

Task Karate January 2019 Newsletter

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New Years Training!

Thanks to all that came out on New Years Day to practice karate! The teen and adult group won, 10 to 9! Or did they?!?!

1,000 Kick Challenge

All brown and black belts are invited to participate in this challenge Monday, January 14th, starting at 5 pm! (This class will take the place of your regular Monday night brown or black belt class.) This will be my 25th time completing the challenge!

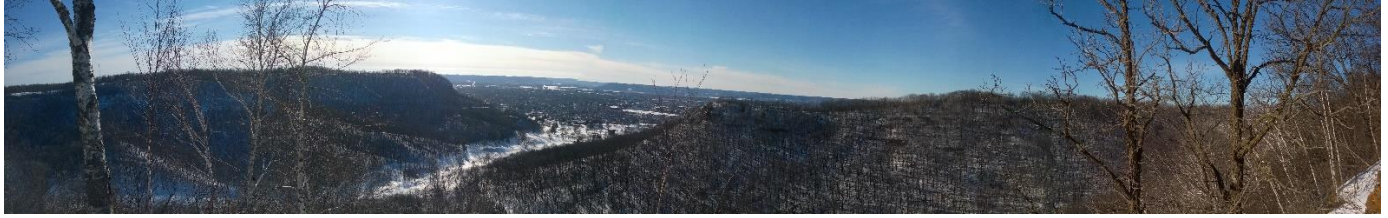


John Gobel's Black Belt Test!

After years of hard work and dedication, John will be testing for black belt on Saturday, January 19th, at 1 pm. We would appreciate if all Task Karate black belts could attend!

Google or Facebook Review!

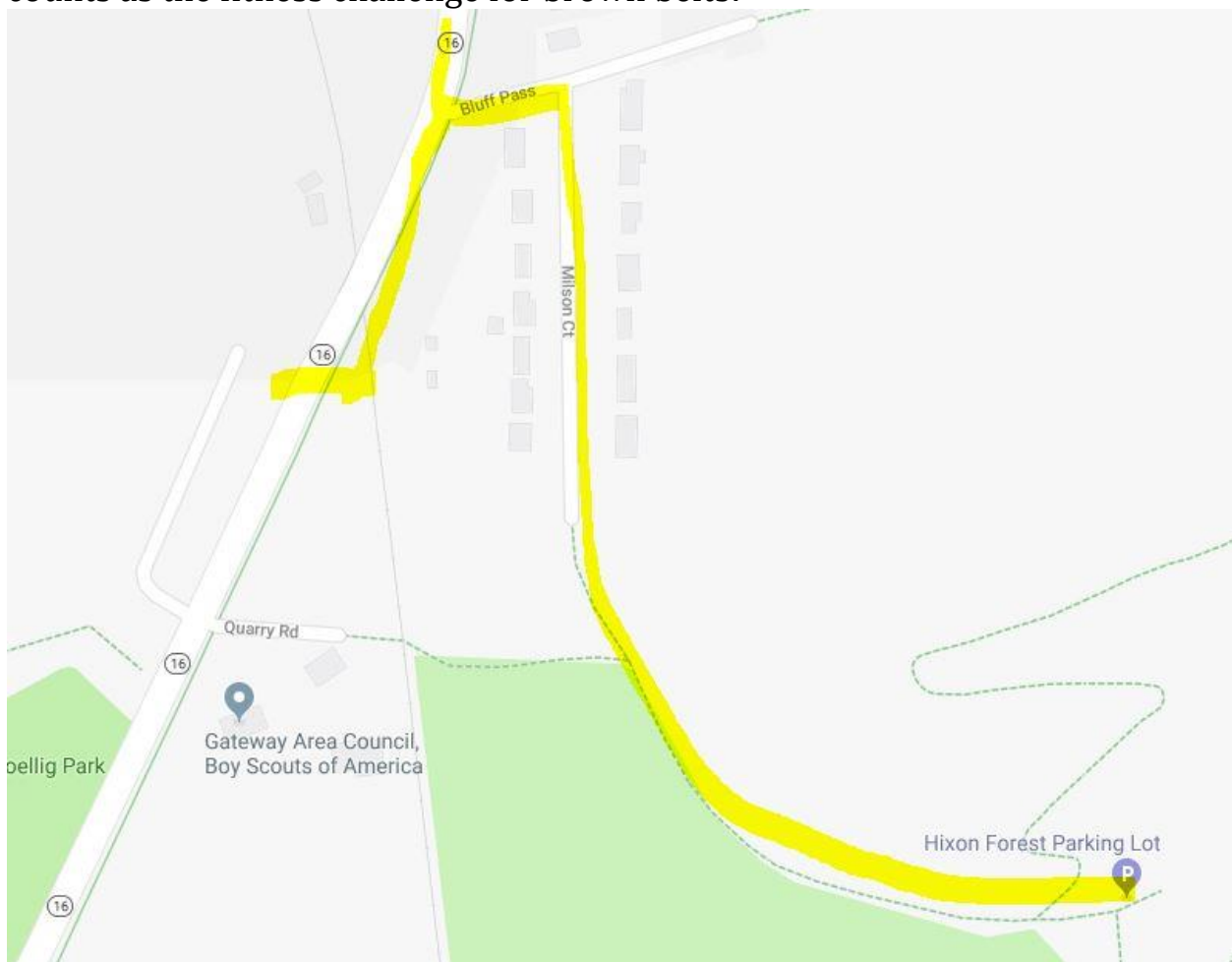
Wow, if you search for "karate in La Crosse, Wisconsin" on google, Task comes up first! At least it did last time I checked. 😊 If you have enjoyed your lessons at Task, please leave us a good review on google or Facebook.



