## Task Karate January 2008 Newsletter!

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## New Years Training

Remember no regular classes today! We have our special New Years Training going on.

All Kids~ 5 to 6:30

All Adults~ 6:30 to 8:30

Kickboxing will be held at the regular time

This is a Gold Star Event, and a competition to see who can get the most students in class, the kids or adults!

## Quote of the Week

"You don't have to be great to get started, but you do have to get started to become great!" --- Les Brown

## Lyme's Disease

I have just finished the second course of antibiotics for the Lyme's infection I picked up this summer. I'm still not quite feeling up to par, but thanks for your patience as I work though this.



#### **Rank Promotions**

Dragon Gold Belt Lydia Hauser Dragon Orange Belt **Kyra Osley Hailey Kanakares** Orange Belt Lance Baumgartner **Chris Schleifer** Green Belt **Madison Trussoni Avery Laffey Marilynn White Kurt Schuldes** Purple Belt Lauren Gerke Zach Mayer **Austin Thompson Carter Davis** Blue Belt Alana Gruntzel **Jamison Johnson** 

Red Belt **Duncan Metz Beard**Brown Belt **Dylan Herricks** 

Connor Lorentz Dru Ricci



#### Second Degree Black Belts

A special congratulations to our Black Belts who were promoted to Second Degree!

> Zakk Trudeau **Lucas Fater Duane Bollom**

It takes a lot of dedication to achieve Black Belt, and much more to earn the second degree, great job guys!



# January Birthdays!

**Katie Larson** 4th

Alli Plath

5th Calla Harter

Nathan Fater

Janelle Parcher 6th

Lisa Schubert 8th 9th

**Raven Bauder** 

11th Laurie Finn

16th Randy Thomson!

17th Jonah Johnson

18th Connie Mumau

24th Andy Klinge

25th Jamie Peaslee

28th Brandon Lun

31st Adam Meyers

## Polar Plunge!

We are a sponsor this year! We have 11 plungers signed up and ready to go! Take a look at our team page!

http://www.specialolympicswisconsin.org/pp08/team.asp?id\_t=44

This is the page for the Coulee Region plunge

http://www.specialolympicswisconsin.org/plunge a6-2.asp

Please consider joining the FUN! and becoming a team member or making a donation to one of the plungers!

