

# Task Karate February 2012 Newsletter

Task Karate School

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## Welcome to the Task Karate Monthly Newsletter!

I have added a lot of people to our monthly newsletter! If you are receiving this twice, or would rather not receive the newsletter and occasional updates, please let me know! I usually check this e-mail everyday, so feel free to contact me with any questions or concerns!

## Snow Hike! Gold Star Event! Black Stripe Fitness Challenge!

We will meet at the Hixon Forest Trailhead on Saturday, February 11th, at 3 pm. We will have an easier hike that goes down a fairly flat trail to the "cave" and back, about a 45 minute hike. From there we will go up the bluff on a much more challenging trail, and around, about a 2 hour hike. (Not for the weak!) Don't forget to dress warm, and bring your camera!

last years hike!

[http://www.youtube.com/watch?v=etNkAl\\_8IKw](http://www.youtube.com/watch?v=etNkAl_8IKw)

The year before!

<http://www.youtube.com/watch?v=c1nYLFsnjAY&feature=related>

## Minnesota State Championships!

Be the state champ! Sunday, February 12th. See the flyer at the school, or download one online. [http://www.nckablackbelt.com/assets/mn\\_state\\_2012.pdf](http://www.nckablackbelt.com/assets/mn_state_2012.pdf)

## Sweat Pants!

We have another order of sweat pants going in! The kids sizes have the cuff on the bottom and the adult sizes have a straight leg with pockets! Choose from black or gray! Please order by 2/15/12

## New Lost and Found Policy

We sure end up with a lot of it! Please check the tote at the school for any lost items. at the end of each month we will start a box and hold the items for 30 days. Then they will be donated the next month. There are 5 coats hanging on the rack right now, so check and see if you are missing yours! If you put your name or initials on your items it will be helpful getting them back to you!

## California!

I will be attending Sensei Demuras tournaments and seminars again this year! we will be closed on Thursday, February 23rd, and re-open on Monday February 27th.

<http://www.genbu-kai-hq.com/temp/goodwill2012/2012-Goodwill-0paperwork-flier.pdf>

## Eskrima Seminar!

We will be having one of the top Guros coming in for a 1 1/2 hour seminar. (teens and adults.) Saturday, February 18th, at 3 pm. The fee is \$20. Please bring a training knife if you have one. In the first video you can see the late founder of our style of eskrima, Mike Inay, and the current head of the style, Emanuel Hart! (We are hoping to have Suro Hart here in April.) Limited to the first 20 students, please sign up asap! Kadena De Mano (chain of hands) is a close range weapons or empty hand style of Filipino Martial Arts.

Kadena De Mano basics <http://www.youtube.com/watch?v=Le0F4DQ2YJI>  
advanced <http://www.youtube.com/watch?v=IkAXtQ2Lm0Q&feature=fvwp&NR=1>

## Polar Plunge March 3rd! Gold Star Event!

<http://www.youtube.com/watch?v=0g0UpEIWQ-U> (last years plunge!)

Go jump in the river! Support Special Olympics! Please sign up at the school and let me know how many people will be going with you. They will be picking us up at the karate school, and bussing us to the beach. Afterwards will have hot chocolate, snacks, and a Guitar Hero tournament at the school! Don't miss out on the fun!

Our team's plunge web page

<https://www.kintera.org/faf/search/searchTeamPart.asp?ievent=1004080&lis=1&kntae1004080=18433DC045AE43DCB5D6B4A36427C682&supId=350030926&team=4940312>

## 1,000 Kick Challenge

We will have another 1,000 kick challenge during Brown Belt class (5:45) on Monday, February 13th. If you have already done the challenge, you can take the night off, or do it again!

## Eau Claire Open

March 11th is the date! We usually have about 20 or more students attend this event! Flyers are available at the school. Work hard NOW so you can be ready. Please let me know if you have any questions.



Some of last years competitors and hardware~

## Quote of the Week

"Kindness in the noblest weapon to conquer with." -Unknown~



## January Rank Promotions

Dragon **Orange**

**Jack Neumeister**

Dragon **Green Belt**

**Chase Bollom**

**Joshua Degenhardt**

**Gold Belt**

**Sterling Solberg**

**Rosemary Greany**

**Thomas Greany**

**Jake Genz**

**Sam Christianson**

**Orange Belt**

**Sophia Spilde**

**Vash Finn**

**Jon Silha**

**Andreana Pollock**

**Nash Nagy**

**Green Belt**

**Micah Muehr**

**Amanda Striegel**

**Purple Belt**

**Nhia Xiong**

**Abe Osley**

**Blue Belt**

**Chris Durall**

**Red Belt**

**Kevin Klemond**



Happy Valentines Day!