

September 2018

website: www.NicklausMartialArts.com

Mr. Nicklaus' Spotlight Article: **Important to Remember**

At the end of August I was going through some paperwork that I had from my mom's estate. My mom passed in January 2011 at the age of 91.

She was a spirited, energetic woman who taught me much about how to live a good life and how to be a good person.

Both my mom and dad had come to the U. S. from Germany after the second World War. It was a hard time for my parents as they could not come over from Germany together. My mom had to stay behind to take care of my older brother as the U.S. would not allow special needs people from another country to come into the U.S.

So mom and dad had to work hard to get an actual law passed to get my brother to be able to come to the U. S. My dad came to the U. S. in 1950 but it was not until my brother was 13 years old in 1959 that he was able to come here.

My brother's coming to the U.S. was made possible through the work of politicians, Melvin Laird and Senator Wiley, here in the U.S.

So as I was looking through this paperwork, all of which mom had kept from the 1950's I reminisced about my family back in those days.

I thought about the many lessons that my mom and dad had taught me while they were still alive. Lessons about being trustworthy, not giving up when life throws you curves, work hard for what you believe, and many other nuggets of wisdom that I have been able to put to good use in my daily life.

So as I was going through the paperwork, I found all of the things that my mom had kept. I found my 4th and 5th grade report cards from St. Anthony's Catholic School in Milwaukee. There were many birthday cards and anniversary cards that I had sent my mom that she had kept.

Before I was married and had kids I didn't realize that my mom looked at those cards and other things from my past as treasures. I understand now. I also keep the cards that my son and daughter give me for my birthday.

I guess it was another one of those lessons that my mom taught me. Simply, treasure what you receive from your loves ones.

So I went on looking through my mom's papers and as I went through, I read some of the German poems that she had saved. Very touching stuff about living a better life.

Then I came across a small piece of paper with a picture of a rocking chair on it. The little card read.

Worry is like a rocking chair- it gives you something to do but it doesn't get you anywhere



This past weekend I was sitting in church listening to the pastor's sermon. He was talking about the high level of anxiety that we have in our country.

He gave us some statistics. Here they are

- Anxiety disorders are the most common mental illness in the U.S. affecting 40 million adults in the United States age 18 and older
- 6.8 million Americans suffer from General Anxiety Disorder
- 7.7 million Americans suffer from Posttraumatic Stress Disorder
- 19 million Americans suffer from specific Phobias

The fact is that many folks worry about many things. It's a real thing for them.

I give you these statistics not to give you a sad and depressing message. On the other hand I mention these things with the idea that there is hope and a solution if you or someone you know struggles with worry.

I go back to my mom and her small card about the rocking chair.

Worry can be debilitating but it doesn't have to be. Many times the things we worry about never happen anyway so why spend the energy getting all worked up?

As I mentioned earlier in this piece, mom taught me a lot. I hope that her lesson about the rocking chair can help you in some way.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

It's School Time Again

Summer has once again drawn to a close and it's time for the kids to get back to school.

We want to wish all of our kids and families a great school year.

We also want to encourage our families to remember the important place that martial arts has during the school year.

After kids sit in classrooms all day, it's important that they have a way to unwind both physically and mentally.

A good workout in a martial arts class can be just the answer.

It's true that physical movement is one of the most relaxing things that a person can do for him/herself.

We encourage you moms and dads to do your best to get your sons and daughters to their martial arts lessons during the school year to help them stay relaxed and healthy in order that they can do their best in school.



*Have a wonderful 2018-19
School Year!*

School Success Tips

Where did summer go?

Is it just me or did summer come and go faster this year than any other?



I wanted to share a few ideas with parents and students to help make this a great school year. Here they are

1. Remember that your first few classes are your most important classes. First impressions matter. Concentrate and be alert so that you can do your best. Start your school year off with a bang. Focus

your eyes, Focus your ears, Focus your body, Focus your mind. Be ready to grow and learn

2. Your room is your castle and your office. Be sure to make it orderly and functional. Keep it clean. Remember, this is not mom or dad's job. The good habits that you develop now will serve you well throughout your life
3. Be on time for school and your classes. Late is never good while being early is always looked upon with favor. Little things matter.
4. Rule your own life. If you let the television, video games, or your friends rule your life then you cannot become the winner that you are capable of becoming. It's difficult sometime but it's important to **MAKE THE PLAN AND WORK THE PLAN**. There will always be distractions. Stay the course.



5. Walk away from situations or people that will destroy your mental or physical growth. Don't listen to people who say cruel and harmful things to you. Don't believe those things and don't accept the cruel things as true. Remember, you are the gatekeeper. Keep the junk out.
6. Have a **POSITIVE** relationship with your parents and your teachers and always show respect. Show respect at all times and you will do better in every area of your life
7. **BE SELECTIVE IN CHOOSING YOUR FRIENDS.** You do not have to be friends with the whole school. Pick out a few people who are headed in the same direction in life that you are. If you hang out with the respectful, hard- working, and safe people then you will also be respectful, hard-working, and safe. **PICK YOUR FRIENDS WITH CARE. YOU ARE WORTH IT**
8. Choose to be a winner. Never accept anything but the best from yourself. If you are having trouble achieving your best don't be afraid to ask for help. Everyone needs help at some time. Don't be afraid to ask.

Please share these tips with your child and revisit them each week. If your child can read it's also a good idea to put them in a place where he/she can see and read them on a regular basis.



Happy

Birthday!

- 3 Abbi Bucher
- 9 Sam Arneson
- 12 Jeswanth Eadara
- 14 Chance Lo
- 15 Gage Suchla
- 18 Evan Bingham
- 23 Aiden Gardner,
Evan Gardner
- 25 Zach Wuesch
- 29 Garrett Welch

**Welcome to
MAA**

- Peter Amrhein
- Landon Bradle
- Ashton Herman
- Avyn Holliday
- Liam Klouda
- Arlo Peregrine
- Maddox Porter

**Welcome to the
Leadership
Program**

- Arista Whitson
- Luca Whitson
- Kaushik Kolouju

<u>ROCK SOLID CALENDAR – SEPTEMBER 2018</u>						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
2 Dragon Theme: Fitness (Purple)	3 Happy Labor Day!	4 Beginner Stripe #1 Check 	5	6	7 	8
9 Dragon Theme: Self-Discipline (Blue)	10	11	12 	13	14 September Gear Order Due Today!	15
16 Dragon Theme: Memory (Red)	17 Adv Stripe #2 Check	18	19	20	21 	22
23 Dragon Theme: Coordination (Brown)	24	25	26 	27	28	29
30 Dragon Theme: Self-Control (Black)	1	2	3	4	5 Beginner Test 7 pm @Blessed Sac. School No 615 pm Class	6
<p style="text-align: center;"><u>October Upcoming Events:</u></p> <ul style="list-style-type: none"> • Beginner Testing – Oct 5 at 7 pm • Advanced & Black Star Testing – Oct 19 at 630 pm • Halloween Party! 						
<p style="text-align: center;">Leadership Weapon of the Month: <i>Bo Staff</i> <i>Next Month: Nun-Chuks</i></p>						