



# Task Karate Newsletter

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## Broken Bone Update

I've been put in a "walking cast" and will go back again for X-Rays September 24<sup>th</sup>. Thanks for your patience during this time. Being in a cast has made me appreciate the good health that I have. The ability to walk and run with ease is something that some people can never do. Something to think about!

## Birthdays

Please make sure to wish these members Happy Birthday this month. **Pam Groth** on the 2<sup>nd</sup>, and **Shay Carr** on the 17<sup>th</sup>! Happy Birthday!

## Promotions

Congratulations go out to the following Task Karate members on their advancement to the next level. **Christian Wilder** and **Mason Thomson**, to Dragon Gold Belt, **Trevin Thomson** and **Lucas Stromberg-Windau** to Gold Belt, and a special congratulations to **Jim Richason**, to Purple Belt. Jim has been attending many classes, and is making great progress, especially with his sparring. He and his family have attended most Task Karate special events, and are very supportive of the school. Thanks Richasons!

## School Picnic

We will have a picnic and get together Monday, September 8<sup>th</sup> at the Myric Park main shelter. Please bring a dish to pass. Come anytime after 4 PM. We will be entertained by "Comedy Alley" from 4:45 until 5:30, so try to get there early. The show will be family oriented, and they are very funny! Plan to eat at 5:30. We will have games and prizes and lots of fun! **No Karate classes on this day.**

## Tournaments

The first tournament of the NCKA fall season will be the **City of Lakes** tournament, September 14<sup>th</sup>. The other tournaments are **Northern Stars** on October 26<sup>th</sup>, and **Fall Central States** on November 9<sup>th</sup>. The biggest and most exciting tournament of the year is the **Diamond Nationals**, to be held on October 3<sup>rd</sup> and 4<sup>th</sup> this year. Whether you go to watch or compete, it's always inspirational, and amazing to see! There are seminars, and special Team and Fighting challenges on Friday afternoon and evening. The main tournament runs in the morning and afternoon on Saturday, and the finals, my favorite part, are held Saturday night.

If you have any questions, please let me know. All of these tournaments are in the Twin Cities area. The school will be closed Friday and Saturday so we can attend the **Nationals!**

# Back To School

Good luck to all students and teachers on the upcoming school season! Kids please remember to use your Martial Arts at School. What? No not the kicking and punching part, but the respect, self-discipline, patience, putting out your best effort, and self control part. Let your teachers know that you appreciate them teaching you. Do the things that **YOU** know are right, not what some of the other kids might be doing. Set a good example for them!

I have done "show and tell" Karate demonstrations for many of you before. If you would like me to come to your class, let your teacher know, and we will set it up!

## Surpass Yourself!

No matter how good life is, it can always be better. No matter how far you've come, there is always room for growth. No matter what you know, there is always something to learn.

What have you done today to surpass yourself? What can you do right now that will challenge yourself to higher and higher accomplishment? If you look, you'll find plenty of ways to surpass yourself.

No one knows better than you how to make the best of what you have. Start a positive spiral upwards. You have what intakes to make tomorrow even brighter than today.

If you constantly look over your shoulder and compare yourself to others, it can hold you back. Focusing on what you don't have leads to a mentality of lack and limitation. Instead, concentrate on what you do have, and on how to make it even better.

Seek not to put yourself down, but rather to surpass yourself. Strive to improve on your own performance. The most effective competitors are those who set their own challenges and then surpass them.

From "The Daily Motivator" by Ralph Marston

## Dates to Remember

September 8<sup>th</sup> No classes, school picnic

October 3<sup>rd</sup> and 4<sup>th</sup> Closed, Diamond Nationals

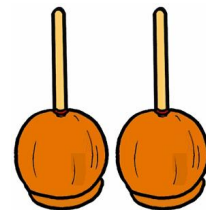
## Membership Special

This month's special is on my favorite training aid, the Blocker. You can order the single for \$15 or the double for \$30. Please order before September 27<sup>th</sup>. Also thanks to Sandi for extending the awesome offer below.

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