

# Task Karate April 2010 Newsletter

Task Karate School

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## Special Schedule for this week

We will be having a few changes for this week. On Thursday all Green Belt and above kids will have class from 5 to 6. We will do half class, half sparring. All of the other classes are still on for that night. Friday night we will not have regular classes. We will have tournament practice for all students from 5:30 to 6:30, and open adult classes from 6:30 to 7:30. We will also be closed on Saturday. I will be attending a tournament and seminars with Sensei Demura in Kansas, and many of our students will be participating at the La Crosse County Tournament at the West Salem High School! The tournament starts at 10 am. Try to attend, or go watch!

## Stick Seminar with Mr. Halverson Wednesday night

We will be having a seminar during the weapons class Wednesday, April 21st. There is no charge for the seminar, please bring your sticks if you have them! Class is from 7:30 until 8:15.

## La Crosse Fitness Festival

The fitness festival will be May 1st and 2nd. I know of at least 5 people from our school that are running the half marathon! (13.1 miles!) Come down to Myrick Park to join in the excitement.

<http://www.lacrossefitnessfestival.com/index.html>

## Website of the Month!

Kelly Rudolph's blog is loaded with safety tips for yourself and your family. Check it out here;

<http://personalsafetytrainer.com/blog/>

## Quote of the Week!

To accomplish great things, we must not only act, but also dream, not only plan, but believe!

## March Rank Promotions

Dragon Gold Belt

**Tyler Young**

**Abe Osley**

**Benji Backstrand**

Dragon Orange Belt

**Emily Ross**

**Sophia Spilde**

Gold Belt

**Cho Reyes**

**Marty Backstrand**

Orange Belt

**Stella Wolfgram**

**Logan Roisum**

**Abraham Oldenburg**

**Amos Magnuson**

**Kasey Wing**

**Lakota Cerda-Reyes**

**Ocean Cerda-Reyes**

**Alisha Pfaff**

Blue Belt

**Taylor Rakes**

**Drake Barreyro**

**Brandon Gregerson**

Red Belt

**Paul Cassem**

**Lauren Gerke**

**Thomas Gregerson**

Red Belt

**Andy Klinge**

Brown Belt

**Chris Schleifer**



Lil' Dragons in action at the family fun fair demo!