

 **October 2018** 

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

## **Mr. Nicklaus' Spotlight Article:** **"I Didn't Get What I Want"** **...Work Harder**

A while ago I was scanning my Facebook account. I try to find pearls of wisdom that I can throw up on my page for others to see.

On this particular day I found a story from a man who was sharing something that happened to him when he was 13 years old.

The story goes that he was upset that his football coach has switched the young man's position on defense and the he was unhappy about the choice.

His father listened to his complaints and after the son finished the father simply said "Work Harder" and walked away.

The boy was shocked at his father's unwillingness to be sympathetic to his story but years later the boy who was now a man realized the wisdom of his father's words.



Whether it's everyday life, martial arts training, a test in school, or a relationship with a friend.

The fact is that we will all be disappointed at some point.

The challenge is to learn from the disappointment and move on.

I've asked my martial arts instructors to challenge our students in some fashion in every class that they go to.

Sometimes the challenge can bring initial frustration and even anger.

By continuing to try, practicing outside of class, and realizing that we should expect to not be very good at something the first time we try it, we can then move forward and realize the skill set that we are hoping to achieve.

We, and our children, are challenged by living in a world that desires *Fast Results*. We want to get good fast and in most cases that simply doesn't happen

In my 40 years of my personal martial arts practice and in working with students I have found some of the lessons learned to be of great value

Those lessons include the following:

- **Get up and don't give up**
- **Don't be afraid to look foolish. Eventually you will improve and your challenge will help you mature and grow as a person**
- **Expect to be bad until you have practiced enough to be good**
- **The only thing that will stop you from reaching your goals are your own self-limiting beliefs**
- **Everyone needs a mentor to bring out the best in them**
- **It's easy to criticize the performance of others while we sit on the sidelines unwilling to enter the arena ourselves**
- **Develop a strong foundation in martial arts and in life. Know what you want and what you stand for**



If we take the time to ponder and practice these aforementioned lessons we are better prepared for the challenges that will surely present themselves in our lives

Anything worth having is worth working for

*Fred Nicklaus*

**Fred Nicklaus**

**Owner & Master Instructor**

**Bring a Friend**  
***Friends Are Always Welcome To Class***

**WELCOME!**

Do you know someone who could enjoy and benefit from our martial arts program?

If so, stop in the office to pick up a special guest pass and give it to a friend

Our students have always been our best way of introducing new people to our program

We will be happy to give you a reward for your efforts. Your effort is much appreciated

Who could you invite to class with you?

**We Have Room**

Our Kickboxing classes have room for you parents. There is nothing like a good workout to get you ready to face the many challenges that you come up against everyday

A kickboxing workout is not only a great workout but it also teaches you empowering self- defense skills.

Our kickboxing classes are scheduled **for Tuesday and Thursday evening at 7:15 and Wednesday**

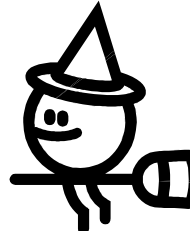
**evening at 7:30. We will also be starting a Saturday morning 8:15 class later this month**

Try your first class anytime and then try a FREE month of kickboxing.

Let us know in the office when you would like to try your first class

Everyone is welcome. No experience necessary

**Halloween Fright Night**



The spooky season is upon us. On **Friday October 26<sup>th</sup> from 5:15-7:15** we will have our annual Halloween Party at Martial Arts America

Dress up in your scariest costume and plan to enter our best costume

contest

Games and candy for everyone

The Ghoulies and goblins will be out in force that night so plan to be there to enjoy the fun

Remember: There is a costume contest for moms and dads too. We would love to see what you come up with

***See You there!***



**Happy**

**Birthday!**

- 2 Karleen Fry
- 3 Ashley Handel,  
Anh Luong
- 4 Coltin Wateski
- 6 Shelley Hogan
- 8 Conner Peterson
- 12 Daphne  
Jespersen
- 15 Esmeralda  
Valera,  
Daniel Yal,  
Mr. Cornell
- 16 Liam Strong
- 18 Will Nordeen
- 22 Mr. Nicklaus
- 26 Mira Kawaguchi
- 27 Sebastian Nerud-  
Sersch
- 29 Sophia Parke

**Welcome to  
MAA**

- Sophia Dickinson
- Wyatt Fischer
- Elsa Kayson
- Cooper Koepke
- Rory Koepke
- Lexi McKenna
- Thomas Paulson
- Harry Shillin
- Charlotte Skemp
- Jaxson Stenslien

**Welcome to the  
Leadership  
Program**

- Aiden Gardner
- Evan Gardner
- Ingrid Loken
- Atticus Matty
- Evan Matty
- Amelia Woodard

<b><u>ROCK SOLID CALENDAR – OCTOBER 2018</u></b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Weds</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>2</b> <b>Dragon</b> <b>Theme:</b> <b>Self-</b> <b>Control</b> (Black)	<b>1</b>	<b>2</b> 	<b>3</b>	<b>4</b>	<b>5</b> <b>Beginner</b> <b>Test</b> <b>7 pm</b> @Blessed Sac. School No 615 pm Class	<b>6</b>
<b>7</b> <b>Dragon</b> <b>Theme:</b> <b>Respect</b> (Gold)	<b>8</b>	<b>9</b> Adv Extra Practice 4pm	<b>10</b> 	<b>11</b> Adv Extra Practice 4pm	<b>12</b> Adv Extra Practice 345 pm & 615 pm	<b>13</b>
<b>14</b> <b>Dragon</b> <b>Theme:</b> <b>Focus</b> (Orange)	<b>15</b>	<b>16</b> Adv Extra Practice 4pm	<b>17</b>	<b>18</b> Adv Extra Practice 4pm	<b>19</b> <b>Advanced</b> <b>&amp; Black</b> <b>Star</b> <b>Graduation</b> <b>630 pm</b> @Blessed Sac. School No 530/615 Class	<b>20</b>
<b>21</b> <b>Dragon</b> <b>Theme:</b> <b>Team</b> <b>Work</b> (Green)	<b>22</b>	<b>23</b> 	<b>24</b>	<b>25</b>	<b>26</b> <b>Annual</b> <b>Halloween</b> <b>Party</b> <b>530-7 pm</b> No Regular Classes	<b>27</b>
<b>28</b> <b>Dragon</b> <b>Theme:</b> <b>Fitness</b> (Purple)	<b>29</b>	<b>30</b>	<b>31</b> <b>Happy</b> <b>Hallo-</b> <b>ween!</b> <b>Regular</b> <b>Classes</b>	<b>1</b>	<b>2</b> <b>Degree</b> <b>Testing</b> <b>7 pm</b> @Blessed Sac. School	<b>3</b> <b>First Degree</b> <b>Black Belt</b> <b>Test 2 pm</b> @Blessed Sac. School
<b>Leadership Weapon of the Month: <i>NUN-CHUKS</i></b> <i>Next Month: Escrima Sticks</i>						