



## Task Karate August 2019 Newsletter

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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>

**Twitter (new!) @KarateTask**

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As always, our Task Karate August newsletter includes information on upcoming events, August birthdays, and kudos to recent rank promotions. In this newsletter, you will also read information on board breaking and bullying.

As a reminder, we now have a Twitter account so please follow us @KarateTask. If you don't use Twitter, you can also follow the Task Twitter feed on the landing page of our website.

With the arrival of the new Task Karate gear, we've had questions relative to when we will place the next order. We will be placing one more order for summer 2019 t-shirts. Please let Mr. T. know if you would like to place an order by August 18. Our next full order with new gear will take place in November.

Finally, thanks for being part of the Task Karate family! We appreciate you!

## ***Highlights from Shihan Fumio Demura Visit***

Thanks to all that attended the seminars with Sensei Demura! We are honored to have him here. Sensei has many health challenges, yet continues to travel the world to spread the art of karate.



## ***Highlights from Germany IS3 Eskrima Camp/Seminars***

Mr. T. and Ms. Yehle traveled to Germany this year for the annual IS3 Eskrima Camp/Seminars. During this camp, Mr. T. achieved his next rank level in eskrima which means he will soon have a new medallion to wear around his neck. In eskrima, we don't wear belts to signify rank but instead wear medallions around our necks. Given eskrima is a Filipino martial art, the medallions are grounded in the Filipino culture. More specifically, they are an anting-anting or a medallion that is meant to help keep you safe and inspire your spirit and commitment to eskrima.

In addition to achieving his next rank, Mr. T. also won the knife fighting tournament (note, the knives used were training knives).

Moreover, it is hard to be away from Task Karate! However, attending this camp/seminars helps Mr. T. continue to learn and help all of us become better martial artists. Finally, check out a few pictures from the Germany trip.

Entry to the castle  
whereas the IS3  
camp/seminar  
takes place.







A picture from the class Mr. T. led at the IS3 camp. The focus was the bo. Note, some of us used sourced materials from the local woods in Germany as our bos. Speaks to how anything can be a weapon.  
Below, Mr. T. during one of his knife fighting matches.





Mr. T. with the 2nd and 3rd place winners from the knife fighting tourney. Both the 2nd and 3rd place winners are from Germany. Note, they are both quite young :)



## Upcoming Events

We have many upcoming events at Task Karate. Please check out the schedule below and let Mr. T know if you have any questions. In addition, updates are shared out at the karate school. Hence, be sure to check out the posted announcements and the dry erase board.



**Tourney Prep Class** In preparation for the August 18, 2019 Coulee Region Free Karate Tournament, Mr. T. will be hosting a free tourney prep class for kids, teens, and adults on Friday August 16, 2019 from 5:30-6:15 PM. If you are planning to participate in this tourney and/or are considering participating, this will be a helpful class for you to attend.



### Coulee Region Free Tournament

All Task karate students | August 18, 2018 | Onalaska High School

<http://www.wmaproductionsinc.org/home.html>

August marks the Coulee Region Free Tournament. Yes, a FREE tournament. At this tournament, you can participate in forms (both empty-hand and weapons), board breaking, team form, and sparring. In addition, this tournament ends with the Battle of



the Dojos! We look forward to seeing many Task Karate students at this tournament. Try to get pre-registered as soon as possible!  
The schedule of events for the free tourney is as follows.

9am - 1pm Registration

10am - Opening Ceremonies followed by Black Belt board breaking, weapons, forms and Grand Championship

12:00pm - All Under black belts begin with board breaking

As soon as board breaking finishes, Team Forms will commence followed by Little Warriors/Little Dragons and White through Green Belt Weapons Forms, Empty Hand Forms and Sparring

As soon as White through Orange Belt Forms finish, Green through Blue Belt Forms, Weapons Forms and Sparring

As soon as Green through Blue Belts finish, Red and Brown Belt Forms, Weapons Forms and Sparring

As soon as all Weapons and Empty Hand Forms are finished, Black Belt Sparring and Sparring Grand Championship with the sparring finale of BATTLE OF THE DOJOS!!



