



Task Karate July Newsletter

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Fourth of July Weekend

Happy Fourth of July! We will be closed on Friday the 4th, and will have a special schedule for Saturday the 5th. It's still not too late to be a part of the **Chileda Classic** walk/run that will be held near Riverside Park. The 10K starts at 7:30, and the 5K, (3.1 miles) which most of team "Task Karate" will be participating in, starts at 7:50. You can register at the Radisson Hotel July 2nd through 4th from 11 a.m. until 6 p.m. I will pick up our Team's packets (over 25 participants!) and have them at the school for you to pick up on Wednesday or Thursday. Try to meet near the back of the pack on the south side of the street at 7:40 for a Team Photo! If you don't feel like participating, just come down and join in the festivities at the finish line! **Special class times** for that day are: **All Kids** (including Lil' Dragons) 2 until 2:45 and **All Adults** 2:45 until 3:30. **NO UNIFORMS REQUIRED!**

Summer Heat

HOT, HOT, HOT! If it gets hotter than our little air conditioner can handle, let's go ahead and wear a T-shirt to class. I really prefer that the students wear a Karate uniform, so please let's limit this to the hot days.

First Task Karate Testing

Our first group of White Belts will be testing for their Gold Belts Wednesday July 2nd, at 5:00 p.m.! They are well prepared, and should do an awesome job! Watch next month's newsletter for the results, or come on in to cheer them on!

Birthdays

Be sure to wish Happy Birthday to **Bradly Judkins** on the 2nd, **Dylan Thomson** on the 4th, **Brian Smart** on the 6th, **Dan Smart** on the 9th, and **Lucas Stromberg-Windau** on the 14th!

Parking Lot

The new signs in the parking lot are not meant for us. Please make sure not to park against the fence.

Bo Class Outside

I would like to do the Bo class outside on Saturdays to give us some more room and to get some fresh air! There is a nice spot 2 blocks away at Franklin School, near the corner of Charles and Gillette. The uniform will be T-shirts, Karate pants, and Tennis shoes. If you are in the Bo class, please try to have these items available.

Seminar

We have a unique opportunity to meet and train under a living legend of the Martial Arts, Sensei **Fumio Demura**. The seminar will be held at the Winona Family YMCA, 207 Winona St. on Sunday July 20th. Sensei Demura is honored worldwide as one of today's leading traditional Karate teachers. He helped create the *Karate Kid* series of films and appeared in that series as "Mr. Miyagi's" stunt double! The traditional style of Karate is fairly serious, and may not be for the youngest students. There is an adult only Sword seminar at 10:30, then a Karate-Do seminar from 11:45 until 12:45, lunch from 12:45 until 1:30, and then an Okinawan Weapons seminar from 1:30 until 2:45. The weapons are; Kama, Bo, Nunchucku or Tonfa. The fees are \$15 for one seminar, \$25 for two, or \$35 for three. Let me know if you have any questions or contact the head instructor, Fritz Speck at 507-452-5009 or fspeck@smumn.edu.

Membership Special – Swimming and Ice Cream!

The July member special is swimming on me! Meet July 12th, from 6 until 7:45 at the North-side Community Pool on the corner of Sill and Liberty St. For friends and other family members, swimming is just \$1. Afterwards, I will have ice cream cones for all of us! The rain date is July 13th, at the same time.

Board Breaking

I-Ya! On Friday July 18th, we will have optional board breaking in all of the classes! If you would like to give it a try, call Gary of Braund Lumber at 783-5400 to purchase your boards. There are three difficulty levels. The standard board is 12 by 12. It's a little easier to break a 12 by 10 board. These boards are \$1.25 each. The easiest to break are the 12 by 12 boards planed down to ½ inch. They sell for \$1.45. 3 to 6 boards would be fine. Advanced Adult students should attend the 7:00 class. You can still attend class without participating in the board breaking. Bring your camera!

BWCAW Trip

I've been published! I wrote a story about some of my adventures and it has been included in the summer issue of a magazine called "The Boundary Waters Journal!" The school will be closed from July 23rd until the 26th for this years trip. This will be my eighth annual trip to Canoe Country! Watch out for fish stories on Monday!

Tournament – Extra Practice Times

Karate Fest and Hawaiian Luau will be held in Eau Claire WI on Saturday August 2. The school will be closed so we can attend. If you haven't been to a tournament before, or have questions, please let me know. Anyone that would like to leave as a group, meet at the school at 8:30, or head up on you own. After the tournament there is a Hawaiian Luau at Altoona Park, (bring your swim suit). You can pick up a flyer at the school. I will have the following extra classes to prepare for the event. **July 9th, 5 p.m., July 17th, 7 p.m., July 30th, 5 p.m. and July 31st, 7 p.m.** We will cover forms and sparring tips. (No actual sparring, bring hand gear.) I will have special classes on Sunday to make up for closing on Saturday! **All Adults 10 a.m. until 11, All Kids, including Lil' Dragons 11 until 11:45, and 1:30 Demo Practice.**

Demonstrations

We have two demos set up for August. The first is Sunday the 3rd, at 3 p.m. at the La Crescent Crucifixion Church Carnival; and then Saturday Aug 9th at noon, for T-Jo's Pizza customer appreciation party. We will have to cancel the noon sparring and the Bo class for the demonstration on the 9th. **All Students** can participate in the demonstrations. We would like people to see what students of all levels can do.

Hike!

Meet behind Famous Dave's near the Mall at 9 a.m. on Sunday the 13th. We will drive to the Coulee Experimental Forest near Barre Mills. It's about a two hour hike, with a good uphill climb! Bring water, sunscreen and bug spray.

How's it Goin'?

Let me know if you have any questions, concerns or comments. Thank you so much for your support of Task Karate!

