

# Task Karate February 2010 Newsletter










## Happy Valentine's Day!

Task Karate School  
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<http://calendar.yahoo.com/taskkarate>

## Snow Hike

Don't forget your boots, hats and gloves! We will meet at the Hixon forest trailhead (not the nature center) after classes on Saturday the 6th, at 3pm. We will do a short hike (about 20 minutes on a fairly easy trail) for the younger students, then the rest will go to the top of the bluff and back. (about 2 hours with some steep parts!) This is a gold star event, and a stripe for the brown belts that haven't done the fitness challenge. If we get a big group we may fill up the parking lot, so car pool if possible!

Driving directions to Milson Ct (trailhead) from Task Karate  
**3.5 mi** - about **7 mins**

-  1100 Kane St  
La Crosse, WI 54603 
1. Head **north** on **Kane St** toward **Windsor St**  0.2 mi
  2. Take the 2nd **right** onto **Clinton St**  377 ft
  3. Turn **right** at **George St**  0.5 mi
  4. Continue onto **Lang Dr/ West Ave N**  1.2 mi
  5. Turn **left** at **La Crosse St**  1.0 mi
  6. Turn **left** at **WI-16 E**  0.4 mi
  7. Turn **right** at **Bluff Pass**  236 ft
  8. **Bluff Pass** turns **right** and becomes **Milson Ct**



## Polar Plunge Sat. March 6th; Half Day Schedule

We have 21 people signed up for the plunge so far! If you are plunging, but not signed up online, please sign up at the school. (Sheet on the door.) Task Karate is a major sponsor of the plunge. We are so fortunate to have our abilities, and I always feel good helping out the Special Olympics athletes. Please consider joining the team, or donating to one of our plungers! Here is our team page.

[http://www.specialolympicswisconsin.org/pp10/team.asp?id\\_t=437](http://www.specialolympicswisconsin.org/pp10/team.asp?id_t=437)

We will have a half day schedule on plunge day;

**9 AM all adults and advanced kids, red, brown and black.**

**9:45 to 10:30 all sparring kids and adults**

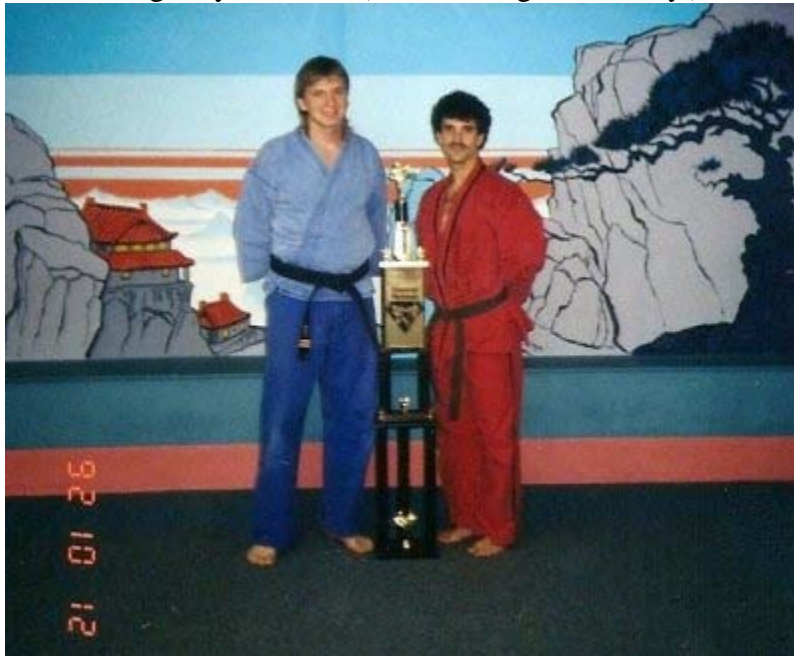
**10:30 to 11:15 kids white through blue**

**11:15 to 12:00 Lil' Dragons**

**(No Weapons)**

## California Trip

I will be flying out of La Crosse on Thursday, Feb. 18th to attend seminars and a tournament held by Sensei Demura. I could still use some help covering a couple of those days if any Black Belts are available. Miss Harter and Mr. Fater have Monday covered, and I will be scheduling a seminar taught by Mr. Lee! (still working out the day.)



## Business Card Promotion/Brochures

Help! We need some new White Belts.

Please help promote Task Karate by handing out your business cards to your friends and family members that might like to try our school! You can get a \$20 gift certificate for each friend that enrolls and they get a great deal on their uniform! (If you haven't gotten your business cards, please let me know.) I am also looking for some more locations to put our brochure holders. If you have a spot at your work, or business, please let me know. Thanks to Mrs. Finn who has a holder at Finnottes, and Janelle Parcher who has one at Funk!

## Quote of the Week!

"When you start achieving your goals, even the small ones, the confidence built up will help you weather the storms of adversity. Keep in mind that adversities can come anytime, any place, without warning, so you must be prepared. Success gives you confidence to ride through rough waves."



[http://thegrandnarrative.files.wordpress.com/2008/11/the-great-wave-off-kanagawa-hokusai-  
iconic-japanese-art.jpg](http://thegrandnarrative.files.wordpress.com/2008/11/the-great-wave-off-kanagawa-hokusai-<br/>iconic-japanese-art.jpg)

## January Rank Promotions

Dragon Gold Belt

**Emily Ross**

**Sophia Spilde**

Dragon Orange Belt

**Chris Schrader**

**Destin Wentz**

**Erik O'Brien**

Gold Belt

**Alisha Pfaff**

**Abraham Oldenburg**

Green Belt

**Alexes Antony**

**Kim Cassem**

Blue Belt

**Kurt Schuldes**

**Brandon Lun**

**Kyra Osley**

Red Belt

**Vicky Johnston**

**Rowshell Young**

**Keegan Kuehl**

Brown Belt

**Andrew McLain**

**Avery McLain**



Advanced Group! Thanks for your help Mr. Cassem!