

# Task Karate February 2014 Newsletter

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<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>

twitter! Randy Thomson @RandyThomson2

## Polar Plunge

We had 23 participants raise a total of \$2808! Thanks to all that were a part of it!  
Here is a video of the plunge!

<https://www.youtube.com/watch?v=69db2ilac1c> (Preview)



# Eau Claire Open

Tournament in Eau Claire this Sunday, March 23! Good luck to all competitors.  
Here is a link to the flyer

[http://www.nckablackbelt.com/assets/ec\\_open\\_2014.pdf](http://www.nckablackbelt.com/assets/ec_open_2014.pdf)

# YMCA Tournament

Is Sunday, March 30th, lots of tournaments this month! Many events to choose from at a very reasonable price, and proceeds go to support the Y.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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 Strong Kids campaign.

**Ages:**  
6 YEARS-ADULT

**When:**  
Sunday, March 30<sup>th</sup>  
Competition begins 12:30 pm Pre-registration encouraged.  
Walk-ins accepted from 10-11 am only on March 30<sup>th</sup>.

**Where:**  
YMCA-North, 400 Mason Street, Oshkosh, WI 54650

**Contact:**  
Tammy Adleman, Arts & Humanities Director, 608-519-5513 or [tadlemam@laxymca.org](mailto:tadlemam@laxymca.org)

**Entry Fee:**  
\$20 through Friday, March 21 or \$30 after March 21  
**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.



LA CROSSE AREA FAMILY YMCA  
YMCA-La Crosse Branch  
1140 Main Street, La Crosse WI 54601  
P 608 782 9622 F 608 782 9616  
[WWW.LAXYMCA.ORG](http://WWW.LAXYMCA.ORG)

YMCA-NORTH BRANCH  
900 Mason Street, Oshkosh, WI 54650  
P 608 765 9622 F 608 762 9616

## Nunchaku DVD

I would like to make more dvd's to give our students and their parents a great resource to help improve their karate training. Our first one teaches you the 30 count nunchuck exercise. The sound isn't the best but the information is good, and the cost is very reasonable, \$10! Get yours today. There is also a GOLD STAR challenge on the DVD!

## Gold Star Event!

We have a demo Saturday, March 22nd Holmen at the Prairie Home assisted living center. It would be a great warm up for the tournament! Please sign up at the school.

## Closed Friday and Saturday April 25th and 26th For Seminar

Sensei Demura will be at our Kansas school and I am going to train with him!  
No classes these days.



Last Tournament of the 2013-14 Season, NCKA finals!

[http://www.nckablackbelt.com/assets/ncka\\_finals\\_2014.pdf](http://www.nckablackbelt.com/assets/ncka_finals_2014.pdf)

## Free Tournament Tune-up!

Saturday, March 29th at 1 pm. Students will have a chance to go over the things they need to know to compete at Sundays Y tournament! We will go through all areas of competition! All students that are planning on attending the tournament are invited to attend! (It will probably take a little over an hour!) Bring your sparring gear if you have it!

## Quote of the Week

"The chief beauty about time  
is that you cannot waste it in advance.  
The next year, the next day, the next hour are lying ready for you,  
as perfect, as unspoiled,  
as if you had never wasted or misapplied  
a single moment in all your life.  
You can turn over a new leaf every hour  
if you choose."

**Arnold Bennett**



## 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**



## January Rank Promotions

### **Dragon Gold Belt**

Ivan Smith

### **Gold Belt**

Lance Moe

### **Orange Belt**

Ian Virock

### **Green Belt**

Mercedes Krans

### **Red Belt**

Jake Genz

Andreanna Pollock

Samee Rayhan

Shafee Rayhan

Tristen Theders

### **Brown Belt**

McKaela McElhiney

