

Task Karate May 2010 Newsletter

Task Karate School

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

Michael Abrahams Black Belt Test!
Saturday May 22nd 12:30 pm;
Half Day Schedule



Sept 2004, last day at our first school!

Michael has come a long way since his Lil' Dragon days, and is earning his Black Belt this weekend! Black Belts are welcome to come sit on the panel, and everyone else is encouraged to come cheer him on!

We will have the half day schedule and the tests starts at 12:30 pm.

9 AM all adults and advanced kids, red, brown and black.

9:45 to 10:30 all sparring kids and adults

10:30 to 11:15 kids white through blue

11:15 to 12:00 Lil' Dragons

(No Weapons)

Check out Michael in action at the La Crosse County Tournament

<http://www.youtube.com/user/robabe2#p/a/u/0/8PI0Y0wliwE>

Link of the Week

I did a seminar with Wesley Manko this weekend and had a great time.

Here is his website

<http://www.defenseworks.us/>

and a free campus safety report

http://www.defenseworks.us/products/2009_DEFENSEWORKS_Campus_Safety_Report.pdf

Closed for Memorial Day May 31st



Quote of the Week!

If you train hard, you'll not only be hard, you'll be hard to beat."

- Herschel Walker



Herschel Walker

more quotes

<http://www.topendsports.com/psychology/quotes-motivate.htm>



May Birthdays!

1st **Ethan Alsobrooks**

2nd **Ben Smith**

Gracie Jaeger

3rd **Brett Nichols**

Connor McCannon

4th **Erik Snyder**

5th **Ric Plath**

9th **Sydney Martin**

11th **Lakota Cerda-Reyes**

14th **Cho Reyes**

15th **Kathy Barrett-Helgeson**

16th **Paul Cassem**

18th **Austin Peden**

19th **Duncan Metz-Beard**

20th **Rachel Beauchene**

21st **Dylan Hericks**

Camden Ellingson

Adam Dikeman

22nd **Jay Smith**

25th **Madison Trussoni**

26th **Andy Richason**

27th **Mitchell Thompson**

31st **Avery McLain**

Eli Trister



April Rank Promotions

Gold Belt

Alec Olson

Taylor Olson

Orange Belt

Mai Zoua Vang

Green Belt

Tanner Hemesath

Tod Hemesath

Purple Belt

Alejandro Tofstad