

# Task Karate October 2009 Newsletter

Task Karate School

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## 2009 Diamond Nationals!

Everyone trained hard and did well at the Diamonds!

Here is a list of the competitors, please  
let me know if I missed anyone.

**\*Diva Antony**

**\*Alex Cassem**

**Heather DesRocher**

**Gabe Gregerson**

**Garth Gregerson**

**\*Thomas Gregerson**

**Keegan Kuehl**

**Brandon Lun**

**Alex Thompson**

**Austin Thompson**

**Randy Thomson**

Special congratulations to

**\*Jessica Koenig** and

**\*Susan Wackett** who also train with us!

*\* means 2009 National Champions*

Thanks to all the parents and students, friends and family members  
who supported us and cheered everyone on!

## Black Belt Tests This Month

We have three of our students advancing to Third Degree Black Belt,  
and six going to First Degree Black Belt this month!

The Third Degree Black Belt test is on Friday, October 23rd at 6:30pm.

We will have a special Schedule that day;

**White Belt Kids; 4pm**

**Green through Red Kids (combined class) 5 to 5:45pm**

**All Adults 5:45 to 6:30**

**6:30; Black Belt Degree test**

**7:15 class will be held at 5:45**

Good Luck to Laurie Finn, Dennis and Nathan Fater who are advancing to Third!

On Saturday, October 24th we are holding the Black Belt test. We will also have a special schedule that day;

**9am to 9:45 All Adults and Advanced Kids (Red, Brown, and Black)**

**9:45 to 10:30 Kids and Adults Sparring**

**10:30 to 11:15 White through Blue Kids**

**11:15 to 12:00 noon Lil' Dragons**

**1pm Black Belt test!**

Good luck to testers Diva Antony, Bryce Barrett, Alex Cassem, Nick Lubinsky, Jeanette Smith, and Lucas Stromberg-Windau.

I decided to have everyone test at the same time so we are expecting a packed house. We need as many of our Black Belts as possible to attend this event.

## Halloween Party!

The Halloween party will be from 5 to 6:30 on Thursday, October 29th. You can bring candy to pass out to the kids if you would like, but it is not necessary! We could use some of our teen and adult students to help run the games.

We will not have any regular classes this night.



what will he be this year?

## Gundersen Lutheran protecting smiles with mouthguards

The Gundersen Lutheran Department of Dental Specialists in conjunction with the La Crosse Area Family YMCA is offering sports participants the chance to have custom-made mouthguards for a minimal charge. Dental Specialists staff members will take mouthguard impressions from 8 a.m. to 11:30 a.m. on Saturday, Oct. 25 in the Dental department of Gundersen Lutheran's main campus. Participants can choose from a variety of colors for their mouthguards, even in their favorite teams' colors. Ready-made or stock mouthguards sold in stores may cost less, but do not fit as well and are not as comfortable as custom-made ones. Mouthguards help cushion blows that might otherwise cause broken teeth and injuries to the lips, tongue, face or jaws, which can cost thousands of dollars to treat. Mouthguards may even reduce the incidence and severity of concussions. Mouthguards are \$15. Appointments are preferred but walk-ins are welcome. Call the Gundersen Lutheran Department of Dental Specialists at (608) 775-2617. How long have you had that mouthguard? 🤔 If you are having trouble getting your mouthguard fit correctly, this is not a bad way to go.

## New Brochure

I have finished our new brochures and am looking for places to put them. If you have or know of a business that might have a spot for them, please let me know. Just like our business card promotion, if someone brings in a coupon from the brochure with your name on it, they will save \$20 and you will receive \$20 for the referral! I will attach a copy to this e-mail if you would like to see it, or print and hand some out! I can also print out copies for you.

## Bring on the Heat!

Hello, this is Laurie Finn and Bring on the HEAT! is about getting in shape, staying in shape and learning more about how to accomplish that goal. The HEAT (Health Education and Training) is an informal group that supports one another, brings ideas and suggestions to others and generally has a good time learning about health and fitness. Sometimes just an idea or helpful hint from someone else will give you the extra boost to stick with your program or schedule. Join us anytime. If you would like to receive emails please respond to my address listed below and I'll make sure you're included. Keep up the great work and remember that you are who you see yourself to be! Watch for our next meeting in November!

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<http://www.smallstep.gov/>

## Quote of the Week!

*"We should demand more, not from each other, but more from ourselves."*

Jewel



## October Birthdays!

- 5th **Julia Wopat**  
**Diva Antony**
- 7th **Dennis Fater**
- 14th **Ava McLain**
- 16th **Alana Gruntzel**  
**Nick Lubinsky**
- 17th **Anthony Rodriguez**  
**Max Olson**  
**Eli Smith**  
**Doug Muenzenberger**
- 21st **Pam Kaiser**
- 22nd **Anthony Larson**
- 23rd **Paul Gerber**  
**Erik Daily**
- 24th **Thomas Gregerson**
- 29th **Sam Olson**  
**Dayne Hoff**  
**Erin Rodriguez**
- 31st **Trevin Thomson**



*Courage Honor Respect*

## September Rank Promotions

Gold Belt

**Tod Hemesath**

**Tanner Hemesath**

Green Belt

**Dayne Hoff**

**Samantha Kuhlman**

**Julia Wopat**

Purple Belt

Blue Belt

**Lance Bamgartner**

Brown Belt

**Cole Alberts**

**Morgan McAllister**

**Colin McAllister**

**Alex Thompson**