

Task Karate August 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>

Be my friend! <https://www.facebook.com/randy.thomson.10>



Sensei Demura at Task Karate!

Thanks to all that were able to attend the seminars! Special thanks to Mr. Daily and Mrs. Nyseth for hosting the class.

Self Defense Seminar Saturday, August 11th! 2 to 5 PM

Task Karate is offering a self-defense seminar for anyone interested in learning how to avoid an aggressive encounter and basic techniques to use to keep yourself safe if you find yourself in that situation. We will discuss keeping safe in school to include the college setting as dependent on the make-up/needs of the

participants in the class. The seminar cost is \$30. This seminar is an eye-opening experience! It is a tremendous opportunity for teens (+13) and adults of all ages. To register please contact Randy Thomson at Task Karate. 608-781-TASK(8275) or e-mail taskkarate@gmail.com

Task Picnic

Thursday, August 16th, we will have no regular classes at Task, (9:30 am class is still on) we are having our Task Karate school picnic at the Myrick Park main shelter. (Day camp is canceled, sorry for any inconvenience.) Please start to arrive at 5, and we will plan to start eating around 5:30! Please bring a dish to pass. I will supply drinks, cups, plates, and silverware. We will play steal the bacon, break a piñata, and have a chance to hang out with the really cool families of Task Karate!



15 Year Anniversary Shirts Still Available!

Although you won't look as cool as these two, you can still get a Task Karate 15-year Anniversary shirt! T-shirt are \$18 and hoodies are \$30. Order yours asap, I sure appreciate your support!

Sunday, August 19th, Coulee Region Free Tournament!

It's finally here! Many of our students have been training for months to prepare for the tournament. All students should consider competing, or at least going to cheer on their classmates. At Task Karate on Saturday August 18th we will have a free class, a tournament run through at Noon! The tournament will be held at Onalaska High School. The schedule is 9 am registration starts, 10 am black belts, 11:30 under black belts! Pre-register here! <http://www.wmaproductionsinc.org/>

Outdoor Classes and Camping at Whispering Pines!

No classes at Task Karate school on Friday and Saturday August 24th and 25th! We will be having a free outdoor classes, and camping at Whispering Pines Campground which is north of Holmen. Friday night class 6 pm, Saturday morning 9 am. (One-hour classes.) No charge for the classes. If you would like to stay and use the campground facilities, you will need a day pass. They have an awesome swimming pond and many other fun things to do! Many of us will also be camping Friday and Saturday night. Mention you are with the Task Karate group so they will put you in our area, and you will receive a discount as well! Thanks to Janelle Parcher for letting us use the campground! Here is a link to there website! <https://whisperingpinescampground.net/>



5th Friday, August 31st, Fun and Fitness!

5:30 pm, games and exercise! All ages and ranks are invited to play!



Probably play



Tunnel Hike, Gold Star Event!

Saturday, September 8th at 12:15 pm we will leave the school as a group and go to an access point on the Sparta/Elroy bike trail and walk through the mile-long tunnel. When they cut the tunnel they hit a natural spring and water drips down from the ceiling, so you might want to wear a hat or rain coat, and bring a flashlight. It's about an hour drive to the access, so plan on three hours. I saw a ghost in there once

<https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10152082213855136/?type=3&theater>

Maple Leaf Parade and Road Races

We will be closed September 29th for the Maple Leaf Parade and road races. If you are a brown belt, you can participate in one of the races and earn your fitness challenge stripe! It's also a gold star event! I will be running the 5 mile race this year. If you are in one of the races, sign up for the "Task Karate" team! Here is a link to get more information or to sign up.

<https://www.laxymca.org/events/maple-leaf-walk-run/>



August Birthdays!

5th, Carissa Hanson 11th, Elsie Gautsch, 23rd, Susan Wackett, 24th, Elijah Goodman 28th, Lance Moe



July Rank Promotions

Dragon Orange Belt

Adam Rehman

Dragon Purple Belt

Bjorn Larsen

Kaiden Brush

Orange Belt

Oliver Peterson

Amanda McConaghy

Grace McConaghy

Christian McConaghy

Patience McConaghy

Carter Wilkins

Skylar Wilkins

Black Stripe Brown Belt

Elli Johnson

The 6th Annual

***COULEE REGION
FREE TOURNAMENT***



August 19th, 2018

Onalaska High School, Onalaska WI

9am – Registration 10am – Black Belts Start 11:30 Underbelts Start

Board Breaking, Sparring, Team Forms, Forms and Weapons (no swords, bokkens only)

Cost: FREE!

Spectators: FREE!

Watch live at <http://www.twitch.tv/TripodGG>

PRE-REGISTER NOW! www.wmaproductionsinc.org