



Task Karate August 2026 Newsletter



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Important Upcoming Dates

August

August 1 - Information for Black Belt Program due to Ms. Yehle

August 8 - YMCA Martial Arts Tournament at Onalaska Y

August 15 - Self Defense Seminar from 1-3 PM - Open to members of Task as well as the larger community

August 29 - Testing for all ranks at 12:45 followed by Black Belt Testing (approximately 2PM)

September

September 29 - Torchlight Parade (more information herein)

November

November 21 and 22 - Holiday Fair Demos (more information herein)



*SO EXCITING! Join
us for BlackBelt
testing on Saturday
August 29th at 2PM.*



Lucas, Jensen, Avery, Ashton, Dexter, Henry, Reagan, and Oscar will all be testing for their black belts. Black Belts, please let Ms. Yehle know if you will be able to serve as a member of our testing panel.



Kudos to all our Task Karate students who “went up a notch” in July



Liam to blue, Robert to green, Calvin to blue, Brook to gold, & Melissa to gold



Welcome to Task Karate's newest white belts! Joni and Fiona!



Mural Update!

The mural wall has been painted blue. The plan is to do one more coat of blue and then it will be the next steps for the mural. We now have the grey paint to touch up the grey wall by the kids area. Soon we will craft a schedule for starting on the mural which will include a sign up sheet for mural assistants.



Self-Defense Seminar | Empowerment Through Awareness & Action

Task Karate is offering a comprehensive self-defense seminar designed for both our martial arts family and the wider La Crosse community. This session focuses on practical safety, mental readiness, and physical techniques to ensure you feel confident and capable in keeping yourself safe. .

Seminar Details

Date	Time	Location
August 15, 2026	1:00 PM – 3:00 PM	Task Karate 1501 St. Andrew St., Suite 212, La Crosse, WI 54603

Registration and Fees

This seminar is open to Task Karate members as well as the larger community.

- Individual Rate: \$50.00 per person
- Group Discounts: Discounted rates are available for families or organized groups.

How to Register

For questions or to reserve your spot, please contact Mr. T.

- **Phone:** 608-781-TASK (8275)
- **Email:** taskkarate@gmail.com
- **Website:** www.taskkarateschool.com
- **Instagram:** task_karate

Seminar Curriculum

Mr. T. will lead this seminar. Mr. T. has over 35 years of experience with the martial arts and self defense. Mr. T. and his black belts will guide you through a specialized curriculum that balances psychological preparedness with physical response:

- **Preventive Measures:** Learn the "Color Code of Awareness" to identify and avoid potential threats before they escalate.
- **Fundamental Stance:** Understand why a balanced, strong stance is the foundation of effective defense.
- **Target Areas:** Identify the most vulnerable points on an attacker for maximum efficiency.
- **The Body as a Weapon:** Discover how to use your natural physical tools to neutralize threats.
- **Dealing with Grabs:** Practice specific escapes and counters for common physical restraints.
- **Common Attack Patterns:** Recognize and respond to the most frequent types of physical confrontation.
- **The Right to Defend:** Discussion on the legal and moral principles behind self-protection.
- **Questions and discussion:** Participants will have time to ask questions and discuss seminar topics.



This will be the first year Task Karate will participate in the Oktoberfest Torchlight Parade. Thank you to Megan and Tony Zobeck for suggesting this opportunity.



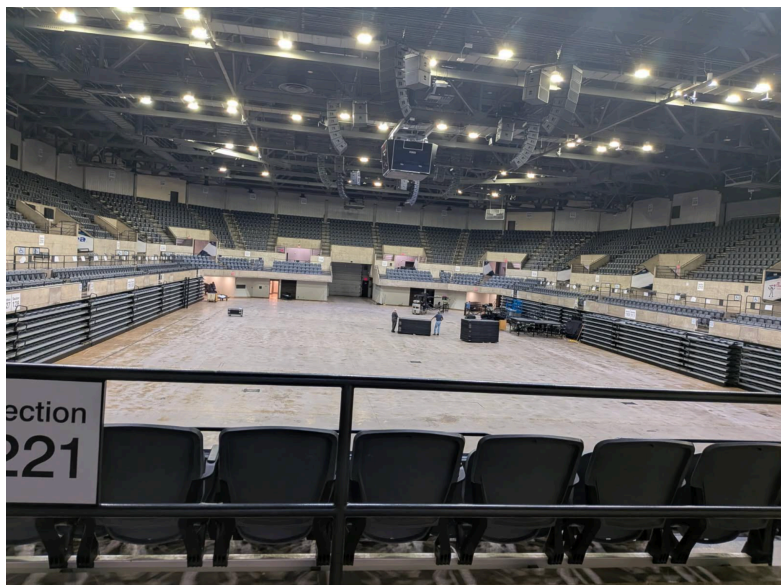
Pictured above: Miss Loizzi, Paul, Preston, Neven, Jensen, Zoe, and Ms. Yehle at a past Task Karate Glo-Chuck seminar.

