

Task Karate July 2005 Newsletter

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Air Conditioning

Ahh, it's hot outside but nice and cool in our school! Thank you all so much for your donations and attending the seminars to make our fund raiser a success! Now when we sweat it's because we are working hard, not because of the heat!

Cold Drinks Available!

We now have bottled water and Gatorade available to purchase at the school. Water is .50 and Sports Drinks are \$1.

Congratulations!



Miss Alli Plath won two Gold Medals at the Badger State Games!



Chileda Classic a Success!



At least twenty five members of Task Karate Participated in this year's event! A special congratulation to Trevin Thomson who ran the 5k in 33 minutes, his first race! Participants please be sure to get your Gold Star! Great job everyone!

The Presidents Challenge Active Lifestyle Award

I have been saving a spot on our uniforms for this patch/award. (Right sleeve) This summer is a perfect time to earn your award Grab an information sheet and get started. Jim Richason has been participating in this program and set our group up and volunteered to help if any one has any questions. He can be reached at jimrichason@charter.net.



Sensei Demura in Winona for Seminar!

You hear me talk about him all the time, now it's your chance to meet and take class from one of the worlds top Karate Instructors! Sunday July 10th, from Noon until 1PM. The seminar is held at the Winona Family YMCA at 207 Winona St. There is also an Okinawan Kobudo (weapons) class available from 1:30 -2:30. Ask for more information. Wear a white suit please! A Gold Star event! The cost is \$30.

Rank Promotions



Gold Belt

Lisa Schubert

Ryan Thompson

Orange Belt

Pat Judkins

Jim Warsinske

Dylan Hericks

Bronwyn Tulloch

Green Belt

Bill Peden

Purple Belt

Jacob Berg

Ava Fox



1st **Nirav Patel**

2nd **Bradly Judkins**

8th **Logan Snyder**

9th **Dan Smart**

Diane Kelbel

13th **Anne Nyseth**

20th **Michael Mutch**

23rd **Hallie Snyder**

Coming up this Month

July 15th Beginner/Intermediate testing at 5:30,
Intermediate class is at 4:45 this day and no test help.

July 16th 1,000 kick challenge at 2:15

July 25th Black Belt Star Test 6:00PM

July 29th Advanced Test at 7:45



Let's Go Swimmin'

July 23rd at the Northside Community Pool from 6 to 7:45. We will go to the beach afterward for ice cream and fun!