

Task Karate June Newsletter

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Chileda Classic

July 3rd is the date for the 24th Annual LaCrosse **Chileda Classic** Run/Walk. It's 5K (3.1) or 10K (6.2) race through scenic downtown La Crosse and along the Mississippi River. Breakfast in the park, cash prizes, medallions, and great pledge prizes! The 10K begins at 7:30 am and the 5K begins at 7:50 am. Please be sure to register on the Task Karate team! Registration forms are available at the school, or online at <http://www.chileda.org/happenings/events.htm> . We had a great turn-out, and lots of fun last year! If you don't want to participate, but would like to donate to the cause, see the pledge form on the bulletin board. **The school will be closed for this special event!**

Rank Promotions

Congratulations to the following students; **Jacob Murphy** to Dragon Gold, **Sam Olson, Max Olson,** and **Sam Lubinsky** to Dragon Orange. Promoted to Gold Belt; **Mason Thomson, Bill Peden** and **Brandon Redenbaugh**. Orange Belt goes to **Nick Lubinsky, Cohan Nelson** and **Landon Rudy**. **Tom Locante** was promoted to Green Belt, and **Pam Groth** and **Jeanette Smith** have achieved Purple Belt! One step closer to **Black Belt!** Great job!!!

Birthdays

Task Karate members celebrating birthdays this month are; **Gabby Schubert** on the 4th, **Sandi Shefelbine** on the 5th, **Casey Lundgren** on the 7th, **Lucas Stromberg-Windau** on the 14th, **Trevor Peden** on the 15th, **Megan Richason** on the 18th, **Kyler Chafer, Jeanette Smith** and **Graham Fuchs** on the 20th, and **Cory Schubert** on the 22nd!

Adult Night Out!

June 18th, at 8:00 PM, meet at the **Lone Wolf Coffee & Tea Co.** (next to Big Al's on Third St.) for some fun with "**Comedy Alley**" improv troupe. For more information check comedyalley.com.

Membership Anniversaries

The following students celebrate one year of membership at our school. **Pam Groth, Christina Locante, Lucas Stromberg-Windau, Malachy Stromberg-Windau,** and **Mitchell Thompson**. Thank you for your support of **Task Karate!**

School Closed for Boundary Waters Trip

I'll be sure **not** to break my foot or anything else on this year's trip! The school will be closed Thursday, Friday and Saturday June 24th, 25th and 26th. Be sure to get your classes in earlier in the week!

Membership Special

Save \$100 on a Versaflex stretching machine (pg. 101) or \$5 off square hand targets (pg. 126). Please order before June 30th.

The Twenty Precepts

by Gichin Funakoshi

1. Karate begins with courtesy and ends with courtesy.
2. There is no first attack in karate.
3. Karate is an aid to Justice.
4. First control yourself before attempting to control others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from neglect.
8. Do not think that Karate training is only in the dojo.
9. It will take your entire life to learn Karate; there is no limit.
10. Put your everyday living into Karate and you will find Myo (The subtle secrets!).
11. Karate is like boiling water. If you do not heat it constantly, it will cool.
12. Do not think that you have to win, think rather that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The battle is according to how you move guarded and unguarded (move according to your opponent!).
15. Think of your hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you.
17. It is your behavior that invites trouble from them.
18. Beginners must master low stance and posture; natural body positions are for the advanced.
19. Practicing a Kata is one thing, engaging in a real fight is another.
20. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body and slowness and speed of techniques.

Always think and devise to live the precepts every day.

Gichin Funakoshi (1868-1957), is widely considered the primary "father" of modern karate due to his efforts to introduce the Okinawan art to mainland Japan.