



Task Karate January 2016 Newsletter

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New Years Training!



Congratulations to the kids, once again winning the New Years training Challenge! Not by much.

Black Belt Test



Congratulations to Mr. Lance Baumgartner for achieving his Black Belt!
Thanks to the black belts that were able to help with this event!

Snow Hike Gold Star Event!

We will do our annual Hixon Forest snow hike on Saturday, February 13th, meeting at the trailhead (not the nature center) after classes at 1:15 pm! There will be a short hike of about 30 minutes and we will go to the cave! The long hike is about 2 hours and it goes up to the top and over to the lookout! Make sure you dress properly!



It's fun!



Part of last year's group at the trailhead, and the view from the lookout!



California Training

Task Karate will be closed from Thursday February 18-Saturday February 20 for the Genbu Kai training and tournament with Sensei Demura. I will be testing for my nidan black belt rank during this time. Because of my returning flight, we will have to cancel Lil' Dragons on Monday 2/22.

Information on the tournament!

<http://www.genbukai-hq.org/news/event/2016-international-goodwill/>



Polar Plunge

March 5th! We are a sponsor again! The Polar Plunge is a fund raiser for Special Olympics. We will take a bus to the plunge site, and have a party at the school after! Here is a link with more information

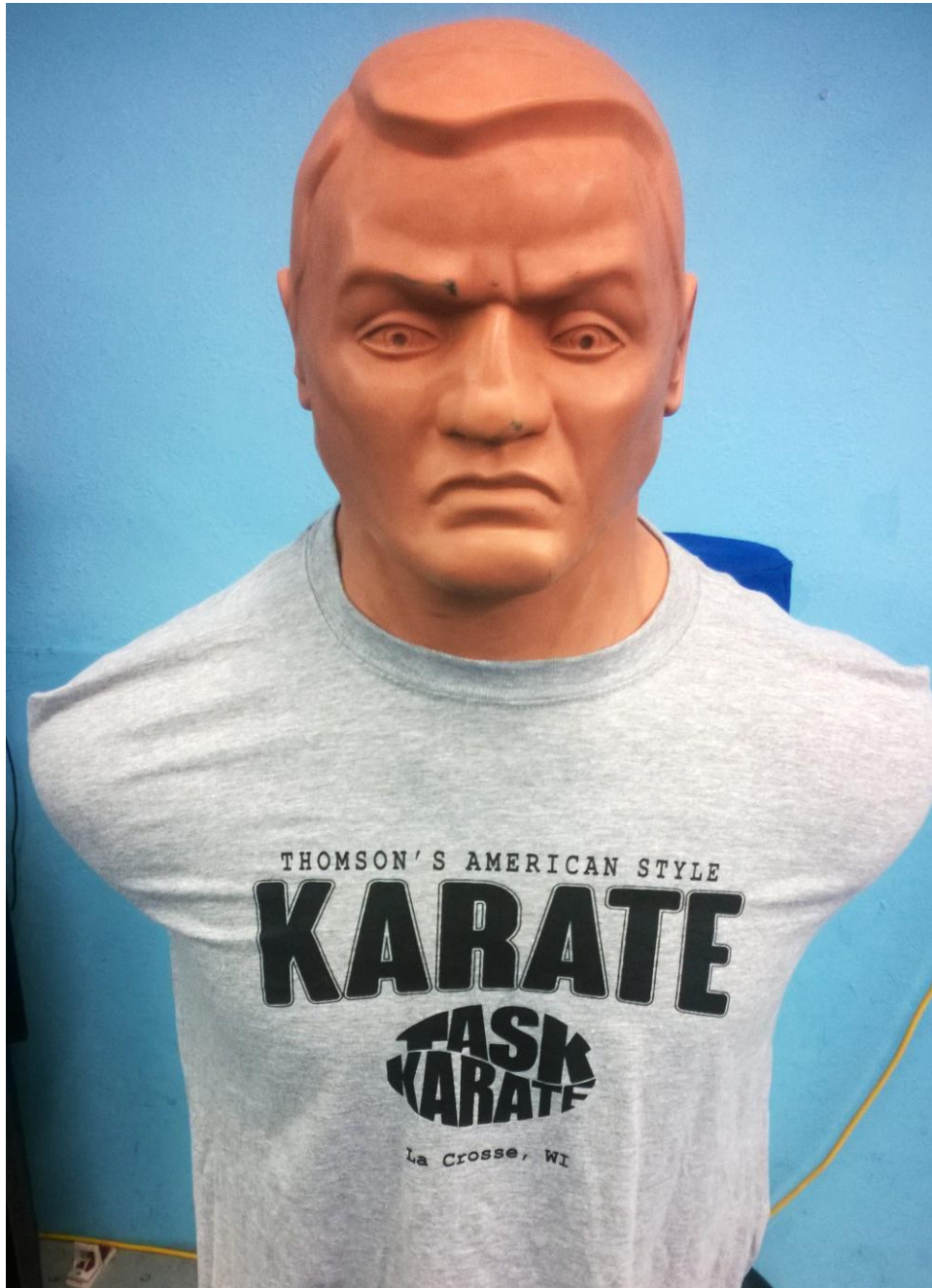
<http://polarplungewi.org/locations/mar-5-lacrosse/>

