

## Task Karate April 2011 Newsletter

Task Karate School

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### Fundraiser for my Friends in Japan

We will have "Japan Week" April 18th through the 21st! Some things will be the same or similar, some things will be really different! Please make any checks to Leo Nakamura or you can leave cash in the collection box at the school. (See the sign on the door for more information!)

### 1,000 Kick Challenge!

Saturday April 23rd at 2:45 pm! 1,000 kick challenge for the brown belts, or any black belt that wants to try it! Make sure to let me know if you can make it. We may have to re-schedule since it's Easter weekend and some people might not be able to attend.



### Sparring Seminar with Mr. Reid

My instructors instructor, and mentor Mr. Randy Reid will be at our school to teach a sparring seminar on Thursday, May 5th. Kids class is from 5 to 6:15, and Adults are from 7 to 8:30. Bring your gear! Gold and Orange belt kids will have their Thursday class moved to Friday at 4 pm!

## La Crosse Fitness Festival!

Less than two weeks to the marathon! I've run 227 miles so far since January getting ready for the race! The race starts at 7 am on Sunday May 1st! It's going to take me over 5 hours of running to finish the 26.2 mile course. The finish line is at Myrick Park. Good luck to all runners!

## La Crosse County Open Martial Arts Tournament

Karate tournament in our area, West Salem! Compete in forms, sparring or board breaking. Rules and forms below.

Registration form <http://www.northwoodsakf.com/pdf/WS-tournament-registration.pdf>

Tournament info <http://www.northwoodsakf.com/tournament/>

## Quote of the Week!

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering you own imperfections but instantly set about remedying them - every day begin the task anew."

- [Saint Francis de Sales](#)



## March Rank Promotions

### **Dragon Gold Belt**

Nash Nagy  
Luis Arrendondo  
Angel Arrendondo  
Elijah Goodman

### **Gold Belt**

Bronte Bostrack

### **Orange Belt**

Abe Osley  
Kathryn Hilden

### **Green Belt**

Aydan Dearman  
Nicholas Dearman  
Mary Cortesi  
Nicholas Buege

### **Purple Belt**

Lance Gunter

### **Blue Belt**

Alisha Pfaff  
Ava McLain

### **Red Belt**

Brandon Gregerson

### **Brown Belt**

Madison Trussoni  
Garth Gregerson



Spring is here!