

# Task Karate March 2019 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>

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## YMCA Martial Arts Tourney

March 10, 2019

Congratulations to the following Task Karate competitors.



WAYLON



LAUREN



DREW



CARTER



SKYLAR



JONAH



Getting ready!



Thank you to all the families who cheered on our Task Karate students and a special thanks to Malachi and Decklen for coming to support Task students!





## Fun and Fitness 3/29

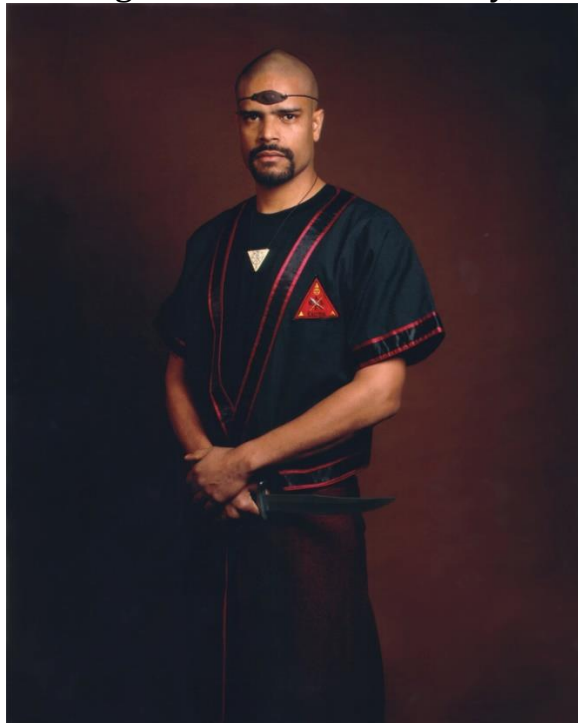
There are 5 Fridays in March. Hence, you know what that means! We will have Fun and Fitness on Friday March 29, 2019 from 5:30-6:15 PM. This is open to all Task Karate students. Get ready to participate in some fitness challenges and also play Dodgeball, Steal the Bacon, and more!

## Closed Saturday 3/30 for Seminar in Appleton

The leader of our Eskrima program will be visiting Wisconsin this month! Several of the IS3 La Crosse students are heading to Appleton for a seminar with him, so we will be closed that day, sorry for any inconvenience.

## Suro Emannel Hart in La Crosse!

We are still working out the arrangements, but Suro Hart will be doing some training in La Crosse on Sunday, March 31<sup>st</sup>. Watch for more information!



*Suro Hart, head of IS3 eskrima*



## March Birthdays!

1<sup>st</sup> Donald Mannel  
3<sup>rd</sup> Savannah Hall  
13<sup>th</sup> Addisyn Noland  
18<sup>th</sup> Zach Lopez-Johnson  
21<sup>st</sup> Jonah Stovall  
22<sup>nd</sup> Declan Schmaltz  
24<sup>th</sup> Samee Rayhan  
24<sup>th</sup> John Gobel  
30<sup>th</sup> Cully Lee



## February Rank Promotions

### **Dragon Orange Belt**

Tristan Hodson

### **Dragon Green Belt**

Addisyn Noland

Liam Abraham

Jeremiah Gorsett

### **Gold Belt**

Tayven Kader

Charlie Ott-Beck

**Green Belt**

Oliver Peterson

Carter Wilkins

Skylar Wilkins

Symantha White

**Blue Belt**

Elaina Brown

Andrew Revels

**Red Belt**

Lexus Gleason

Bradley Tschumper



*It's not cold, it's freezing, but very invigorating as well!*

*Task karate group polar plunge video!*

<https://photos.app.goo.gl/cztbjADhJjv7gpB6>



## BENEFITS OF MARTIAL ARTS FOR KIDS



### LISTENING

Your child will be able to practice their listening skills to develop better self-control, discipline, and values.

### HAND-EYE COORDINATION

Hand-eye coordination is important in your child's early development. Martial arts provides plenty of opportunities to improve fine motor skills through techniques, obstacles, drills, and challenges.

### SPEED, AGILITY & BALANCE

Speed, agility, and balance gives your child better body awareness and coordination.



### MEMORY & FOCUS

Learning martial arts sharpens memory, focus, and retention skills. It also keeps kids mentally engaged.

### SOCIALIZATION

Kids experience partner and team-oriented situations in class that helps develop strong communication skills.

### GOAL SETTING

Goal-setting is an important skill for all kids to learn. Martial arts teaches both short-term and long-term goal setting in a fun and positive environment.