

# Task Karate September 2012 Newsletter

Task Karate School

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## School Picnic!

Today, Thursday, August 30th! Myrick Park main shelter from 5 to 8 (eat at 6!) Bounce house, Dodge ball defender, board breaking contest food, friends, and fun! Check out the video from a previous Task picnic! You might see some familiar faces!

[http://www.kidagain.net/dodgeball\\_defender.php](http://www.kidagain.net/dodgeball_defender.php)

## New Schedule and Other Changes!

At the bottom of this newsletter is some information on the proposed new schedule, effective 9/10/12. Please check it out and let me know if you have any questions or concerns. We will be passing out finalized copies and a letter of some of the upcoming changes and ideas in class next week!

## Keegan Kuehl's Black Belt Test!

Keegan is testing for Black Belt! He is a hard worker, has a great attitude, and has put a lot of time and effort into this! The test is Saturday, September, 8th, at 1 pm. All Black Belts are invited to come sit on the panel for this special event.

This will be our last half day schedule!

**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)**



## Bike Trail Tunnel Hike, Gold Star Event!

We will be leaving the school on Saturday, September 15th after classes at 1 pm. We need to drive as a group so we can arrive at the trail together. Watch for more information at the school, or on facebook!



last years group!

## Pictures for the Website!

We want to update the photos on the slideshow on our website!  
Please e-mail me your favorite photos from the last year or two and  
we will consider them for the new slideshow! Please submit by 9/8/12!

## Diamond Nationals

Seems we have a pretty good group going again this year!  
No classes on Friday and Saturday October 12th and 13th!  
Please let me know if you have any questions!

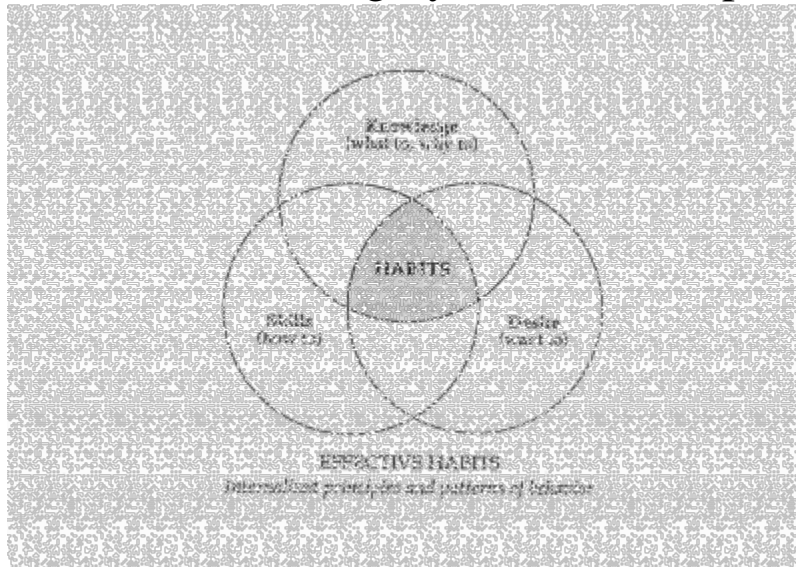
<http://www.diamondnationals.com/>



## Quote of the Week

Between stimulus and response is a space.  
In this space lies our freedom to choose our response.  
In these choices lie our growth and our happiness.  
Stephen Covey

## The 7 Habits of Highly Effective People



## Oktoberfest Parade, and YMCA Road Races

We will be closed Saturday, September 29th for the Oktoberfest parade and the road races. If you do one of the races, it counts as a gold star event, or the fitness challenge for the brown belts!

