

2004!

# Task Karate Newsletter

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## Happy New Year!

I am very excited about the possibilities that the New Year will bring! I believe that this will be a huge year for Task Karate and its members. Thanks again for your support. If you have any questions or concerns, please give me a call or drop me an e-mail.

## Tournaments

The first tournament of 2004 will be the Twin Cities Open, to be held on January 11<sup>th</sup>. Flyers are available at the school. Let me know if you have any questions about attending or competing in tournaments. Good luck to all those who plan to attend!

## Birthdays

Wish these members Happy Birthday this month! **Alli Plath**, the 4<sup>th</sup>, **Janelle Parcher**, the 6<sup>th</sup>, **Doug Nichols**, the 13<sup>th</sup>, **Randy Thomson**, the 16<sup>th</sup>, **Connie Mumau** and **Abby Helmke**, the 18<sup>th</sup>, **J. Peaslee**, the 25<sup>th</sup>, and **Adam Meyers** on the 31<sup>st</sup>.

## Promotions

Congratulations to the following students who have earned the promotion to the next rank! **Amie, Karen and Steve Smart, Connie Mumau, Tanner Helgeson and Tom Locante, Gold Belt, Pam Groth, J. Peaslee and Mitchell Thompson, Green Belt and Brian and Dan Smart to Red Belt!**

## Black Belt Test

On Saturday, January 31<sup>st</sup> **NJ Smith** will be testing for his **Black Belt!** He has been working hard and will do a great job. The test will be held at the Trinity Lutheran Church, 1010 Sill St. in La Crosse. The event will start at 1 PM with the Brown Belts testing for their form and traditional movements stripe. There will be no classes after 12 noon that day, so come check out the test and cheer NJ on.

## Membership Special

The membership special for January is \$5 off the small hand targets. Choose from the regular pads that we use at the school, or from the power-line style, which is bigger with more padding. Various colors are available. (See page 112 in your Century catalog).

## Brazilian Jiu Jitsu Seminar

Bob "Beefcake" Mrotek will be leading several seminars at Valley View Karate Martial Arts Center on January 9<sup>th</sup> and 10<sup>th</sup>. Jiu Jitsu is a grappling art. Flyers with times, cost and location are available at the school.

# Seven Habits of Highly Successful Martial Artists

By Joseph Galea

Regardless of how old you are or what rank you have earned, most martial arts students share a common goal... to be the best they can be. Sure you may never be able to leap five feet in the air, flip, and accurately side kick your target. But, in reality what matters is that you are striving toward your personal potential. Follow the *Seven Habits of Highly Successful Martial Artists* to help you get there.

**Habit One** *Be There:* Getting to class is important not only to continue your learning but to provide you body with the routine of physically and mentally utilizing your knowledge.

**Habit Two** *Practice:* Reviewing at home what you learn in class is critical if you want to master your skills. Furthermore, home practice makes your class experience more beneficial and comfortable. Practice anything new you learn in class for five to ten minutes as soon as you get home that day.

**Habit Three** *Eat Right:* You are what you eat. Eat healthy and your body will pay dividends when challenged. Good nutrition is a necessity for peak performance.

**Habit Four** *Stretch Daily:* Muscles that are stretched regularly become more flexible and are less prone to injuries. Flexible muscles can help you body perform techniques with an amazing degree of speed, accuracy and power.

**Habit Five** *Meditate:* Just take five to ten minutes a day by yourself; close your eyes, relax and breathe deeply. Visualize yourself performing challenging martial arts techniques perfectly. Doing this can help you fine-tune your techniques.

**Habit Six** *Teach:* Help a fellow student or teach yourself. The teaching process actually “hard – codes” information into your brain and helps you learn faster. Stand in front of a mirror and verbally teach yourself how to perform a technique. Make necessary corrections and positively reinforce yourself.

**Habit Seven** *Set Goals:* Have you officially set Black Belt as your goal yet? Have you set a specific time-line to achieve that goal? What are your goals? A goal set is a goal already half completed.

**Follow these seven habits of highly successful martial artists and you’ll achieve your true martial arts potential... and you may surprise yourself at how incredible your potential actually is!**

