



## Task Karate December 2025 Newsletter

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### **Arigatou gozaimashita! Thank you!**

We are so fortunate to have such wonderful students, supporters, helpers, and instructors at Task Karate. During Mr. T's surgery and his recovery we've had so many people help support our Task community. Mr. T's family has helped with rides, moral support, etc. Mr. T's black belts have taught classes, cleaned the school, responded to emails, etc. Students and families have helped clean up the kids area, shared treats for the buffalo, helped Ms. Yehle clean the school on Sundays, and prepared healthy food for Mr. T so he doesn't need to cook.

Ms. Loizzi & Ms. Wilkins ensuring our December volleyball records will be memorialized with ample artistic flair.

### **Winter Gear Order**

Our winter gear order has been submitted. We are hoping our order will be in the week of December 15th.



### **All School Picture and Work Out**

We will be having our annual **group workout and taking our 2025 TASK Karate Martial Arts Team Photo** on Tuesday December 9th. All kids of all ranks should come at 6 PM and all teens/adults will come at 7! Eskrimadors should come at 7 PM as well. We will not be holding any regular evening classes on December 9. Please be sure to come with your belt and uniform! It's important to come to this class so you can be on our 2026 calendar!

### **New White Belts**

Congrats to our new white belts! We welcomed some wonderful new karateka this previous month. This month we welcome August, Elyza, and Chris. Thank you for joining our Task Karate team and for Chris, thanks for returning to Task Karate on your move back to LaCrosse.



### **The Importance of Core Strength from Ms. Markos (4th Degree Black Belt)**

What does having strong core muscles have to do with karate? We don't punch with our stomachs! A strong core is important in martial arts for generating power in both kicks and punches, improving balance and stability, enhancing overall technique and preventing injury. Your core is the center of your body and helps you transfer force from your hips to your legs, arms and shoulders. Your core is not just your stomach, though. The core is made of muscles in your abs, hips, and lower back. Every time we do sit-ups, push-ups, and kick/punch drills we strengthen those muscles! Trouble with balance during a 3 count kick? Hold your stomach tight! Having strong muscles throughout your torso also strengthens your back and allows you to get hit during sparring without an injury.

### **Next Rank Promotion**

Our December rank promotion for kids will be Saturday December 20th at 12:45 PM.

Our December rank promotion for teens and adults will be Saturday December 20th at 1:45 PM.





### Happy Winter Holidays

Task Karate will be closed from Wednesday December 24 - Wednesday December 31. With the exception of Monday Dec 29, 2025. Please refer below for details on December 29th.

### Winter Break Training Monday December 29, 2025

We will be hosting a winter break training on Monday December 29th. Kids of all ranks are encouraged to attend the training at 5PM. Teens and adults of all ranks at 6:15 PM. Reach out to Mr. T with any questions.

Task Karate will reopen for our annual **New Years Training** on Monday January 1st. New Years training for kids of all ranks will take place at 5PM. Training for all teens and adults will take place at 6PM.

### Black Belt Testing

We have students who will be testing for their first degree black belt, second degree black belt, and third degree black belt on Saturday December 6 at 1PM. Please know all members of the Task community are welcome to come and watch the test and cheer folks on! In addition, we welcome our Task Karate black belts to be part of the testing panel.



### December 2025 Rank Promotions

Kudos to all of our Task Karate students who "moved up a notch."

**Gold Belt** - Gretta Wallace & Azariah Franzo

**Orange Belt** - Max & Lucy Wruck

**Green Belt** - Ethan Eady & Ammiel Franzo

**Purple Belt** - Klayson Klonecki



**December Birthdays!** Please let Mr. T. know if we don't have your birthday listed. We are updating our list.

- 5 - Seamus Johnson
- 9 - Jennifer Brennan
- 20 - Abe Osley
- 30 - Aubrey Crawley
- 31 - Frank Bouska | Phil Rakes



**Task Karate Pictures from this past month**

Mr. Nyseth and Lila visiting LaCrosse from the Navy (Mr. Nyseth) and UW-GB (Lila)



Miss Loizzi, Mr. Johnston, Ms Yehle, and Mr. Silha at the Turkey Trot Run Walk



Task Karate's mascot who happens to be Kayson's brother

Caleb and Ethan helping Ms. Yehle clean the school on Sundays?



Getting in a little extra boxing practice.



Thank you Mr. Mattison for helping us grow as martial artists!