



Task Karate April Newsletter

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One Year and Growing!!!

In April 2003, Task Karate opened for classes on Saturday and Sundays. In May we went full time, and have been growing continually ever since! It has been a very exciting time for me. The dedication and support of the members and their families is amazing! I want to thank you all very much. A few things to look forward to in the next year are; some small changes to the curriculum, more equipment like mats for falling and tumbling. New forms, weapons seminars, and last but not least we are going to have to find a bigger location. I am aiming towards the end of the year, but will be looking and planning now. If you have any ideas or input, please let me know! Thanks again for your dedication and support!

Rank Promotions

Wow! March was a very busy month for testing. Promoted to Dragon Gold Belt, **Sam Lubinsky, James de Lambert, Max Olson, and Sam Olson**. Receiving the Dragon Purple Belt, **Abby Helmke!** Gold Belt goes to **Nick Lubinsky, Landon Rudy and Cohan Nelson**. The new Orange Belts are **Karen Smart, Steve Smart, Connie Mumau, and Tom Locante**. Purple Belt goes to **Renee Jakobi and Nickolas Mueller**. Promoted to Blue Belt, **Jim Richason**. The new Red Belts are **Jay Smith, Doug Nichols, Logan Snyder and Hallie Snyder**. And last, but not least our newest Brown Belts are **Pam Kaiser, Abby Hamamoto, Andy Richason, Paul Gerber, Christina Locante, Anton Proksch and Eli Smith**. Congratulations everyone, your hard work and dedication paid off with a great test and a new belt!

Birthdays

Wish the following Task Karate members **Happy Birthday** this month! **Ali Hamamoto** on the 2nd, **Zakkery Trudeau** on the 20th, **Tim Kumbier** on the 22nd, and **Jacob Schmidt** on the 23rd!

Task Karate T and Sweatshirts

In celebration of our successful completion of our first year, Task Karate T-shirts are on sale for half price this month. **Six bucks?** That can't be right. I will also be placing an order for the sweatshirts and hooded sweatshirts April 9th, so let me know if you would like to get in on that order. The price for the shirt is \$19 for the crew neck and \$25 for the hooded. Champion brand crew neck is also available for \$32. Grab a flyer at the school for more information.

One Year Membership

Congratulations and thanks for your dedication to the following students who celebrate one year at Task Karate. **Trevin Thomson, Mason Thomson, Pam Kaiser, Abby Hamamoto, Ali Hamamoto, Jim Richason, Andy Richason, Megan Richason, Erik Daily, Dan Smart, Brian Smart, Janelle Parcher, Paul Gerber, Jay Smith, Jeanette Smith, Eli Smith, NJ Smith and Sandi Shefelbine.** Thanks and keep it up!

Membership Special

One of our green belts, Pam Groth, is a nationally certified massage therapist at Barge, Berkley and Rusak Chiropractic Clinic at 322 Cameron Ave. in downtown La Crosse. She practices deep tissue massage, Swedish massage and some pregnancy massage. Some of the benefits of massage are improved flexibility, increased circulation, and elimination of metabolic wastes and release of tension. Pam will give you \$5 off your services for the month of April. Business cards are available at the Karate school.

Tournaments

Task Karate has been doing very well at the last few tournaments! There are a few more coming up in April and May. See the flyers at the school or ask me for more information. **No classes will be held Saturday, April 3rd**, so we can attend the La Crosse area schools tournament at Valley View Karate. Good luck to all who plan to attend!

