

Task Karate March 2021 Newsletter

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March
In like a lion,
out like a lamb!



Spring is on the Way!

We've had quite an adventure since last March, what a year! I'm looking forward to spring, and hopefully a gradual return to "normal". I just want to take a moment to mention how much I appreciate my family and friends, all of our Task students and their families, and everyone who helped Task Karate through this last year! I know that I would not have been able to make it without your support. We are settling in to our new location, and it's pretty nice. This has been a good reset for me. I'm planning to work on making our school the best it can be. Watch for a new schedule, and improved curriculum in the near future!



Motivational Quote!

"Never yet was
a springtime,
when the buds
forgot to
bloom."

- Margaret Elizabeth
Sangster



Mandalorian Madness March 1 - 14, 2021

WOW! We have heaps of Task Martial Artists participating in our Mandalorian Madness Challenge. What is this challenge? We have created a number of Task Karate, martial arts, and learning related challenges. For each challenge you complete, your name is entered into a drawing for our Mandalorian Madness door prizes. If you have questions, connect with Ms. Yehle.



2020 Y Tournament

2021 Virtual YMCA Martial Arts Tournament

Kudos to Grace, Eli, Carter, Skylar, Frank, Liam, and Roy! Each of these Task Karate martial artists participated in the 2021 Virtual YMCA Tournament.

Grace – T-1 and Morote

Eli - Palgue 7 & Mejo

Carter - T2 & Mi-Hyung

Skylar - Chung mu & Morote

Frank - Palgue 7

Liam - Palgue 7

Roy - Palgue 7

Thank you to our Task families for supporting our involvement in the Y Tournament.



Self-Defense Tip: Dealing with a Verbal Bully

Most people are kind and treat other people with dignity and respect. However, sometimes we encounter people who desire to cause us harm with their words and choose to bully. If you encounter someone who is verbally bullying you, what would you do?

Here are some ideas to consider.

- Trust your gut! If something makes you feel uncomfortable, trust how you are feeling.
- Use humor - Sometimes using humor will stop a bully in their tracks. They don't expect the person they are bullying to use this strategy.
- Ignore - Sometimes if we ignore a verbal bully, they will leave us alone and move on.
- Stay in a group - We are always safer when around others that care about us.
- Leave the situation - Walk away or run if needed
- Find a trusted adult (teacher, family member) and problem-solve.
- Use a strong voice - If other strategies don't work, use a strong voice and tell them no or to stop. This also helps you attract the attention of others who can help.

Lock Down Videos

As many of you know, when we had to close our school last March, Ms, Yehle and I were very busy posting videos for our students to use for at home training. We ended up making over 80 training videos! We had to purchase more storage to keep them all online. I will be taking them down in a month or so to make more room on my google drive! If you'd like to see the videos, or download them here is the link. These videos will only be available for a little bit longer!

<https://drive.google.com/drive/folders/1QUkYHCvJNb71FegAmo72fw6g3yW9pRBp?usp=sharing>

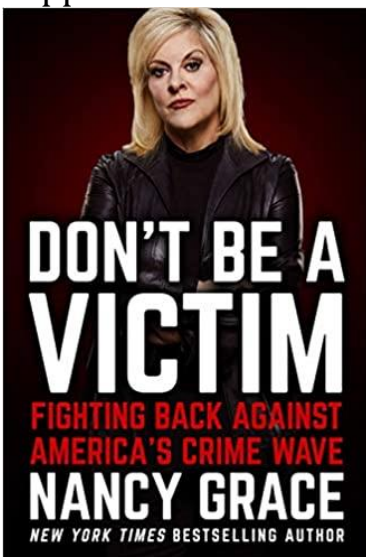


Safety in the New Building

A couple things to talk to your children about in our new location.

- I try to keep the freight elevator door closed, but I see that it sometimes gets left open. Kids should stay away from the door and not slip down the crack! 😊
- Be sure to use the crosswalk, and looking for cars when crossing the street.
- Anytime you are in public, parents should pay attention when children go to the bathroom. Go with them if possible, and check on them if it seems they have been gone for a while.
- Please don't let the kids wander around in the building.

I believe it is better to be safe than sorry! I'm reading this book right now, and things can happen in a heartbeat that can change our lives forever.



https://www.amazon.com/dp/B07YSLXMVM/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1



Board Breaking Tournament and Seminar!

Finally, we will be having another board breaking seminar and tournament! All the students will get to break 4 real "paulownia" boards! We will also use the re-breakable boards and have a board breaking competition. My friend and black belt Susan Wackett has donated some amazing trophies for the event! Everyone will receive one of her trophies! Limit 29 kids. We will have two seminars on Saturday, March 27th, 2021.

1 pm- kids beginners and intermediate.

2 pm- kids intermediate and advanced.

We are supplying "paulownia" boards that are fun and easy to break! (That's why we are gearing the seminar and tournaments to kids.) If there are any teens that would like to attend, they should come to the 2 pm seminar. The cost is \$25 per person! (\$5 off for additional family members.) Please sign up at the school!



We won't be doing this one!



Pre-attack Indicators!

It's a lot easier to defend yourself if you can anticipate the attack coming. These are clues that someone is considering or preparing to attack you!

How Do I Thank You?

I sure appreciate my students and their families. I've had a couple donations, some anonymous, to help with the moving costs, and to support the school. Someone really over did it, and I just want you to know that I sure appreciate it! Thank you so much.



March Birthdays!

- 13th Addisyn Noland
- 18th Zach Lopez-Johnson
- 21st Jonah Stovall
- 22nd Declan Schmaltz
- 23rd Brandon Stankey
- 24th Samee Rayhan
- 24th John Gobel
- 30th Cully Lee



February Rank Promotions

Orange Belt

Thomas Bryant

Nathaniel Bryant

Serenity Bryant

Purple Belt

Liam Abraham

Eli Abraham