<http://www.active.com/running/la-crosse-wi/ymca-maple-leaf-walk-run--presented-by-ballweg-midwest-toyota-2012>



## September Birthdays!

1st **Julian Tucker**  
8th **Nicholas Dearman**  
15th **Benjamin Rivera**  
18th **Sarah David**  
25th **Andy Smith**  
26th **Sheryl Gora-Bollom**  
29th **Riordan Staffaroni**



## August Rank Promotions

### Dragon Gold Belt

Casey Gilbertson  
Rachel Greany

### Dragon Green Belt

John Gobel

### Gold Belt

Todd Turnmire

### Orange Belt

Mason Yehle  
Logan Yehle  
Joshua Degenhardt  
RoseMary Greany  
Thomas Greany

### Green Belt

John Silha  
Samara Pick  
Stevie Large  
Sam Christenson

# Proposed New Schedule (effective 9/10/12)

## Kids

Regular Class Times  
(45 minutes unless noted)

**Lil' Dragons;** Monday, Wednesday, and Friday, 4 pm

**White, Gold Orange;** Tuesday 6 pm, Thursday 5 pm Saturday Noon

**Green Purple;** Wednesday 5 pm, Thursday 6 pm Saturday, 11:15 am

**Blue Red;** Monday 5 pm, Thursday 4 pm, Saturday 10:30 am

**Brown;** Monday 5:45 (1 hour) Thursday 4 pm, Saturday 10:30 am

**Black;** Monday 6:45 (1 hour) Thursday 4 pm, Saturday, 10:30 am

### Extras!

Kids of all rank are invited to attend the Matt class on Fridays at 5 pm. Whenever there is a 5<sup>th</sup> Friday in a month, we will have a special fun and fitness class! (5:45 pm) Green and above kids have weapons class at 4 pm and sparring at 5 pm on Tuesdays. Advanced Kids (Red and up are invited to attend instructor training class on the 2<sup>nd</sup> Friday of the month at 5:45 pm.

## **Some Changes.**

I was teaching 8 classes on Saturdays, and it was too much. Kids have one whole 45 minute sparring class per week instead of 2 shorter 30 minute (if that) classes of sparring time.

No Lil' Dragons or weapons on Saturday.

### **New matt class**

(to learn falling, rolling etc.), fun and fitness, and instructor training classes. (ask for more info)

Blue and up kids may have a big class on Thursdays and Saturdays!

I've combined the White, Gold and Orange kids, which may be a problem if it gets too big.

I would welcome help from advanced kids that are learning how to be an instructor during that class.

Please let me know if I have overlooked anything, or if you have any questions or concerns as soon as possible.

## Teen Adult Regular Class Times (45 Minutes unless noted)

**White, Gold Orange;** Tuesday and Thursday 7 pm

**Green and Up** Tuesday and Thursday 7:45 pm

**Brown Belts** only Monday at 5:45 (1 hour)

**Black Belts** only Monday at 6:45. (1 hour)

### **Open Adult classes**

Friday 6:30 pm Saturday 9 am

Tuesday and Thursday 9:30 am (1 hour)

Weapons on Wednesday 6 pm Green and Up

### **Sparring**

Tuesdays and Thursdays 8:30 pm and Saturdays at 9:45 am.

### **Matt class.**

I wanted to add a matt class, but just ran out of time so thought that adults could do it with kids on Fridays at 5?

I'm not sure how that will go, or if adults are comfortable with it, but I will look for a better solution in the future.

We can also work on some falling right in class.

### **Instructor training classes**

3<sup>rd</sup> Friday of each month.



# Kickboxing

Monday and Wednesday 8 pm (1 hour) | little bit earlier!  
Also 15 minutes before class, come in and warm up  
or get extra help if you want it!

# Eskrima

Soon I will be qualified to teach Inayan Eskrima!  
This will be a separate program from our regular classes.  
The plan is to have class on Wednesdays at 6:45 (1 hour)  
and Fridays at 7:15 (1 hour.)  
The classes aren't on the schedule yet, but should be coming soon!  
The cost will be \$20 per month for current students or  
\$50 for students interested only in Eskrima classes.

**[Bob Wavemaster wants donations for the Polar Plunge...](#)**