

Task Karate September 2018 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>



Bike Trail Tunnel Hike-Gold Star Event

We will leave the karate school in a caravan Saturday, September, 8th at 12:15 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>



Participants from August Fun and Fitness Class!

We played dodgeball!

<https://www.facebook.com/randy.thomson.10/videos/pcb.10160554270205136/10160554268110136/?type=3&theater>

Board Breaking Event!

Kids love breaking boards! We will have a special class on Saturday, September 15th from 12 to 1:30. We won't have any real boards to break but we will get out the old teeth boards! We will have contests and trophies or medals for all the participants. The cost is \$10!

Self Defense Seminars and Newsletter

We are hoping to create some interest in our school by hosting a free seminar for children age 6 to 11 years old. The seminar will be held on Saturday, September 22nd from 2 to 3 pm. We will be sharing some of the same information that we show our students in the kids class. I would ask that any Task students interested in attending bring a friend! Also if you know of any families that might benefit from this class please share our facebook event with them! <https://www.facebook.com/events/518161885297342/>

We also will be hosting a teen/adult self-defense seminar September 23rd, from 2 to 5 pm. We did a successful series of these seminars over the summer and had a request for another one. It's a really good idea to know this information! Please consider attending, or share the seminar with a friend

that might be interested.

<https://www.facebook.com/events/313712022545715/>

Also the first additon of the Task Karate self-defense newsletter is out! I will share tips, videos and information that can be life saving. Please e-mail me at taskkarate@gmail.com and request to be added to the list if you are interested. Here is some current information from the newsletter.

I also want to mention that I "heard" that people were intentionally ramming into the backs of cars on the north side of La Crosse, then beating up the occupants when they got out. Thieves have been know to use this technique to steal a car. (Car jacking.) If something like this ever happens, be sure to assess the situation instead of just jumping out into what could be trouble. It's recommended to drive away to a safe location and call the police if you feel threatened.

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

Sign up to run Maple Leaf Road Races Saturday, September 29th, 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 will be doing the 5 mile race! I always enjoy this race, it goes down the parade route! (Not the kids mile and half mile.) If you are a brown belt you can earn your fitness challenge stripe for participating! Here is a link for more information. If you sign up, join the Task Karate team!
<https://www.laxymca.org/events/maple-leaf-walk-run/>



October 5 & 6, 2018

Double Tree Hotel

7800 Normandale Blvd

Bloomington, MN 55439

<http://diamondnationals.com/>

IS3 La Crosse Eskrima! Closed for Instructor Camp

I really enjoy our eskrima program! I will be traveling to the Green Bay area to participate in the fall instructors training camp. No classes Friday or Saturday, October 12th and 13th! Thank you for your understanding.



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 (will be) 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.**



September Birthdays!

3rd Ian Johnston 5th Cashton Myers 10th Luis
Arredondo 14th Jonathan Berkich 25th Andy Smith
26th Sheryl Gora-Bollom 28th Gunnar Nagy



August Rank Promotions

Dragon Orange Belt

Liam Abraham

Gold Belt

Symantha White

Taylor Amann

Orange Belt

Isabella Beville

Savannah Hall

Dawson Ekern

Purple Belt

Saeef Rayhan