

Task Karate January 2006! Newsletter

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Schedule Change for the New Year!

Happy New Year to everyone! I am looking forward to 2006 to be our best year ever! We have had some confusion with the Intermediate classes and the beginner testings so I decided to make the following changes.

Effective January 13th! Please change this on your current schedule!

Intermediate Kids~4:45~5:30

Test Help~5:30~6:00, except for the second Friday of the month which will be the testing.

The test help class is a 30 minute class to help prepare for your next belt. We won't be doing a stretch or exercises in this class, so please come a little early and stretch out ahead of time. Thanks!

Ultimate Children's Fun Fair/Gold Star

Task Karate will be doing a demonstration at the La Crosse Center on Saturday January 14th at 3:30 PM as a part of the Ultimate Children's Fun Fair! Demonstrators will receive free admission, but parents and siblings would have to pay the admission fee. It sounds like there will be a lot to do and see at this event! Please sign up if you are planning on participating. Please arrive at 3PM so we can get organized and let everyone know what to do!



- 1st Ben Hesch
- 4th Alli Plath
- 5th Nathan Fater
Derek Lusk
- 6th Janelle Parcher
- 8th Lisa Schubert
- 11th Laurie Finn
- 13th Jane Speier
Doug Nichols
- 16th Mike Joseph
Randy Thomson
- 18th Connie Mumau
Abby Helmke
- 24th Sapna Patel
- 25th Jamie Peaslee
- 26th Madelyn
Mikshowsky

Remember; spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember to give a warm hug to the one next to you because that is the only treasure you can give with your heart and it doesn't cost a cent. Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak and give time to share the precious thoughts in your mind.

Received from the Internet!

Rank Promotions

- Dragon Gold
Carter Davis
Mia Burk
- Dragon Orange
Sam Lakmann
Orange Belt
Alex Cassem
Jacob Murphy
Purple Belt
Katie Olan
Michael Kelbel
Diane Kelbel
Abby Helmke

1000/500 Kick Challenge!

500 Kicks by Abby Helmke, Maggie Helmke, Alex Cassem, Michael Abraham, Madelyn Mikshowsky, Christian Wilder and Shawn Trussoni.
1000 Intermediate Kicks by Sam Lubinsky, Dylan Hericks and Bronwyn Tulloch. And **1000 Kick Black Belt Challenge** by Jim Richason, Lloyd Harter, Dominic Trussoni and Randy Thomson!