

Task Karate August 2017 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>

Be my friend! <https://www.facebook.com/randy.thomson.10>



Congratulations Mrs. Nyseth!

Congratulations to Mrs. Anne Nyseth on achieving her 2nd degree black belt on Saturday, August 5, 2017! Thanks to all that were able to attend, especially the black belt panel and the Zumba class!

Attendance Challenge Champs

Task Karate hosted an attendance challenge from Monday June 12th to Saturday July 29th. At the end of the challenge, attendance for all students for karate classes was tabulated. Classes where students help out and eskrima classes were not included in the overall total.

Lil' Dragons Oliver – 14 RJ & Callen – 12 Skylar & Carter - 11

Kids Waylon – 32 Ms. Hanson – 27 Elsie - 22

Teens Mr. Abe Osley – 22 Ms. Osley – 20 Mr. Rakes - 18
Adults Ms. Yehle – 44 Mrs. Nyseth & Mr. Josh Osley – 15 Brenner Bertelsen – 14

Thanks to everyone that is a part of Task Karate! Life is hard, we are all busy, but many of you make the commitment to your karate training, and I appreciate it.

Coulee Region Business Center and Task Karate

In our new lease (August 2017) we were hit with a 12.5% rent increase. It has been 3% each year, but since we've been in the business center over 12 years the rate has gone up to encourage us to find a new location in the private sector. Seems like we will have to find a new location. If you see anything that might suit our needs, please let me know. I appreciate all of you that support Task Karate! Please consider doing the following to help us out!

- Hand out your referral cards to your friends that might enjoy classes.
- Attend optional special events (Day camp is August 15th, watch for a board breaking class, and a bring a friend class coming up!)
- Parents, siblings, consider signing up for classes!
- Get back to class if you are taking a break! We miss you and would love to have you back.
- Schedule a private lesson! Lessons are available on Saturdays and Sundays, before school, or days that children might not have school, and time is available. Private lessons are \$30 per hour, and you can get help in any area you are interested in!

Many people are looking to have their children start new events when school starts, and adults are looking for things to do in the winter. Hopefully you are enjoying your experience at Task and your friends would too. Our best advertisement would be our satisfied students and their families. Thanks again for being a part of our Task Karate family!!!

Annual Task Karate Camping and Outdoor Classes at Whispering Pines Campground

Friday August 11 and Saturday August 12 marks that annual Task Karate camping weekend and outdoor classes at Whispering Pines campground. During this weekend, we have no regular classes at Task Karate but instead hold classes at the campground. The class schedule is as follows:

Friday night, 6 PM to 7 PM karate all ages

Friday night 7 PM to 8 PM Eskrima (16 years and older, or by instructor's permission)

Saturday morning 9 AM to 10 AM karate all ages

There is no charge to attend the classes at the campground, (still check in at the gate) but you have to register if you are staying overnight, or would like to come for the day! They have a nice pond to swim in, a playground and other fun things!

If you are camping, **please let them know you are with the Task Karate group** so we can all be together! We are planning on staying Friday and Saturday night. Check in is at two, check out at Noon! Here is a link to their website. <http://www.whisperingpinescampground.net/>



[Sai Practice on the beach Saturday morning!](#)

Kickboxing Workout Class is Ending

I've decided to cancel our kickboxing classes effective immediately. Thanks to all that have come over the years!

Task Karate Summer Day Camp and Family Back to School Picnic August 15

Task Karate Pot luck picnic and day camp will once again take place at the Myrick Park main shelter. The day camp for kids runs from 2:00 – 5:00 PM. At this day camp, we will play numerous martial arts inspired games and have ninja piñata. The cost for this day camp is \$20. Please sign up at the karate school. The picnic will begin around 5:00 PM with dinner starting around 5:30 PM. Drinks, napkins and silverware will be provided. We welcome any parents or adult students that would like to help with the camp.



ninja piñata! (going down at day camp!)



We train in the section of the castle with the flags on it. (It looks like the rook in chess!)

Inayan Eskrima III Summer Camp

Task Karate is closed Monday August 21-Monday August 28th. We will open for classes again on Tuesday August 29th. I will be traveling to Germany to attend an international eskrima (Filipino martial art) camp led by Suro Emanuel Hart. Other eskrimadors from Task Karate will also be attending this camp (Mr. Daily, Ms. Yehle, Nick Daily, and Brenner Bertelsen). This camp takes place at the Wewelsburg Castle (reference picture above) or visit <http://www.wewelsburg.de/en/index.php>. Eskrimadors from all over the world attend this summer camp and I look forward to sharing what I learn with you on my return.



The Coulee Region Free Tourney takes place August 20, 2017 with registration commencing at 9:00 AM. <http://www.wmaproductionsinc.org/> They would appreciate it if you preregister online.

*(We are hosting another **free tournament preparation class** Saturday August 19th from 1:00 – 2:00 PM at Task Karate)*

Tournament protocol for forms

- Bow before entering the ring
- Walk toward judges
- Stop, attention bow, chun bi
- Say judges, representing Task Karate, my name is +++++, my form is +++++.
- Attention, bow
- Walk backwards away from judges to give yourself space/room for your form
- Stop, attention, bow, chun bi
- Breath
- Complete your form: Do your best!
- Come back to chun bi facing judges, attention, bow
- Walk backwards to edge of ring
- Bow
- Sit down

While sitting on the edge of the ring watching others perform, remember the advice from Mr. Rakes. *Focus on those competing. Limit your side conversations. Be respectful.*

I will be gone to Germany and will miss the tournament this year! I hope you give it a try, have fun, do your best, and represent Task Karate well!

More Eskrima!

