



Task Karate August Newsletter

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Sticks and Stones...

On the last portage, on the last day of my Boundary Waters trip, I slipped on a rock and broke a bone in my foot! I'm scheduled to have my cast off September 3rd. At that time I will get a walking cast, or a wooden shoe of some sort. Sorry for any inconvenience!

Karate Fest

We will be closed Saturday, August 2nd, to be able to attend the Karate Fest Tournament and Hawaiian Lau in Eau Claire. Come up to compete, watch, or to spend the day at the Lau, (Altoona Park). If interested, pick up a flyer at the school. I will hold make up classes on Sunday, August 3rd. All Adults 10 to 11, and all kids, 11 until 11:45. There is also a demo practice at 1:30. The demo is on the blacktop, so please wear a light tennis shoe of some sort.

Demonstrations

We have our first Karate demonstration scheduled at the La Crescent Crucifixion Church Carnival, which will be held on Sunday August 3rd, at 3pm. The church is at 407 S. 2nd St. in La Crescent. Please attend the demo practice at 1:30 that day if you can participate.

T-Jo's Pizza will be having Customer Appreciation Days from August 4th through the 10th. On Saturday, the 9th, they will be having a celebration in the parking lot from 11am until 3pm. There will be prizes, games, a dunk tank, and a lot of other fun things to check out. We are scheduled to do a demonstration at noon. All students are invited to participate. Please wear a light shoe of some sort, as we will be in the parking lot. Also, we are offering a free class at the school at 2pm. We will have to cancel the noon sparring, and 2pm Bo class.

Birthdays

Please say Happy Birthday to the following Task Karate members;

2nd **Jim Richason**

11th **Malachy Stromberg-Windau**

15th **Ethan Proksch**

23rd **NJ Smith**

Promotions

The first Task Karate Promotional Testing went great! Congratulations to the newest Gold Belts; **Pam Groth, J. Peaslee, Jeanette Smith, and Mitchell Thompson.**

The next test will be held on August 6th, at 5pm. Feel free to come and watch!

Membership Special for August

The Groomery, located at 1702 George St., Will offer 10% off a full groom of your pet. Call 781-PETS and mention Task Karate for your savings.

You can also save \$100 off the regular price of the Versaflex Stretching Machine (page 105 in the Century Catalog).

At a Glance

August 2nd No classes, Karate Fest Tournament and Lau

**August 3rd (Sunday) Special Classes 10 am All Adults, 11am All Kids
1:30 Demo Practice 3:00 Demo in La Crescent**

August 6th 5pm Promotional Testing

**August 9th T-JO's Customer Appreciation in Parking Lot 11am until 3pm
No Noon (Sparring) or 2pm (Bo) Class.
Demo at Noon.**

