



## **Task Karate Newsletter: February & March 2015**

Task Karate School

1100 Kane St.

La Crosse, WI. 54603

608-781-TASK (8275)

E-Mail: [Taskkarate@msn.com](mailto:Taskkarate@msn.com)

Website: [www.taskkarateschool.com](http://www.taskkarateschool.com)

<http://calendar.yahoo.com/taskkarate>

Facebook

please check out and "like" the Task Karate page!

<http://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491?ref=hl#!/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Wanna be my friend?

<http://www.facebook.com/randy.thomson.10>

Let me know if you are not a member of our "Task Karate Students and Family's only" facebook page.

## **Special Schedule this Friday 2/13**

One of our Black Belts, Evan P. lost his mother last week. Please keep Evan and his family in your thoughts.

In addition, we will shuffle the classes so I can attend the visitation for Evan's mother on Friday Feb. 13<sup>th</sup>.

Lil' Dragons 5 to 5:45

Matt Class 6 to 6:30

All other Friday Feb. 13<sup>th</sup> classes will be at there regular times.  
Thanks for your understanding

## **Polar Plunge Saturday March 7<sup>th</sup>:**

### **No Formal Classes**

Join the TASK Karate Polar Plunge team on Saturday March 7, 2015. Like in past years, we will all meet at TASK Karate and then take a bus to the plunge. Please follow the link below to sign up. All TASK plungers need to pre-register as there will not be time to register the day of the event. In addition, Polar Plunge officials will be at TASK Karate on Wednesday March 4 collecting pledges and handing out plunge wristbands. After the plunge, we will take the bus back to TASK where we will enjoy hot chocolate, snacks and games. Please let me know if you have any questions!

<http://sowi.kintera.org/faf/search/searchTeamPart.asp?ieven t=1123048&lis=1&kntae1123048=5470FFE8960642BBA8450FE6EE5A4212&team=6231875>

## **February 15 Karate Tournament**

**Flyer for the tournament Sunday February 15th!**

<https://www.twincitiesrubble.com/>

# **Sensei Demura's 50<sup>th</sup> Anniversary Celebration: TASK Karate Closed Thursday Feb. 19-Saturday February 21<sup>st</sup>**

I will be heading to Costa Mesa, CA on Thursday February 19<sup>th</sup> through midday Monday February 23<sup>rd</sup>. In California, I will be attending seminars on kumite (sparring), kobudo (weapons), & tournament officiating. I will also be competing in the associated tournaments. Because of this event, TASK will be closed for classes from Thursday February 19<sup>th</sup> through Saturday February 21<sup>st</sup>. Classes will be back in session on Monday February 23<sup>rd</sup>.

movie coming out soon!

<https://www.youtube.com/watch?v=mppluZ05zDA>

## **Instructor Training Class for Green and above Kids and Adult Students!**

We could use your help! When we have helpers in the class, everyone benefits! When I started teaching martial it helped me understand my own martial arts better. So, being a helper in class could help you not only help make our school better but enhance your skills. Please consider attending the adult student class March 13th, or the Green and above kids class March 20th. The class is held at 5:45.

## **Kudos to Ms. Wackett**

Congratulations to Ms. Wackett for winning the Grand

Championship at the AKA Nationals in Chicago! She also won Grand Championship for the Season in sparring last year! She is a an excellent example of someone that works hard and is dedicated to her martial arts training.

## **Health Benefits for Adults in the Martial Arts: February Special**

Research shows that adults involved in the martial arts improve endurance, increase flexibility, speed, & balance, and exercise their **hearts**. During this month of February new adult students receive a free uniform in addition to the two-week free trial. Perhaps consider joining karate yourself or recommend a friend or family member.

## **Eau Claire Open/Y Tournament: Gold Star Events~**

There are two tournaments coming up March 22nd! One is a local tournament held at the YMCA in Onalaska. The other is a NCKA tournament held in Eau Claire. I will be attending the Eau Claire tournament. Watch the school for more information and consider attending one of the events. I have included a link to the YMCA tournament below.

<http://www.laxymca.org/programs/martial-arts/youth/ymca-martial-arts-tournament>

## **February 7<sup>th</sup> Snow Hike: Gold Star Event**



**short hike!**



**long hike!**

## **Looking for help cleaning the school**

I am looking for some help cleaning the school once or twice a week. Please let me know if you are interested and I can give you more information.

## **Quote of the Week**

[http://www.brainyquote.com/quotes/quotes/h/halborland143123.html?src=t\\_winter](http://www.brainyquote.com/quotes/quotes/h/halborland143123.html?src=t_winter)

No winter lasts forever; no spring skips its turn.

[Hal Borland](#)



## **February Birthdays!**

**2nd Sebastian Bishop**

**Alejandro Tofstad**

**3rd Sherrie Alberts**

**5th Hunter Konetchy**

**8th Joesph Mattison**

**11th Samara Pick**

**15th John Michels**

**16th Gibson Cottrell**

**24th Chris Schleifer**

**28th Ann Yehle**

## **March Birthdays!**

**1st Kathryn Hilden**

**Kayla Burton**

**Cathy Sawaya**

**2nd Thomas Greany**

**3rd Lauren Gerke**

**8th Dylan Adams**  
**Joshua Degenhardt**  
**11th Amy Jo Haefs**  
**13th Trevor Theurer**  
**17th Megan Barkelar**  
**23rd Casey Gilbertson**  
**24th John Gobel**  
**25th Jessica Koenig**  
**27th William Bishop**  
**Jesse White**  
**28th Brandi Richter**  
**29th Cody Mammenga**  
**30th Bo Konetchy**  
**Cully Lee**





## January Rank Promotions

Green Belt

**Lilly Ekern**

Purple Belt

**Niki Leone**

Blue Belt

**Chase Bollom**

**Sebastian Bishop**

**John Gobel**

**Kevin Kind**

**Cashton Myers**

**Todd Turnmire**

Red Belt

**Elli Johnson**

Brown Belt

**William Bishop**

**Abe Osley**

**Jake Genz**

**Avery Laffey**

**Samee Rayhan**



