



Task Karate October 2018 Newsletter

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Congratulations to Waylon and Miss Wackett at Diamonds!

Waylon won 1st place in traditional forms and creative weapons! That makes him a (two time) National Champion! He did a lot of extra training, especially with his bo form to achieve this, and I'm very proud of him! Miss Wackett won first place in all three of her divisions! Great job to you both!

Closed October 12th and 13th for Eskrima Camp

I will be traveling to Athelstane, Wisconsin for a chance to train with the other Eskrima instructors. No classes on Friday or Saturday. Sorry for any inconvenience.



Sign up for your Session on Photo Day 10/18/18

We will be having Gish Photography in again! They are martial artists as well as photographers, and do a great job. There is a sign-up sheet on the door for you to pick your time. Price list with packages and options are available at the school. Every year they make a team plaque for us. You don't have to order photos to be on the plaque. NO CLASSES THIS DAY. 4 to 8 pm.

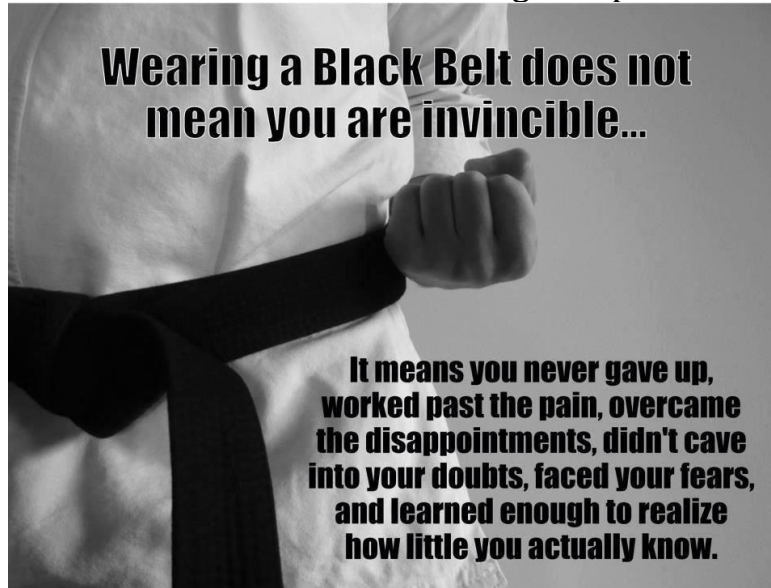
Try Sparring!

October 19th from 5:30 to 6:15 you will have a chance to try out sparring. This class is geared towards gold belts and above. It will be fun and safe! You have to spar to test for your blue belt and above, so when you get to green belt, you should consider starting to spar. Sparring involves light contact. It teaches you how to move, attack and defend, and sharpens your reactions. AND it is good exercise! Kids and adult are invited!



Brady's Bluff Hike, Gold Star Event!

We will be leaving Task Karate as a group at 2:30 Saturday, October 20th and drive to Perot Park to hike of Brady's Bluff. The view is worth the climb! This hike can also count towards the fitness challenge stripe for brown belts.





(This guy will be at the Halloween party!)

Halloween Party

No classes Thursday, October 25th, we will be having our Halloween Party from 5:30 until 7pm. The party is for Task students and their families! Fun games, costumes and candy! You are welcome to bring a bag of candy or treats to share if you'd like!

Combined Classes

Saturday, October 27th we will be combining the classes. All belts and ages will train at 9 am, and sparring is still at 9:45. Then I will be leaving to attend a seminar in Holmen.

<https://www.facebook.com/events/297706464364645/>

Kubotan Seminar

We will have a kubotan or pocket stick seminar Friday, November 9th from 5:30 until 6:15. This quick session will be filled with simple but useful and effective techniques that you could use to defend yourself with your keychain, pen, mini flashlight or other small item that you may have available. The cost is \$10 and includes a kubotan! This class isn't for the kids, parents please come!

<https://www.centurymartialarts.com/shop/accessories/keychains/aluminum-hestitan-keychain-1349?returnurl=%2fshop%2faccessories%2fkeychains%2f>



Mr. Gary Benson (Kasama)

I will be having a tribute to Mr. Benson, who died cancer about a year ago. The class will be for Eskrima students only, but I am thinking I should have one for Task students as well, watch for more information. If you knew Mr. Benson and could write a little paragraph about your thoughts and memories of him, I would appreciate that, as I am putting together a little book for him. The class is Saturday, November 3rd. from 2 to 5 pm.



October Birthdays!

1st, Robin Grosch 2nd, Jameson Jones, 3rd Kim Cassem, Isabella Braithwaite, 4th Emily Ross 5th, Diva Antony, Vicky Chen, Kansas Christopherson 8th, Matt Nagy 9th, Caleb Mattison, 19th, Ellie Bemis 14th, Morgan Kakuska 19th, Aydan Dearman, Elena Kind, Erik O'Brien 23rd, Erik Daily 24th, Tait Hatlevig, 31st, Trevin Thomson



September Rank Promotions

Dragon Gold Belt

Deke McConaghy
Addisyn Noland

Dragon Orange Belt

Jeremiah Gorsett

Gold Belt

Bjorn Larsen

Green Belt

Esme O'Neill
Zach Lopez Johnson

Purple Belt

Zach Naverstad
Aleksander Terpstra

Self Defense Newsletter

If you would like me to send you information covering self-protection ideas, please send me a note and ask me to add you to the list. Here is something I saw on Facebook and wanted to share, something to be aware of.

"I draw a line down the middle of a chalkboard, sketching a male symbol on one side and a female symbol on the other.

Then I ask just the men: What steps do you guys take, on a daily basis, to prevent yourselves from being sexually assaulted? At first there is a kind of awkward silence as the men try to figure out if they've been asked a trick question. The silence gives way to a smattering of nervous laughter.

Occasionally, a young guy will raise his hand and say, 'I stay out of prison.' This is typically followed by another moment of laughter, before someone finally raises his hand and soberly states, 'Nothing. I don't think about it.'

Then I ask the women the same question. What steps do you take on a daily basis to prevent yourselves from being sexually assaulted? Women throughout the audience immediately start raising their hands. As the men sit in stunned silence, the women recount safety precautions they take as part of their daily routine.

Hold my keys as a potential weapon. Look in the back seat of the car before getting in. Carry a cell phone. Don't go jogging at night. Lock all the windows when I sleep, even on hot summer nights. Be careful not to drink too much. Don't put my drink down and come back to it; make sure I see it being poured. Own a big dog. Carry Mace or pepper spray. Have an unlisted phone number. Have a man's voice on my answering machine. Park in well-lit areas. Don't use parking garages. Don't get on elevators with only one man, or with a group of men. Vary my route home from work. Watch what I wear. Don't use highway rest areas. Use a home alarm system. Don't wear headphones when jogging. Avoid forests or wooded areas, even in the daytime. Don't take a first-floor apartment. Go out in groups. Own a firearm. Meet men on first dates in public places. Make sure to have a car or cab fare. Don't make eye contact with men on the street. Make assertive eye contact with men on the street."

Jackson Katz, "The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help"