### **Task Karate Day Camp & Picnic at Myrick Park**

Open to all Task karate students and families

August 21, 2019

Come and participate in a series of karate inspired games and arts & crafts during our August 2019 **Task Karate Myrick Park Day Camp**. This camp runs from 2:00-5:00 PM and includes a \$20 fee.

After our day camp, we will have a **pot-luck picnic**. The picnic begins at 5:00 PM with folks eating around 5:30 PM. Beverages, plates, utensils, and condiments will be provided. Please bring a dish to pass. As in years past, after we enjoy some delicious food, we will partake in games and perhaps another ninja piñata?



Sai throwing is a popular event at the Task Karate camping weekend

### **Task Karate Camping Weekend**

All Task Karate families

Friday August 23-25, 2019

Join members of the Task family for a weekend of camping at Whispering Pines Campground. Come for one night or two nights and/or come for classes. Classes will take place at the campground on Friday August 23 and Saturday August 24.  
<https://whisperingpinescampground.net/>

### **Labor Day**

Happy Labor Day Task Karate families. No classes at Task on Monday September 2, 2019.

### **Beginner Rank Testing**

Friday September 6, 2019

5:30-6:15 PM

**Tunnel Hike Sparta Elroy Bike Trail** September 7, 2019; 1:00 PM | Gold Star Event Come join us for a walk through the Sparta Elroy Bike Trail. We will visit the “spooky” tunnel and hopefully we will all return?!? Of course, we will all return as we are martial artists! This walk is generally takes over two hours with drive time. Please meet at Task Karate at 12:30 PM to caravan to our starting point.



### **Advanced Rank Testing**

Friday September 27, 2019

5:30-6:15 PM

Bring your gear





**Maple Leaf Walk/Run -**  
Gold Star Event!  
September 28, 2019  
Consider joining  
members of Task Karate  
in the Maple Leaf walk  
or run. This is a gold  
star event. No regular  
classes will be held  
September 28, 2019.

<https://raceroster.com/events/2019/21027/maple-leaf-walk-run-2019>

### **Beginner Rank Testing**

Friday October 4, 2019

5:30-6:15 PM



### **Brady's Bluff Hike (Gold Star Event)**

Join members of Task Karate for a beautiful hike up Brady's Bluff. Enjoy the fall colors and camaraderie with members of the Task Karate family.

October 12, 2019 | Leave Task Karate to Caravan around 12:30 PM or see Mr. T. for directions

## **Free Concentration and Self Defense Class for Kids & Teens**

Saturday October 19, 2019

1:00-2:00 PM

You do not need to be a Task Karate student to participate.

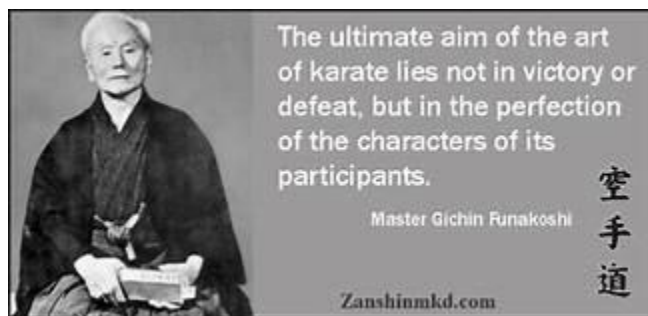
Come and learn basic strategies to support your concentration and keep yourself safe!

## **Advanced Rank Testing**

Friday October 25, 2019

5:30-6:15 PM

Bring your gear!