Thursday, September 24, 2026 | Starts at 7 pm





Below is a picture of the area within the LaCrosse Center whereas the Holiday Fair takes place. Task will perform on a stage to the back of this picture. The stage currently isn't set up. However, Holiday Fair organizers indicated it is the "same stage" that is used at concerts.





During the month of August we will focus on the following:

- ★ Black belt kata - Naifanchi shodan and perhaps nidan and sandan
- ★ Form 8 - This is a Task Karate form that helps folks practice form front kick (in Palgue 6 and 7) and accurate punching.
- ★ Beginners self defense - Responding to a haymaker.
- ★ Prevention measures for kids - Do you know the phone number(s) of your adults? Do you know the address where you live and who you should/shouldn't share this with? Can you use your "voice" to signal you need help and/or tell a potential attacker that you aren't worth the trouble?

MARTIAL ARTS TOURNAMENT

the **YMCA**

**SATURDAY
AUGUST 8, 2026**
R.W. Houser YMCA

Black Belt Meeting at 9:00 am
Line Up and National Anthem at 9:30 am
Tournament Begins at 10:00 am

Register online at
laxymca.org

Mandatory sparring gear required for students competing in sparring: Foot/hand pads, head gear WITH face shield, mouth guard, and cup for males. YMCA requires chest protection and has some available for use.

Gold Star Event!

Annual YMCA Martial Arts Tourney

As a reminder, the YMCA tourney is quickly approaching. We have a substantial crew from Task Karate participating as competitors, judges, and spectators.

Please see Mr. T, Ms. Yehle, Mr. Glenz, or Miss Loizzi if you have any questions about the tourney.

TOURNAMENT PREPARATION FOR FORMS (KATA)

When participating in martial arts tournaments remember that judges are watching participants even when they aren't competing. This means it is important that you are respectful and a positive ambassador for Task Karate. Finally, don't fidget & have fun while doing your best!

When your name is called say “yes ma'am” or “yes sir”, walk to the back of the ring and to the center/middle. They may say your name wrong. Listen carefully.

Face judges and bow (feet together)

Walk confidently forward and stand in front of judges (five feet away or 2 squares)

Come to attention & bow

Come to a strong chunbi (ready stance)

“Judges, representing Task Karate. My name is ++++++. My form is ++++++.”

Come back to attention (feet together)

Bow to judges

Walk backwards to where you will start your form (give yourself enough room)

Come to attention & bow

Chunbi (ready stance)

Enthusiastically start your form (loud kiai or spirit shout)

Hold the last move of your form and pause

Come back to Chunbi (facing judges)

Come to attention and bow

Walk backwards to the back center of the ring. Bow. Walk off.

(Note, you may also bow to the next competitor)



Task has an Instagram Account!

Task Karate now has an Instagram account. We will be posting family friendly updates, information, etc. etc. If you DO NOT want to appear on our Instagram page, please let Mr. T. or one of his black belts know.

Follow us at [task_karate](#)



August Birthdays! Please let Mr. T. know if we don't have your birthday listed.

August	4	Grace Bouska
	8 ▾	Elyza Harke
	12	George Bouska
	13 ▾	Paul Glenz
	13 ▾	Trulen Boldt
	15 ▾	Lily Duncan
	21 ▾	Campbell Stanley
	22 ▾	Gotham Ahrefeld
	27 ▾	Carter Wilkins