212 Degrees, the Extra Degree

A simple video explaining the one extra degree that makes all the difference, that separates the good from the great. Remember, all motivational videos are intended to boost your understanding about the possibilities achievable through effort. But you alone must be the one to boost yourself to break through your own barriers.

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

Team Shirts



We will be placing a final order for the 2015 Task Karate team shirts! They have the new design, and the names of all the students that trained at Task in 2015! Please consider supporting your school and purchasing a shirt!

\$15

Bob says you want one



1,000 Kick Challenge

1,000 kicks, maybe more! Congratulations to the students that completed the challenge January 9th!

Fun and Fitness!

Look out! When we have 5 Fridays in a month, it's fun and fitness class. January 29th, 5:45 pm. Open to kids and adults, all ages. We will play some karate games, and do some fun exercises!

Special Workout; Japanese Karate

I am pretty proud to be a black belt under Fumio Demura! I travel to California nearly every year to attend his tournaments and seminars. This year I have been invited to test for Nidan! (Second degree) To help with the costs of flights, hotel, car rental, seminars, and testing fees I'd like to do a special workout-fund raiser. Saturday, January 30th we will have a kids class from 1 until 2:15, and then a teen and adult class from 2:30 until 4 pm. You will see some of the differences in the styles and techniques, and maybe learn a new form or two! The class is \$15 or donation, family rates available. Give this a try! I will also be demonstrating some of my forms!

Tournaments

There are a couple of tournaments coming up! The first is The Twin Cities Rumble. This is one of the NCKA tournaments that we try to support and attend. Here is a flyer.

<http://static1.squarespace.com/static/55db4de2e4b0d4ac0202be47/t/564a3f5ee4b06969841809ea/1447706462853/TWIN+CITIES+RUMBLE+2016.pdf>

A local tournament is held at the Y in Onalaska. Some of the rules for sparring are different than the rules we use. Here is a flyer.

[http://www.laxymca.org/files/2114/5141/2587/2016 Martial Arts Tournament Flyer Registration.pdf](http://www.laxymca.org/files/2114/5141/2587/2016%20Martial%20Arts%20Tournament%20Flyer%20Registration.pdf)

The Eau Claire Open is scheduled for April 3rd, and the NCKA Finals is April 24th. Please let me know if you are planning on competing, and if you have any questions!



January Birthdays

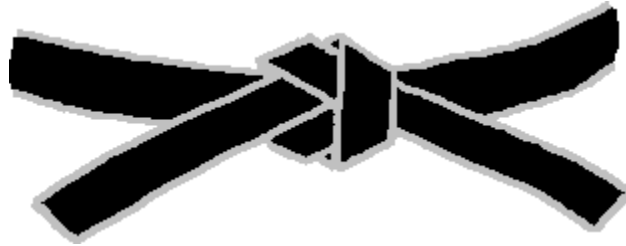
1 - Angel Arredondo
5 - Taylor Rakes
6 - Janelle Parcher
13 - Dakota Gruen
14 - Cody Jakobi
16 - Randy Thomson
17 - Patty Fortner
18 - Connie Mumau
19 - Lilly Engen
19 - Ashton Newman

25 - Jamie Peaslee

26 - Elli Johnson

28 - Brandon Lun

30 - Ian Miller



December Rank Promotions

Dragon Gold Belt

Riley Hatlevig

Dragon Green Belt

Alex Miller

Ian Miller

Gold Belt

Mitchell Nyseth

Lucas Payne

Orange Belt

Erik Arvidson

John Arvidson

Gus Arvidson

Patrick Arvidson

Mark Arvidson

Blue Belt

Ashton Newman

Ian Johnston

Red Belt

Cashton Myers

Black Belt

Lance Baumgartner