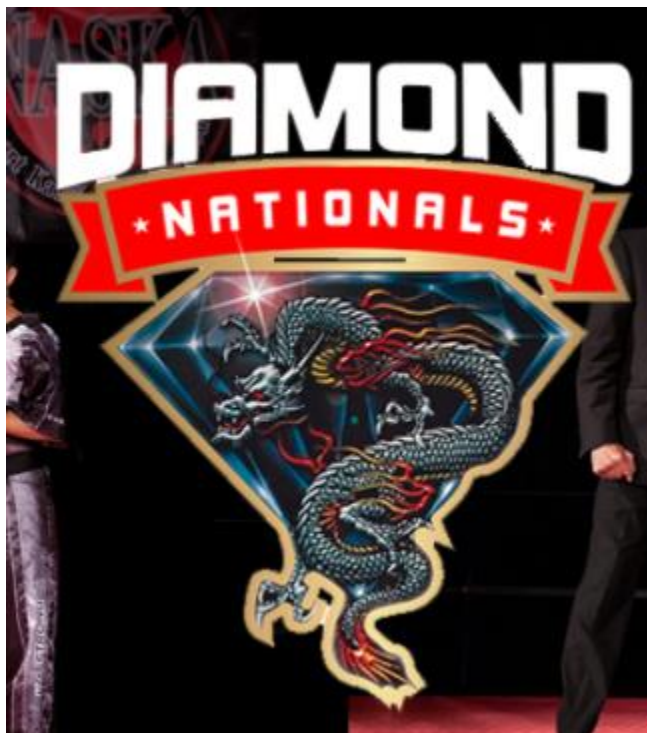
## **Black Belt Testing**

Saturday October 26 at 1:00 PM

Come cheer on our Task Karate students who will be testing for their black belts.

Attending black belt testing provides our Task Karate students with the opportunity to see what a black belt test is like while also sending mojo to our testers. In

addition, we invite all Task Karate Black Belts to be part of the panel for testing.



## **Diamond Nationals Karate Tournament**

Minneapolis November 1 & 2, 2019

<http://diamondnationals.com/>

Diamond Nationals is an epic karate tournament that takes place each year in the Twin Cities. Karate students can participate in forms and sparring. If you are interested in participating in this tournament or serving as a spectator, please connect with Mr. T. There is a blue folder at Task Karate with more information relative to Diamond Nationals (e.g., rules, categories, etc).



### Task Karate Halloween Party (No regular classes)

Tuesday October 28, 2019; 5:30-7:00 PM

Open to Li'l Dragons, Kids, Teens, and Adults; siblings not involved in karate are welcome as well! Let's celebrate the spooky season with games, treats, and maybe even some knife throwing?

**2nd & 3rd Degree Testing** | December 7, 2019 at 1:00 PM Come cheer on Task karate students who have been invited to test for their 2nd and 3rd degrees. More information to come.

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## Japanese Words of the Month: Neko Ashi Dachi



The karate practitioner above is in cat stance.

**Neko** means cat in Japanese. **Ashi** means foot and **dachi** means stance. Thus, Neko Ashi Dachi means cat foot stance or Cat Stance. At Task Karate you will sometimes see the black belts in Neko Ashi Dachi when practicing basics and certain forms.





## Tips to Break that Board

Board breaking is part of the curriculum at Task Karate. On your black belt test, you will break a real board with your palm heel and your side kick. Board breaking works on our accuracy and focus and is a favored activity at Task Karate. Are you looking for some tips on becoming more adept with your board breaking? If so, read on.

### Tips for the Palm Heel Board Break

1. Make a strong stance - A strong stance helps you create a base to help you with your break. When breaking a board, if you are breaking the board with your right hand, your left leg should be forward toward the board holder. If you are breaking the board with your left hand, your right leg should be forward toward the board holder.
2. Visualize the break - Before you break your board, visualize or see yourself breaking right through the center of your board with your palm. A positive visualization can help you do your best.
3. Practice twice and let your board holder know you will break the board.
4. Accuracy - Hit the board on the center crack in the middle of the board with your palm
5. Keep your feet on the ground and commit to your break
6. Follow through - Push the board or bounce off the board

Bottom line with board breaking is for you to do your best. If you do **your** best, then you are making progress.

## Task Karate T-Shirt Thursdays During the Month of August

During the month of August, all Task karate t-shirt to class with Thursdays.



Task karate students may wear a their karate pants and belt on



### Self Defense News: Using your Voice to Create Boundaries

As we mentioned in our July newsletter, self defense is part of the curriculum at Task Karate. In our August newsletter, we focus on self defense news on the importance of using your voice to create verbal boundaries when interacting with a potential criminal.

