

Task Karate April 2017 Newsletter

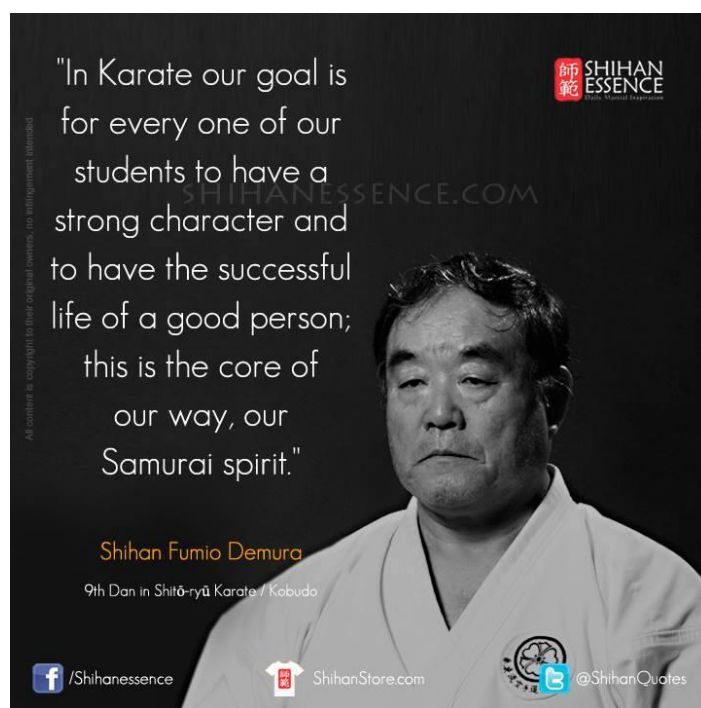
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Sensei Demura Seminars and Tournament in Kansas

Task Karate will be closed Friday April 28th, and Saturday April 29th for karate training with Sensei Demura in Pittsburg, Kansas. In addition, Sensei is also scheduled to come to our dojo in Winona in late July, and if things go as planned he will lead seminars at Task Karate on Monday, July 24th, so mark your calendar!

Eau Claire Tournament

There is a tournament April 23rd in Eau Claire. We have flyers available at the school or follow this link

https://drive.google.com/open?id=0B_QP68QJEwepbTJqVzhjTE5jNkU

If anyone is interested in tournaments and have questions, please let me know. I am focusing my tournament participation at Sensei Demura's events versus state level tournaments. However, I've had a lot of fun competing in various tournaments over the years. Here is a video from when I won my first National Championship!

<https://www.youtube.com/watch?v=TdGg6FoALVY&t=16s>



We Are Adding a Mural, Vote for your Favorite!

I am thinking about doing some decorating at Task! I think this wall would look nice with some sort of design on it. Vote for the design that is your favorite by writing the number on a dollar bill and drop it in the mail box at Task. You will get one vote for one dollar, five votes for five dollars etc. Or I may just decide to leave the wall as it is, I don't know. Choose your favorite design and let me know!



#1



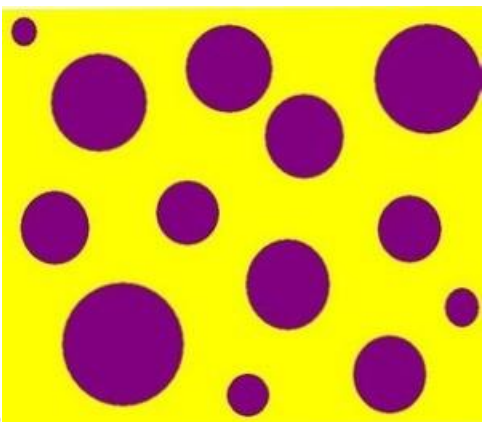
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Be sure to vote soon!!!!!!!!!!

30 Years Teaching Karate! 13 Years of Task Karate!

In April of 1987 I left my job at the mall selling cameras and started teaching karate for a living! I am very grateful for all of you that have allowed me to teach you or your children over the years. I feel that I am very lucky to have my hobby as my career! My goal is to use karate training as a way to make the world a better place. I am working on using all the knowledge that I have gained over the years to move our school to the next level. I want to thank all my current and former students, as well as my instructors for your support.



