Task Karate June 2009 Newsletter

Task Karate School 1100 Kane St. La Crosse, WI. 54603 608-781-TASK (8275)

E-Mail: Taskkarate@msn.com Website: www.taskkarateschool.com http://calendar.yahoo.com/taskkarate

Special Schedule June 11th

I'll be going to the Boundary Waters this weekend! Thanks to Miss Harter, Mr. Harter, Mr. Bollom, Mr. Rudy, and Mr. Daily for teaching while I am gone. We will have this Schedule for Thursday the 11th 5:00 to 5:45 PM~kids Green and Up, (no sparring) 6 to 6:45~kids White, Gold and Orange (White belt kids, no Friday class) 7 to 7:45~Green and Up adults 7:45 to 8:30 Sparring



Gold Star Event~ Welcome Summer!

For the first day of summer we have a sunrise (!) workout scheduled. Meet at 5:15 a.m. at the French Island Beach. Take Fanta Reed Road (by the airport) to Fishermans Rd. We should be done by 6:30. (Can anyone bring a rake to make sure the area is clear?)

A pound a Week for Eight Weeks?

Wanna lose a couple of extra pounds? We will have a group effort to lose a pound a week for eight weeks starting on June 15th! If interested e-mail me for more information.

Chileda Classic

The Chileda Classic is on the 4th of July this year! It is a Gold star event! Task Karate always has a strong team for this event! Walk or run, it's a great event. Watch for the new T-shirts for Summer/Chileda Classic coming soon!

Private Lessons

Miss Moriah Harter is available for private lessons, please let me know if anyone is interested!

Quote of the Week!

If you stand straight, do not fear a crooked shadow. - Chinese proverb



June Birthdays!

- 3rd Andrew Brockway
- 4th Gaby Schubert
- 5th Isaac Mitchell
- 7th Lance Baumgartner
- 10th Melanie Klemond
- 11th Ahshley Janisch
 - **Heather Des Rocher**
- 12th Jacob Justice
 - **Alex Wing**
- 13th Alyssa White
- 14th Allan Mach
 - Lucas Stromberg-Windau
- 15th Steve Johnston
 - **Trevor Peden**
- 18th **Megan Richason**
 - **Aryca Wilkins**
- 20th Kyler Chafer
 - Jeanette Smith
- 22nd Moriah Harter
 - **Cory Schubert**
- 25th Thor Larson
- 28th Jacob Runyon
 - Lucas Niedfeldt
 - **Jordan Hotchkiss**
 - **Kelsey Reedy**
- 29th **Jim Warsinske**
- 30th Hayli McGuire



May Rank Promotions

Dragon Green Belt

Kasey Wing

Gold Belt

Alexes Antony

Orange Belt

Nathen Herzer

Aaron Klinge

Green Belt

Garth Gregerson

Brandon Gregerson

Gabe Gregerson

Alex Wing

Drake Barreryo

Blue Belt

Steve Johnston

Vicky Johnston

Josh Johnston

Joel Johnston

Red Belt

Madeline McCannon

Connor McCannon

Black Stripe Brown Belt

Michael Abraham

Diva Antony

3rd Degree Black Belt

Erik Daily



http://www.inspirational.com/