We know from research on how criminals choose their victims that they are looking for someone they view as an **easy target**. The late General Jeff Cooper called this **condition white** or when someone isn't paying attention to what is happening around them. This might mean you are looking down at a cell phone when walking out in public or not paying attention when someone is getting too close to you or entering your personal bubble. With that, we can avoid being an easy target for criminals by being aware of what is happening around us (**situational awareness**) and **using our voice** to create strong verbal boundaries.

Thinking about having to defend yourself versus a criminal is scary and can be very uncomfortable. However, it can be a little reassuring to know that strong verbal skills are an effective tool of self defense and one you would be much more likely to use versus having to utilize a physical technique.

Interestingly, when a criminal meets a potential victim, they often engage in an **interview**. This interview may include conversation or the criminal may observe of you. The purpose of the interview is to determine if you will make an easy victim. In addition, those who are seasoned criminals will work to use their words and body language to cause you to **freeze** and become an easy target.

A confrontation with a criminal requires us to be assertive and strong with our voices and body language to demonstrate to the criminal that they **DO NOT** want to mess with us. So, what to do if you find yourself in front of a criminal?

Be strong and show the criminal they have picked the wrong person to try to victimize. Remain as calm as you can and make eye contact with the criminal. Bring your hands up to your chest with a bend in your elbows. Keep your hands up and your palms open. As you bring your hands up, you can couple this action with the word **stop** or **back off**. Know that you might need to use these statements more than one time before the criminal leaves you alone.

Using your voice in an assertive way can also draw the attention of others in your environment. These others serve as witnesses to your situation and most criminals don't want witnesses to capture what is taking place. In sum, we want to be aware and avoid situations whereas we would need to use self-defense. However, if we do find ourselves facing a criminal, our voices can serve as a first line tool of self-defense.



## Verbal Judo and Dealing with Bullies

The data on who experiences bullying is expansive. More specifically, there isn't one bully archetype nor is bullying only an issue for school-aged children. Bullying is a social phenomenon that is present across ages, cultures, and environments. Through a study of the martial arts, we can learn and practice skills to deal with bullying.

We note that true martial artists work to avoid using their physical skills to deal with difficult issues such as bullying. This includes doing our best to ensure we avoid potential dangerous situations and use our body language or voices to defuse or avoid a situation before moving to a physical confrontation.



The late former law enforcement officer and martial arts expert, Dr. Thomson called the use of spoken word and body language to defuse a situation or lead to a non-violent outcome as **verbal judo**. In short, using verbal judo we can use our words and body language to off-balance potential bullies and keep everyone safe.

Some of our favorite verbal judo strategies for dealing with bullies are as follows:

The tactical ignore

The look of calm confidence

The use of humor

Referencing higher authority

Using verbal judo techniques can be highly effective. However, if our non-violent methods don't work, we need to be prepared to defend ourselves physically. This is where our ongoing martial arts practice can ready us both in mind and body. Finally, Gunderson Health Systems has done some excellent work in the area of bullying. You may locate their resources via <https://www.togetheragainstabullying.org/tab/>.



## ***Private Lessons***

Students looking to focus their training to catapult their growth, work through an area of challenge, and/or learn an area of specialty (e.g., kama, bo, sai, tonfa, nunchucku, cane, jo, pocket stick, sword) can sign up for private lessons. Private lessons are \$30 per lesson and generally run one hour. Private lessons can also be purchased as a package for \$100 for 4 lessons. See Mr. T. if interested.



### July promotions

Gold Belt - Tristan Hodson

Orange Belt - Gary Mobley



The following Task Karate students have birthdays during the month of **August**.

2<sup>nd</sup> Tom Johnson | 4<sup>th</sup> Abram Rehman

5<sup>th</sup> Carissa Hanson | 23<sup>rd</sup> Susan Wackett

27<sup>th</sup> Carter Wilkins | 28<sup>th</sup> Symantha White

28<sup>th</sup> Amanda McConaghy

Please let Mr. T know if we missed your birthday so we can add you to the list!