We will be closed Saturday September 9th for Fall Eskrima camp in Madison Wisconsin. Suro Hart will be leading the seminars. He will also be visiting La Crosse the week before, so you may get a chance to meet him as well!

Bike Trail Tunnel Hike-Gold Star Event

We will leave the school in a caravan Saturday, September 23rd at 1 pm and head to an access point on the Sparta Elroy bike trail and walk through the mile-long tunnel. When they cut the tunnel they hit a natural spring and water drips down from the ceiling, so you might want to wear a hat or rain coat, and bring a flashlight. It's about an hour drive to the access, so plan on three hours.

I saw a ghost in there once

<https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10152082213855136/?type=3&theater>

or twice.



Stalker....

Maple Leaf Road Races! Gold Star Event, No Classes at Task

Sign up to run Maple Leaf Road Races Saturday, September 30th, the same day as the Maple Leaf parade! They have a kid's half mile and mile race, 5k, 5 mile and half marathon events. I have been training to run the half marathon! I always enjoy this race, it goes down the parade route! (Not the kids mile and half mile.) Please use this link to sign up and be sure to join the Task Karate team! <https://raceroster.com/events/2017/12211/maple-leaf-walk-run-2017?aff=VZUNL>



October 6 & 7, 2017

Double Tree Hotel

7800 Normandale Blvd

Bloomington, MN 55439

<http://diamondnationals.com>

I will be traveling to Diamond Nationals this year and look forward to watching some of our Task Karate students compete. If you are planning to attend and/or participate in this event, I encourage you to consider locating a hotel sooner than later to obtain the best pricing. Hotels do book up. No classes on Friday and Saturday.

Black Belt Test

We will have our next black belt promotion Saturday October 14th at 1:30 pm.

Photo Day!

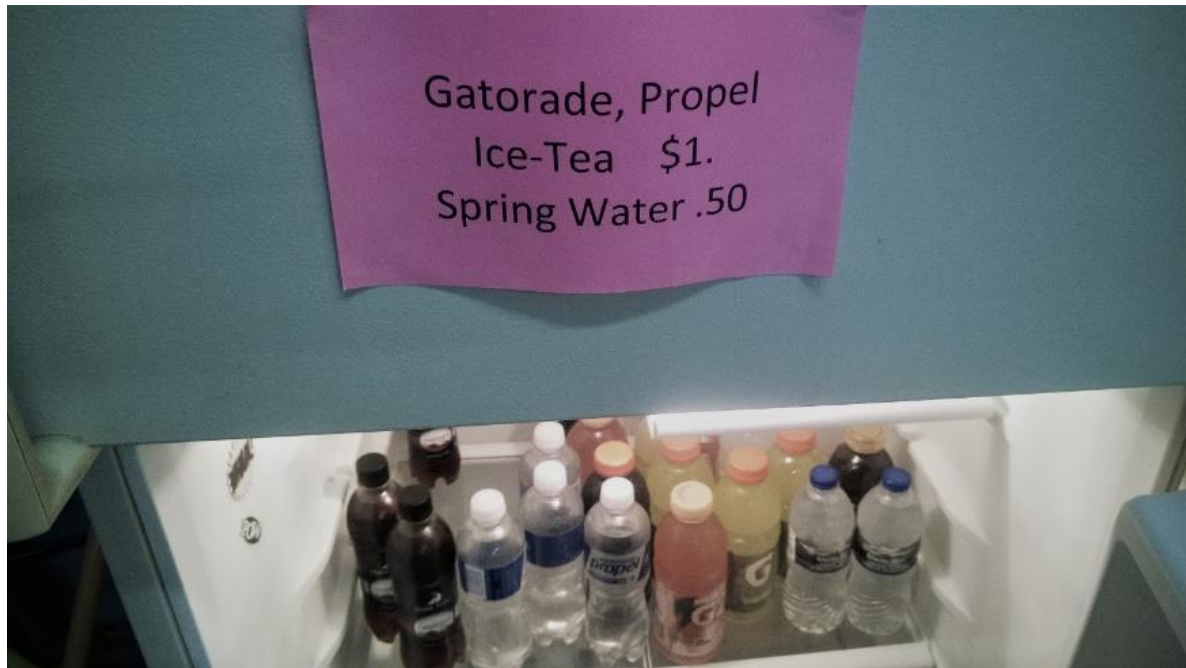
Thursday, October 19th, from 4 until 8 we will have a professional photographer here. They will be taking photos for our 2017 Team Plaque. There is no charge to get your picture on the plaque. They have photo packages starting around \$25, and some really cool digital backgrounds to choose from, including some new Task Karate choices! Please sign up for your time at the school. (Sign-up sheet to come closer to the event.)



Trempealeau Mountain!

Gold Star Event, Brady's Bluff Hike!

We will leave the school after classes Saturday, October 21st at 1 pm, and drive to Perot State Park to climb Brady's Bluff! The hike is fairly short, but steep and challenging, but the view is worth it! We access the trail by the boat landing across from Trempealeau Mountain, if you want to meet us there. It's about a 35-minute drive according to google maps so please be there by 1:30. All cars need a state park sticker to enter. A day pass is \$8.



Did You Know?

Task Karate has cold drinks available for purchase! We have Gatorade, Propel, tea (\$1) and spring water. (fifty cents.) What's your favorite?



August Birthdays!

5th, Carissa Hanson, 11th Elsie Gautsch 14th, Jasper Moesch, 23rd, Susan Wackett, 24th, Elijah Goodman, 28th, Lance Moe



July Rank Promotions

Orange Belt

Gideon Betsinger

Brown Belt

Elsie Gautsch

Missed from June

Blue Belt

Caden Bertelsen

