

# Task Karate February 2019 Newsletter

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Be my friend! <https://www.facebook.com/randy.thomson.10>



## Snow Hike!

Lots of fun on this years snow hike! Not too cold, not too slippery! We had a fun game of cut the pie by the cave.

## Task Karate is a sponsor of the Polar Plunge!

The plunge is March 2<sup>nd</sup>! Please consider joining our team, or pledging a plunger! I'm still trying to work out the details of the timing of the event, watch for details. Follow this link to join our team!

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=842619&langPref=en-CA&Referrer=%26Referrer%3dhttps%253a%252f%252fpolarplungewi.org%252flocations%252fmar-2-lacrosse%252f%2526panel1-1>

# YMCA Family Martial Arts Tournament

The YMCA offers an annual tournament to those who are interested in competing against other students of similar age and rank. The tournament is held in a fun, relaxed setting and is perfect for first-time tournament participants. Proceeds benefit the YMCA Annual Campaign.

## Ages:

5 YEARS-ADULT

## When:

Sunday, March 10th, 2019

Competition begins 12:30 pm Pre-registration highly encouraged.

Walk-in accepted from 10-11 am only on March 10th.

## Where:

HOUSER YMCA, 400 Mason Street, Onalaska, WI 54650

## Contact:

Tammy Addleman, Arts & Humanities Director, 608-519-5513 or [taddleman@laxymca.org](mailto:taddleman@laxymca.org)

## Entry Fee:

\$35 through March 1<sup>st</sup> or \$45 after March 1<sup>st</sup>

\$60-day of tournament

## Registration and waiver form available at [www.laxymca.org](http://www.laxymca.org) Additional Info:

- Events include forms, weapons forms, sparring, judo game, and board breaking
- Concessions/lunch available on-site
- Parent or legal guardian of all students participating must sign waiver
- Mandatory sparring gear required for students competing in sparring-foot/hand pads, head gear, mouth guard, cup for males. YMCA requires chest protectors and has some available for use.



## Tournament Run Through Class!

Friday, March 8<sup>th</sup>, at 5:30 we will have a free class to let everyone go through their tournament events! (No sparring.) Consider competing or at least going to watch the tournament!



## Lots of Push-ups!

Every hole represents that number of push-ups! We had several zeros during our training!

## Pocket Stick and Reactive Knife Class

Saturday, March 16<sup>th</sup>, from 2 to 4 pm. A pocket stick can represent a key chain or other small item that you could use for defense. We will do simple, yet effective techniques that could help you in a self-defense situation. We will also introduce you to the Reactive knife defense system. The class is \$10, or donation, which helps us pay for our IS3 Eskrima membership!



*Which of these everyday items could you use for self-defense?!?!?*

## Intro to the Jo! Friday, March 15<sup>th</sup>, 5:30 to 6:15 Free!

I have been having fun learning the jo staff! A jo is about 4-foot-long (usually 48 to 50 inches) and makes a great walking stick or self-defense weapon. We will have a free class for our students (6 years old and above) and/or their parents and family members! If you have a walking stick, please bring it, otherwise we have some available!

## Fun and Fitness! Friday, March 29<sup>th</sup>, 5:30 to 6:15

The 5<sup>th</sup> Friday means fun and fitness! Steal the bacon and dodgeball are on the agenda!





## February Birthdays!

7<sup>th</sup> Jacob Berg

8<sup>th</sup> Joe Mattison

9<sup>th</sup> Aleksander Terpstra

12<sup>th</sup> Callie Christopherson

15<sup>th</sup> Ryan Tschumper

25<sup>th</sup> Dave Ekern

28<sup>th</sup> Ann Yehle



## January Rank Promotions

### **Gold Belt**

Jonah Stovall

Adam Rehman

Stacy Kremmer

Jeremiah Noland

Nik Nelson

Nikki White

**Orange Belt**

Aubrey Crawley

**Black Stripe Brown Belt**

Taylor Clayton

**Black Belt**

John Gobel

**Student Level 1 in Eskrima**

Thomas Johnson



It's not cold, it's freezing!