different avenues. Family, friends, media, or just the things we see and hear every day. It's then up to us to decide which beliefs we decide to accept. Here in lies the challenge.

There are beliefs that are either uplifting or beliefs that bring us down.

So in the end who's in charge of what we believe? We are of course.

If we are the ones who make the ultimate decision as to what we will believe in then isn't it extremely important that we ask ourselves an all important question and be very honest with ourselves.

That question is...

How's this working for me?

You see we have a tendency to not tell ourselves the truth. We have a tendency to beat

around the bush.

Let me give you a few examples.

We want to lose weight but we decide not to. We tell ourselves that we don't have time to eat right or to exercise. Then we look in the mirror and tell ourselves that we look just fine. It's a lie.

We decide that we want to get better grades in school. We are motivated to make it happen but then we realize that we have to change our study habits and dedicate more time to the task. We decide not to do the work but then we tell ourselves that it was just too hard or it wasn't all that important anyway. We tell ourselves that we are happy with a C. We give up because we are lazy and we decide to lie to ourselves.

Here's the thing...

As human beings we have something inside of us that needs to grow and get better. It's important for us to honor that.



When our actions and our beliefs don't stack up with our need to improve and grow we need to be honest with ourselves and change those beliefs and actions.

The good news is that we can change our beliefs and actions. We just have to be willing to take the steps to make it happen.

So if you ever find yourself in a place that makes you unhappy and uncomfortable will you be able to be honest with yourself? First ask yourself, how's that working, and then decide to take action and change your beliefs.

Your beliefs make your world.

Life is a song worth singing. Be sure to sing it.

Fred Nicklaus
Fred Nicklaus
Owner & Master Instructor



Summer Fun

I know you've heard the instructors talking about our Summer Bootcamps. There's good reason for so much talk about the camps as they truly are one of the highlights of summer for many of our students.

Summer bootcamps are a high energy, super creative way for our students to see and learn many things that they would not see in their regular classes and our campers talk about the fun they had at camp for months.



We know that our families plan many things for sons and daughters during the summer. There are vacations, other camps, and a variety of activities that kids love to do during the summer. We also know that you start planning many of these summer activities early in spring. That's why we start pumping up our Summer Bootcamp while the snow still flies.

We don't want you to miss out on what can certainly be one of your child's summer highlights. Mr. Cornell

does an excellent job of giving the kids fun activities that are both skill building, super fun, and challenging. In addition the Summer Bootcamp gives kids a chance to meet many new friends. These are the Karate kids that your son/daughter might not get to spend time with in their regular classes but who they get to meet and become good friends with during Bootcamp.

Do consider signing your child up for one of our two Summer Bootcamps.

The first camp is from June 11-15 and the second camp is from August 6-10.

Camps are already filling up. Be sure to register in the office to guarantee your space.

Fred Nicklaus

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Owner & Master Instructor

Important P.S. To moms and dads who have a student who might be fairly new to our program. Summer Bootcamp is a great activity to help grow your child's love and commitment for his/her martial arts training



Happy

Birthday!






- 1 Charlie Nordeen
- 2 Gordon Lowell
- 3 Carter Crabtree
- 6 Isaac Sciammas
- 7 River Kirven
- 11 Kenny
McAndrews,
Quinn Clark
- 14 Abbi Las,
Sean Martin
- 16 Bode Kemmer
- 23 Carver
Ritterling
- 24 Logan Vangyija
- 25 Kingston Bundy

Welcome to
MAA

- Easton Eckes
- Alan Harper
- Blake Hutschenreuter
- Quinet Hynek
- Mira Kawaguchi
- Josh Kellicut
- Kaushik Kolouju
- Chance Lo
- Ethan Lukas
- Hudson Malay
- Vincint Moyer
- Donivyn Moyer
- Ben Murray
- Sebastian Nerud-
Sersh
- Charlie Nordeen
- Will Nordeen
- Jack Pedace
- Elliot Petersen
- Noah Ryan
- Kylee Ryan
- Liam Savall
- Avery Siems
- Alison Storandt
- Coltin Wateski
- Brooklin Wateski
- Roosevelt Wright

Welcome to the
Leadership
Program

- Sam Arneson
- Kate Elliott
- Dashden
- SchockaConger

<u>ROCK SOLID CALENDAR – APRIL 2018</u>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 Dragon Theme: Coordination (Brown)	2 Beginner Stripe Check Week	3	4 	5	6	7
8 Dragon Theme: Self-Control (Black)	9	10	11	12	13 Beginner Test 7 pm @Blessed Sac. School No 615 pm Class	14 
15 Dragon Theme: Respect (Gold)	16 Advanced Stripe Check Week	17	18	19	20 Black Star & Adv Test 630 pm @Blessed Sac. School No 530/615 pm Class	21 
22 Dragon Theme: Focus (Orange)	23	24 	25	26	27	28
29 Dragon Theme: Team work (Green)	30	1	2	3 	4	5
Leadership Weapon of the Month: <i>Nun-Chuks</i>						
<i>Next Month: Escrima Sticks</i>						