



Task Karate December Newsletter

1100 Kane St. La Crosse, WI 54603 (608) 781-TASK (8275)

E-Mail TaskKarate@msn.com

Group Web Site <http://groups.msn.com/TaskKarate>

New Schedule, Holiday Hours and Promotions

The new schedule seems like it will work well. Please let me know if you have any problems or concerns. We will be close for the holidays Thursday, December 23rd and reopen for classes on Tuesday the 28th. We will also be closed New Years Eve and New Years Day. We will be having special sales prices from now until the 22nd. Gear or uniform orders of \$20 to \$49 save 10%, \$50 to \$99 save 15%, \$100 and over save 20%! Sorry, the sale does not apply to screen printed or monogrammed items, or the already low Century package deals!

Sparring Class

We will have a special class to **try out sparring**. No gear is required. The adult class will be held on **Thursday, December 9th, at 6:45**, and the kids class will be held at **2:30 on Saturday, December 11th**. FYI any student Gold Belt and above can start sparring. Purple Belts and above will have to demonstrate the ability to spar on their next belt exam. Check out the class to find out more about it!

Rank Promotions

Congratulations to the following students; **Camden Ellingson**, Dragon Orange, **Alex Cassem**, **Maggie Helmke**, and **Joe Bond**, Dragon Green, **Michael Abraham**, Dragon Purple, **Anton Sime**, **Claire Trussoni**, **Hayley Anderson** and **Allan Mach**, Gold Belt, **Abby Helmke**, **Christian Wilder** and **Mason Thomson**, Orange Belt, **Tom Locante**, **Andrea De Bauche** and **Lucas Stromberg-Windau**, Purple Belt, **Eli Smith**, **Andy Richason**, **Anton Proksch**, **Christina Locante**, **Abby Hamamoto** and **Pam Kaiser** to Black Stripe Brown Belt. One step closer to **Black Belt!** Great job!!!

Birthdays

Be sure to say Happy Birthday to **Sam Lubinsky** on the 7th, **Alex Joseph** on the 11th, **Keyara Tabbert** and **Joyce Hathaway** on December 24th and **Tom Locante** on the 26th! Happy Birthday!

New Years Day Party

My second annual **New Years Day** party will be held at the Myric Park Gun Club Shelter. Activities may include a hike, sledding (if there is snow) or just sitting by the fire and socializing. Stop in anytime between 11 and 5! Bring board or card games, sleds, firewood, Chili, snack, hot or cold drinks, or just your self!

Coulee Region Business Center

I am very happy here at the **Business Center**. They have one or two spaces available if you know of anyone that is interested. Here is some info on a couple of the businesses; **Pine Creek Ridge Cheesecake** offers a wide range of flavors. They have 2.5 or 5lb cakes available. Call Cindy or Tom Wright for more info at 507-895-3829. **TCSP Custom Screen Printing** is your one source for custom screen printing. Call Boyd Grant at 782-6701 or stop in, they are right next door!

Mr. Lopez Kenpo Seminar

I am happy to offer a **Kenpo Karate seminar** lead by **Mr. Eric Lopez**. He is a motivating teacher and awesome technician! The seminar will be held **Thursday, December 30th**. The kids seminar is from 4 to 5, and the adults from 6:45 until 7:45. **The fee is \$10 per person**. The advanced kids will attend class with the intermediates that day, (5:15) and there will be no sparring class. Don't miss this!

The New Year and Goal Setting

Why are goals important? Because without them you don't go anywhere! Whenever you see anything worthwhile being done anywhere, it is because someone is behind it with a passion, a belief and a goal! When it comes to your personal life and your business, goal setting makes the difference between mediocrity and excellence and accomplishment. In short, what follows is a blueprint for success in goal setting. **1. Develop a DESIRE** to achieve the goal. The desire must be intense. How do you intensify desire? Sit down and write out all the benefits and advantages of achieving your goal. **2. WRITE** your goal down. Once it goes into writing it becomes substantial and starts etching itself into your subconscious. **3. IDENTIFY** 1) the obstacles you will need to overcome, and 2) the help you will need to acquire, e.g. knowledge, people, organizations. In each case write them out in a clear list and analyze them. **4. DEADLINE** your goal. Analyze where you are now in relation to the goal and then measure how long you will reasonably need to complete the goal. Then set the latest outside date. **5.** Take all the details of steps 3 and 4 and make a **PLAN**. List all the activities and prioritize them. Rewrite the list, optimize it, perfect it. **6.** Get a clear **MENTAL PICTURE** of the goal already accomplished. Make the mental image crystal clear, vivid in the mind's eye. Play that picture over and over in your mind. **7.** Back your plan with **PERSISTENCE** and resolve. Never give up even when you hit setbacks. Compiled from the internet at <http://www.about-goal-setting.com/> .

