

# Task Karate August 2014 Newsletter

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## Facebook

please check out and "like" the Task Karate page!

<http://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491?ref=hl#!/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Wanna be my friend?

<http://www.facebook.com/randy.thomson.10>

## 5th Friday, Fun and Fitness Class!

August 29th, 5:45 is fun and fitness class!  
Games, relays and lots of fun ways to work out!  
This is open to all students, all ages!

## Tournament Warm up

Saturday, August 23rd we will have a tournament warm up after classes.  
(12:45 until we are done)  
Board breaking, weapons and sparring.

## Miss Wackett

Help Miss Susan Wackett raise money for the WKC World Championships in Dublin, Ireland this year.  
Competition will be from Oct 3rd-9th.  
This is Miss Wackett's 4th year on the World Karate and Kickboxing Commission, Team USA.  
Any donation is greatly appreciated. Thank you.

## Free Tournament/Gold Star!

Hope to see you there! Sunday, August 24th, Onalaska Middle school.

If you haven't already registered, please get there early (9 am) and the tournament starts at 10 with Black Belt board breaking!

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

If you are not competing, come watch and cheer on your school!

## Eskrima Seminar

The founder and head instructor of our Eskrima style, Suro Emanuel Hart will be visiting the United States in September, and he is coming to Task!

No regular classes Saturday, September 13th!

We will be having seminars so our karate student can have a chance to train with him!

Also I will be in Madison Saturday September 20th for more eskrima training.

Mr. Cully Lee will be teaching classes this day!

Don't miss a chance to train with this awesome Martial Artist!

## Bike Trail Tunnel Hike! Gold Star Event!

Saturday, Sept 6th we will head up past Sparta and hike the mile long bike trail tunnel.

I will promise to pay attention, not miss our turn, and cause us to go all the way to Tomah this time!

Leaving the school as a group at 1 pm!

You have to sign in to facebook to see this video

<https://www.facebook.com/photo.php?v=10152082213855136&set=vb.502880135&type=3&theater>

## Quote of the Week

*Being deeply loved by someone  
gives you strength, while loving  
someone deeply gives you courage.*

• Lao Tzu



August Birthdays!

1st **Micah Muehr**

5th **Carissa Hanson**

8th **Nathen Herzer**  
**Mackenzie Otterson**

10th **Joshua Palaske**

17th **Conley Beers**

19th **Todd Mitchell**

21st **Mikiyah Test**

22nd **Gabby Locher**

23rd **Rachel Greany**  
**Ronin Staffaroni**  
**Susan Wackett**

26th **Mary Lehrman**

27th **Alysa Hunter**



## July Rank Promotions

Dragon Orange Belt  
**Nathan Flottmeier**  
**Evelynn Vue**

Orange Belt  
**Samara Sherin**  
**Isabella Braithwaite**  
**Morgan Kakuska**  
**Alex Kakuska**

Green Belt  
**Lance Moe**  
**Niki Leone**  
**Dawson Ekern**

Purple Belt  
**Cashton Myers**

Blue Belt  
**Kolton Mattison**  
**Joe Mattison**

Red Belt  
**William Bishop**