

Task Karate June 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>



Self-Defense Classes

We will be offering some self-defense classes geared especially towards young women heading off to college. The class will be held on Saturday, June 16th from 2 to 5 pm. The cost is \$30. Follow the link to our Facebook event for more information. We will also be holding the same class July 7th, and August 11th. This class will be eye opening! It would be a good class for any women or teen to attend. <https://www.facebook.com/events/243642899719897/>



Tip #1. Pay attention to your surroundings when out in public.

15 Year Anniversary Shirt!

Task Karate is now 15 years old! To celebrate we have a new commemorative shirt design. Thanks to the hundreds of students who have trained at our school! T-shirts are \$18, crew neck sweatshirts are \$25 and hoodies are \$30. Please let me know what you'd like by Wednesday, June 27th!



My favorite thing Mr. T Says "line up!"

Closed for Boundary Waters Trip

We will be closed Thursday, Friday, and Saturday June 21st, 22nd, and 23rd for my 22nd annual Boundary Waters trip. This will be my 28th adventure! It's a very special place for me. I am excited to go on the trip with my sons this year. We are hoping to stay on Good Lake, one of my favorite Lakes. Here is a story about it.

<https://www.facebook.com/notes/andy-thomson/it-was-a-good-lake/10152353675345136/>

Fun and Fitness

By popular demand we are making our June Fun and Fitness class a bring a friend day! June 29th, from 5:30 to 6:15! Should we play dodgeball or steal the bacon?

Closed for the Fourth of July Holiday

Closed July 4th. Have a fun and safe holiday!

Beach and Ice Cream Party!

Mark your calendar! July 14th, Fun at the beach, ice cream party and sunset workout! Swimming at 4, ice cream at 6:30, then sunset workout from 7 until 7:45. (Gold Star event.)

Sensei Demura

Sensei Demura will be in the area for his annual July visit! He is also coming to Task Karate. We will have the following schedule changes.

- Friday, July 20th 4 to 4:45 Lil' Dragons 5 to 5:45 teen/adult 5:45 to 6:30 eskrima. Then I have to close down and head to Winona for class!
- Saturday, July 21st, no classes. Come watch the karate tournament in Winona!
- Monday July 23rd, Sensei Demura will be at Task Karate! 6:30 to 7:30 Karate, 7:45 to 8:45 Sword! (Karate is for all students, but the sword is mostly for higher belts or teen/adults.) Let me know if you are interested. Only \$20 for one seminar, \$30 for both!



We do have some swords available to borrow. Otherwise check out page 68 in the Century catalog. Item A or E for kids, or F or G for teens and adults. Please order two weeks in advance to receive in time for the seminar. Unfortunately, I will not be at the seminar! Mr. Daily and Mrs. Nyseth will be helping me out by hosting the seminar!



Ms. Yehle, Brenner and I will be traveling to Germany for eskrima training! Task Karate will be closed Monday July 23rd, and re-open Tuesday, July 31st. Watch for special "homework" that you can do to train while we are gone.

Coulee Region Free Tournament

The tournament will be Sunday, August 19th at the Onalaska High School. Black Belts start at 10. Start working now so you can “do your best” when you compete! Mr. T’s top 5 reasons to try the tournament.

1. When you are preparing for an event like a demonstration, testing, or tournament, you will be motivated to work harder to get ready! Then you will get better!
2. It is good to see students from other schools and styles.
3. When you compete you have a chance to test your skills and see where you stand. If you do good you will know your hard work has paid off. If you don’t do good, you will hopefully be motivated to work harder!
4. It will be fun to be at the tournament and cheer on your friends from our school.
5. It’s free, and it’s in our area!

Check out this website for more information and to pre-register.

<http://www.wmaproductionsinc.org/>

Any Task Karate teen or adult brown or black belts that would like to help with the judging, please attend this seminar on August 4th. (RSVP)

**COULEE REGION
FREE TOURNAMENT**



Judging Seminar

Saturday August 4th, 2018 Noon – 1:30

Glenn Fox Park, Winter St. Onalaska

Red, Brown belts and higher are welcome to attend to learn how to judge at tournaments!

Pizza and drinks will be provided.

**PLEASE RSVP to
mbrigson@wmaproductionsinc.org if you plan
to attend so I can plan food.**



June Birthdays!

4th, Barb Gleason 7th, Lance Baumgartner, 8th, Kolton Mattison 12th, Alex Wing 20th, Dillon Mudgett 24th, Niki Leone 26th, Niki Bergler 28th Jordan Hotchkiss, Peter Revels and Donovan Olson 29th, Nash Nagy



May Rank Promotions

Dragon Gold Belt

Jeremiah Gorsett

Liam Abraham

Gold Belt

Dawson Ekern

Patience McConaghy

Grace McConaghy

Christian McConaghy

Amanda McConaghy

Oliver Peterson

Orange Belt

Andrew Martell

Green Belt

Abram Rehman

Aleksander Terpstra

Purple Belt

Andrew Revels

Wesley Cornett

Blue Belt

Bradley Tschumper

Lexus Gleason

Mike Molden

Black Stripe Brown Belt

Jon Silha

Ashton Newman

Eskrima Student Level 4

Brenner Bertelsen



IS3 La Crosse

Our eskrima program now meets three nights a week! We teach stick, knife and empty hand techniques! We offer a two-week free trial! Here is a video showing some of our styles and techniques.

<https://www.youtube.com/watch?v=AZNgMVL4H-g&t=19s>