

Task Karate June 2010 Newsletter

Task Karate School

1100 Kane St.

La Crosse, WI. 54603

608-781-TASK (8275)

E-Mail: taskkarate@msn.com

Website: www.taskkarateschool.com

<http://calendar.yahoo.com/taskkarate>

Yoga class

Master Instructor Jeff Halverson will be leading a class Sunday June 20th, from 7 to 9 pm. See the flyer at the school for more information. The cost is \$5.



Student Art-Work



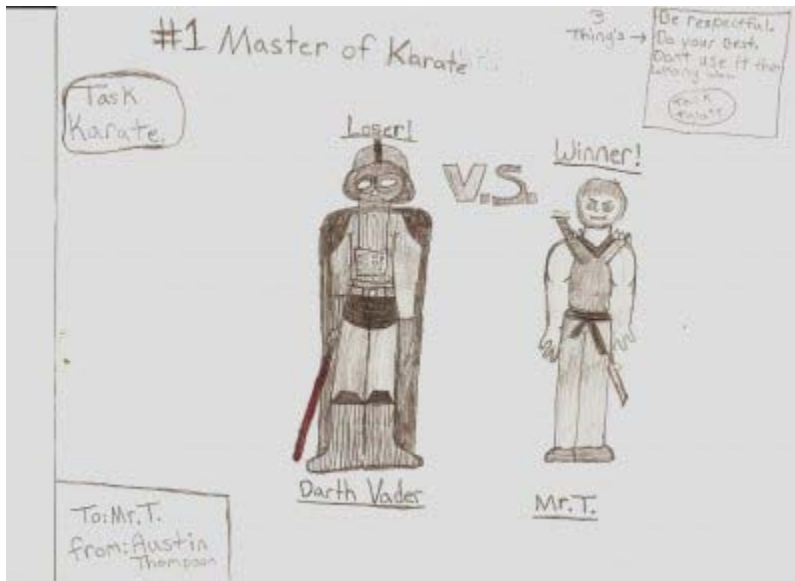
Sam and I



Alec, Mr. Cassem and I



looks like T-3



Victorious over Darth Vader

Task Karate at the Karate Kid!

We are going to the movies! Saturday, June 19th, at 4 pm.

The cost is \$5.50 per ticket. Please sign up asap so we can let them know how many seats to reserve. (We have close to 50 going already!)

Flag Day

Happy flag day! We have a new Task Karate t-shirt design available just in time for the 4th of July! Please place your order at the school or by e-mail.

Kids sizes, s, m, l and adult sizes s, m, l, xl and xxl
only \$12!



Sensei Demura at Task Karate

My instructor from California will be making his annual visit to Winona and has agreed to visit our school again! He will be here on Monday, July, 19th.

He will be teaching a Karate, self defense seminar from 6:30 to 7:30 pm and an Okinawan Kobudo seminar (eku bo) from 7:45 to 8:45. The eku bo is a paddle used by fishermen for self defense! (You should have some knowledge of the bo to attend this seminar.) The cost for one seminar is \$30, and 2 is \$40.

One of the biggest thrills of my career was hosting Sensei at our school. It would mean a lot to me if we could get a lot of our students, kids and adults, to attend! Thank you so much.



Chileda Classic/Gold Star event/No Classes

Once again Task Karate will have a team in the Chileda Classic. The races are July 3rd, with the first race starting at 7:30 am. They have a 10k, 5k, and kids race. Here is the brochure <http://www.chileda.org/classic/50912010ChldaBrch.pdf>
You can run or walk, (the 5k is 3.1 miles.) and it's for a good cause. No classes this day.

Quote of the Week!

"Every new beginning comes from some other beginning's end."

~ [Seneca quotes](#) (Roman philosopher, mid-1st century AD)



Rank Promotions

Dragon Gold Belt

Eli Trister

Cameran Litsheim

Jake Rodriguez

Dragon Orange Belt

Tyler Young

Benji Backstrand

Abe Osley

Dragon Green Belt

Destin Wentz

Gold Belt
Andy Pollock Jr.
Mason Stokke
Conrad Madson
Brianna Ernst
Orange Belt
Marty Backstrand
Green Belt
Lance Gunter
Purple Belt
Kim Cassem
Marc Fortney
Black Belt
Michael Abraham

