

Task Karate July 2018 Newsletter

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Visit our website <http://www.taskkarateschool.com/>

Or facebook page <https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

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Beach and Ice Cream Party Gold Star Event!

Meet at the North-side beach for swimming on Saturday, July 14th, at 4pm, then ice cream at 6:30! At 7pm we will have our Gold Star beach workout! Eskrima sticks and eku bo! Students and their friends and families are invited!

Upcoming Schedule Changes to be Aware Of!

- Friday, July 20th, Special schedule. Lil' Dragons, 4 to 4:45, Teen and adults 5 to 5:45, eskrima 5:45 to 6:30, then I have class in Winona!
- Saturday, July 21st, closed for karate tournament in Winona.

Sensei Demura

As you know Sensei will be at Task Karate July 23rd! He will be leading a karate seminar from 6:30 until 7:30, and a batto (sword) seminar from 7:45 to 8:45! Please consider attending this event! Here is a video of his 2018 lifetime achievement award! <https://www.youtube.com/watch?v=ZmAWXJGzWkw>

Germany

Ms. Yehle, Brenner and I will be representing IS3 La Crosse at the 2018 Eskrima International summer camp! Task Karate will be closed from Monday July 23rd (with the exception that Sensei Demura will be here doing seminars that day) and re-open Tuesday, July 28th. Ms. Yehle has put together a packet of information on the seminar, and a practice guide for while we are gone. If you do at least 90% of the training, you will get a three-class credit and a gold star! If you are interested in learning more about the summer camp that we will be attending, here is a link to the info! <http://www.ei-camp.eu/>

Support the Free Tournament- Can You Help?

I will get you coupons here soon same as previous years. What I am asking is if we could have 4-6 volunteers to be at North Country Steak Buffet at 3pm on July 26th. The fundraiser itself goes from 4p - 8p and all volunteers get fed for free afterwards courtesy of NCSB! The same deal we got in the past applies where we get to keep all tips and if you have a coupon then NCSB donates \$1 per meal price to us. Thank you so much for being willing to help out! Please let me or Matt Brigson know if you can help! mattbrigson@hotmail.com

Stretching Machine!

Like new versaflex stretching machine, already assembled! \$200 or best offer. Follow the link for a photo and description.

<https://www.centurymartialarts.com/shop/training-gear/fitness-gear/versaflex-2-0-1558>

2018 COULEE REGION FREE TOURNAMENT!

AUGUST 19, 2018

This year's free tournament is going to be held at the Onalaska High School in Onalaska, WI. The doors will open at 9am until 10:30am for registration with the tournament kicking off at 10am. Yes you read that right, it is free to compete in the tournament! All styles of Martial Arts are welcome to compete in the Forms, Weapons and Sparring divisions! The rules that will be used at the tournament are from the NCKA, the official rulebook can be found [HERE](#). Due to

School District rules, only wooden bokkens for Sword forms will be allowed. Team Forms are to be a minimum of 2 competitors to a maximum of 9!

Everyone is welcome to come watch the tournament, it is free to come watch! If you have any questions regarding any of the styles you see at the tournament you are more than welcome to go ask questions of the participants about what school they go to and what style of martial art they train in.

Here is a link to the website! Pre-registration is appreciated!

<http://www.wmaproductionsinc.org/>

Also Coming Up!

- Friday, August 3rd, 5:45 to 6:30, bring your parents to class!
- Friday, August 10th, beginner, and August 17th advanced testing 5:45 pm
- Saturday August 11th, 2 to 5 pm. Self-defense and awareness class geared towards young men and women heading off to college! \$30
- Thursday, August 16th, no classes, Task Karate day camp and school picnic, Myrick Park. Day camp is from 2 until 5 and the cost is \$20. The picnic starts after 5, and we will plan to start eating at 5:30! Watch for more details.
- Saturday August 18th, 1 pm, tournament run through!
- Sunday, August 19th, Coulee Region Free Tournament Onalaska High School 9 am registration, 10 am black belts, 11:30 under black belts!
- Friday and Saturday August 24th and 25th, outdoor classes and camping at Whispering Pines campground. Friday night class 6 pm, Saturday morning 9 am. No classes at Task Karate these days.
- Friday, August 31st, fun and fitness! 5:45 pm



July Birthdays!

4th, Darien Washington 13th, Anne Nyseth

15th, Taylor Clayton 23rd, Mitchell Nyseth 28th, Kyra Osley



June Rank Promotions

Gold Belt

Aubrey Crawley

Isabella Beville

Savannah Hall

Cyra Wilkins

Red Belt

Kai Vargas

Brown Belt

Mitchell Nyseth



Ekú Bó!