View from the top!

Gold Star Event! Snow Hike!

We will meet at the Hixon Forest trailhead (off Highway 16, not the nature center) on Saturday, February 9th at 1:30 for our annual snow hike. We have a short hike that goes to the “cave” then a longer hike that goes up to the top of the bluff and then over to the above lookout point! The trail on the long hike can be slippery and treacherous this time of year, so beware! The long hike counts as the fitness challenge for brown belts!



Map to the parking lot

2019 SMART Goals!

Happy New Year! This month we will talk about setting and achieving goals. One definition of goal setting is to establish something you want to accomplish. There are several meanings to the acronym “SMART” goals, but here is the one I like to use!

S. Specific. Let’s say I said “I want to lose some weight.” That would be a good thing, but if I say “I will lose 30 pounds,” then that would be a more specific goal!

M. Measurable. If I say I want to lose 30 pounds, and then I do, I will know that I have achieved my goal.

A. Accountable. It can be easier to achieve our goals with the help and support of a friend or a family member. I like to check in with a friend each week to report progress and for encouragement. (Let me know if you want to do this!) taskkarate@gmail.com

R. Realistic. You want to set yourself up for success by setting goals that are within your reach. If I said I want to lose 30 pounds by my birthday next week, that is not going to be possible! If I say I want to lose a pound a week for 30 weeks, that is a realistic goal!

T. Timely. You want to set a timeline for the achievement of your goal. That will add some urgency to your efforts, help you get started, and keep you on track. If I say I want to lose 30 pounds (a pound a week) by the end of July, then I know that I will have to work hard each week, every day, to stay on track and achieve that goal. I can make a chart and set weekly goals to track my progress!

I found a really good SMART goals template with great information to help you set and achieve your goals here.

<https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>

You can download the template on their site, and I have also attached it to this e-mail!

The goals you set are the goals you get!



January Birthdays!

5th Taylor Rakes

6th Janelle Parcher

6th Tayven Kader

16th Randy Thomson

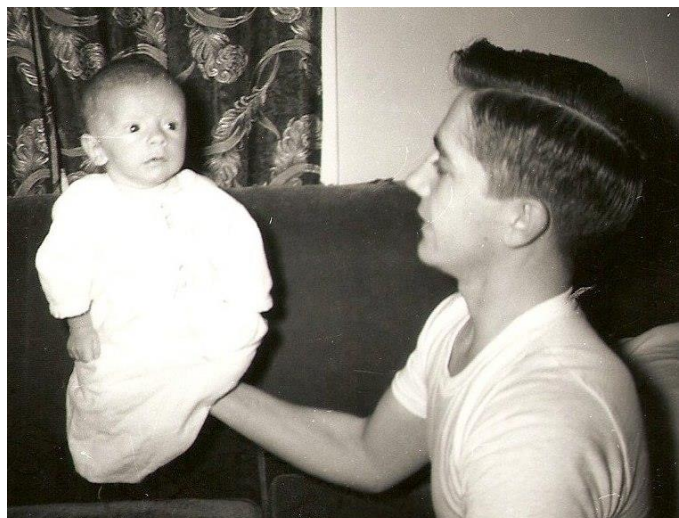
18th Connie Mumau

19th Ashton Newman

22nd Cyra Wilkins

25th Jamie Peaslee

26th Elli Johnson





December Rank Promotions

Dragon Gold Belt

Tristan Hodson

Gold Belt

Dave Ekern

Purple Belt

Abram Rehman

Blue Belt

Lauren Mavrantonis

Red Belt

Ryan Tschumper

Waylon Stokke

Brown Belt

Kurt Schuldes

