

# Task Karate 2025 Newsletter

1100 Kane St. La Crosse, WI 54603

Phone 608-781-8275 E-mail [taskkarate@gmail.com](mailto:taskkarate@gmail.com)

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## Try Sparring

Saturday, March 22<sup>nd</sup>, 2025, 1pm!

Open for green belts and above, no gear required for this class.

At Task Karate we work on kihon (basics), kata (forms), and kumite (sparring). Further, Task karate students spar on their blue belt test and subsequent tests.

We encourage you to come and give this informational sparring class a try.

We will have gently used sparring gear that will be available for free or a donation to the school. See Mr. T or Ms. Yehle with questions.



To: Mr. T and Members of the Task Karate Family:

From: Ms. Yehle

Re: Birthday Wishes

Thank you to Mr. T and members of the Task Karate Family for all of your birthday well-wishes. I very much enjoyed the opportunity to spend time with many of you on my birthday (February 28th) at Fun and Fitness and enjoy the delish Ninja carrot cake.

**Task Karate Welcomes Liam, Lily, Emma, Grace, and Samantha!**





During January and February I have received a number of questions related to personal safety for children. Whereas this is an expansive topic, I share a few thoughts tailored to the questions I have received from Task families most recently. Please know that what I share focuses on younger children and addresses what many personal safety experts believe to be the most critical.

It is important that our children....

- Know their name, their adult(s) names, telephone number, and address. It is equally important that our children know with whom NOT to share this information and whom to contact in an emergency.
- Know a backup contact (i.e., name, relationship to the child, and number) if they are not able to reach their family.
- Know to check with their adult(s) before accepting anything from anyone, getting into a vehicle with anyone, or going somewhere with anyone.
- Know to say NO if someone tries to treat them or touch them in a way that makes them feel uncomfortable, scared, sick, or confused.
- Know that they can tell their family or a trusted adult when they feel uncomfortable, scared, sick, or confused and sharing this information is a sign of strength not weakness.

I have also been asked when is the “right time” to start a conversation on personal safety with children. With that, a perfect age to begin teaching children about personal safety doesn’t exist. Instead your child’s ability to comprehend and practice utilizing safety skills is impacted by age and developmental levels. Finally, conversations about personal safety can be anchored to your child’s martial arts practice such as the importance of being safe and being aware.



## March Birthdays!

3<sup>rd</sup> Savannah Hall

13<sup>th</sup> Addisyn Noland

18<sup>th</sup> Zach Lopez-Johnson

21<sup>st</sup> Jonah Stovall

22<sup>nd</sup> Declan Schmaltz

23<sup>rd</sup> Brandon Stankey

24<sup>th</sup> Samee Rayhan

24<sup>th</sup> John Gobel

30<sup>th</sup> Cully Lee



## February Rank Promotions

### **Gold Belt**

Eden Maphie

### **Orange Belt**

Poppy Curtis

Sabine Kroeger

### **Purple Belt**

Jayton Luedke

TJ Rhodes

Fox Kroeger

### **Blue Belt**

Shawn Thompson

George Bouska

Dawson Jacobson

Loretta Boldt

### **Brown Belt**

Sebastian Vue

Dallas Riechel

Neven Peterson Gianunzio

Henry Levendoski

Reagan Levendoski

Oscar Levendoski

Lily Duncan

Dexter Duncan