

Task Karate January 2018 Newsletter

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Visit our website <http://www.taskkarateschool.com/>

Or facebook page <https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

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Brown Belt Fitness Challenge Snow Hike!

We will meet at the Hixon Forest Trailhead at 1:15. Parking can be a problem, so consider carpooling. We have a short 30-minute hike that goes to the "cave" and a longer two-hour hike that goes to the top and to one of the lookout points. Brown belts that complete the long hike will earn their fitness challenge stripe. We will hold this event rain or shine! Please consider if it's safe for your family to go if the weather turns bad or it's really cold! Here is a video from the 2011 Hike! https://www.youtube.com/watch?v=etNkAl_8IKw



Polar Plunge!

Another Gold Star event! Task Karate is a sponsor. The plunge is Saturday, March 3rd. The plunge is a fund raiser for Special Olympics so you have to get donations (minimum of \$75) to participate. We will have a special Schedule that day

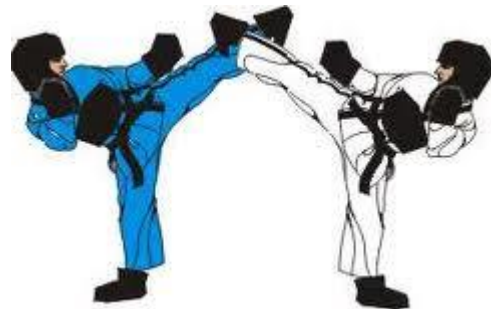
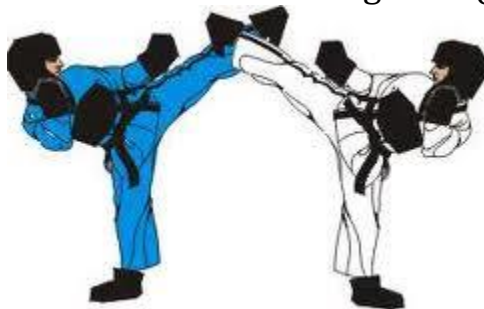
9 am- All Teens and Adults (no sparring)

9:45- All Kids

We are planning on taking a bus to the plunge as a group! Please consider helping us out with this event. Task Karate has a team started. You can join the team here-

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=788152&langPref=en-CA#&panel1-1>

You can get a gold star by plunging or pledging! After the plunge we will come back to Task for some games (dodgeball?) and snacks!



10 Rounds of Sparring Challenge!

Another one of the events brown belts need to do to achieve their black stripe brown belt is ten rounds of sparring in a row! Saturday, January 27, 2018 right in sparring class at 9:45!

Quote of the Week

"You have to take life as it happens, but you should try to make it happen the way you want to take it!"

An Old German Saying

Palgue

Ali-gator



New Friend, Ali Gator!

Thanks for helping choose her name! Some of the suggestions; Chuck Norris, Coral the Croc, The New Karate Kid, Croc-ter Yehle, Squint, Shrp, Chomper, Keroty Krok, Ally the alligator, Greeny, Bitey, New Monkey Head, Kick, Ali, San Ju Hachi Shego, Karate Man, Kamey the Alligator, Wally Gator, Archie, Alice, Ali, Aleksander, Sichi, Awesome Alligator, Jakie Chan, and Bob the Alligator!

YMCA Martial Arts Tournament

Sunday, March 11th, at the Onalaska YMCA. Here is some info on the event, and links to sign up and for more information!

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 11, 2018

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

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

Where:

R.W. Houser Family YMCA

400 Mason Street, Onalaska, WI 54650

Contact:

Tammy Addleman, Arts & Humanities Director

608-519-5513 or taddleman@laxymca.org

Entry Fee:

\$30 through March 1st or \$35 after March 1st

\$55 Day of Tournament

Download the "[Registration and Waiver Form](#)"

100% of event proceeds directly support the **Y's Annual Campaign**, which benefits the community by providing opportunities for youth and adults to achieve so much more.

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

<https://www.laxymca.org/events/martial-arts-tournament/>



January Birthdays!

1st - Angel Arredondo

6th Janelle Parcher

16th Randy Thomson

19th Ashton Newman

26th Elli Johnson

5th Taylor Rakes

13th Dakota Gruen

18th Connie Mumau

25th Jamie Peaslee



December Rank Promotions

Dragon Orange Belt

Kaiden Brush

Dragon Purple Belt

Carter Wilkins

Skylar Wilkins

Gold Belt

Trevor Miller

Aleksander Terpstra

Orange Belt

Esme O'Neill

Saeef Rayhan

Red Belt

Brenner Bertelsen

Brown Belt

Ian Johnston