Tournament photo from the 1900's

Splits Month

It doesn't have to be over! We aimed to spend some time in every class working on our splits during March 2017. I wanted to encourage our students to continue working on them. Some important points

1. Be sure to warm up first. We always did our warm up stretches at the beginning of class, and some kicks before working on our splits.
2. Don't overdo it. Make sure to stay in control and don't force your stretch. Breathe and relax. Feel the muscles that are being stretched and try to relax them.
3. Don't go too easy though! Make sure you try to hold your stretch for a minimum of 10 seconds, but longer would be much better.

Photo Contest!

Work on your splits at least twice a week in April. Send me a photo by e-mail or Facebook with you doing your best splits, front or side, from Monday, May 1st until Saturday May 6th and I will randomly choose a person to win a \$20 gift certificate! Each entry will receive a little something for their effort!



Make sure your face doesn't look like this though!

Maple Leaf Road Races! Gold Star Event

I have signed up to run the half marathon event in the Maple Leaf Road Races Saturday, September 30th! They have a kids half mile and mile race, 5k, 5 mile and half marathon events. The race is 6 months away. What kind of progress could you make if you train from now until then?!?! 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>

Irving Pertzsch Fun Fair Demo- Gold Star Event!

Sign up to help us at the demo on Saturday April 8th at 1 pm! We will do your forms, self-defense and other techniques from class. The school is at 524 Main St. in Onalaska. You might want to go early and check out the fun fair! (We have class until 12:45, so I will get there as soon as I can!) Check out these photos from last year's demo!

https://drive.google.com/open?id=0B_QP68QJEwepYnc4cjhTVElyZVU



April Birthdays!

1st, Bethany McAlister 3rd, Kurt Schuldes 4th, Mark Arvidson 11th, Kasey Wing 12th Ian Virock 21st, Mickey Collins 28th, Todd Turnmire 28th Jeff Hodge 30th, Caylan Adams



March Rank Promotions

Dragon Gold Belt

Carter Wilkins

Skylar Wilkins

Dragon Green Belt

Aydah Lamb

Gold Belt

Elaina Brown

Doris Beck

Orange Belt

Waylon Stokke

Keya Lee

Ryan Tschumper

Purple Belt

Ella Cullen

Blue Belt

Callie Christopherson

Kansas Christopherson

Donovan Olson

Red Belt

Alex Kakuska

Morgan Kakuska



Quick List of Task Karate Upcoming Events!

(watch for additions or revisions.)

April 7th, beginner Test 5:45

April 8th, Irving Pertzsch Fun Fair Demo 1 pm

April 21st, Advanced test 5:45 (bring gear)

April 23rd, Eau Claire Tournament

April 28th and 29th, Closed for Sensei Demura's Kansas event

May 1st through 6th, submit splits photo!

May 5th, beginner test 5:45

May 20th, black belt test! 1:30 pm

May 26th, advanced test 5:45 (bring gear)

May 29th, closed for Memorial Day

June 2nd, beginner test 5:45

June 8th, 9th and 10th, closed for my annual Boundary Waters trip!

June 16th, Advanced test 5:45 (bring gear)

June 23rd and 24th, closed for Eskrima instructors camp

July 4th, closed for Independence Day

July 7th, Beginner test

July 8th, Beach and ice cream party and sunset workout! 4 pm until ?

July 21st, Special schedule as Sensei Demura is in Winona

Lil Dragons 4 to 4:45

(No matt class)

5 to 5:45 teen and adult open

5:45 to 6:30 eskrima

July 22nd, closed for tournament in Winona

July 24th, Sensei Demura is planning on leading seminars at Task Karate.

Watch for schedule. (We will probably still have Lil' Dragons and cancel all other classes.)

July 28th, Advanced test 5:45 (bring gear)

August 4th, Beginner test 5:45

August 11th and 12th, outdoor classes and camping at Whispering Pines campground! (No classes at Task)

August 15th, Day camp and Task picnic at Myrick Park main shelter (watch for more details.)

August 18th Advanced test 5:45 (bring gear)

August 20th Coulee Region Free Tournament

August 21st through August 28th we are closed for Germany eskrima camp!

September 30th, closed for Maple Leaf Road races

October 6th and 7th, Diamond Nationals

October 14th, Black Belt test 1:30 PM

October 19th Photo day from 4 to 8, no classes

That's it for now! We may have to make adjustments and add to this schedule as we go!

