

Task Karate May 2017 Newsletter

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Visit our website <http://www.taskkarateschool.com/>

Facebook page <https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Be my friend! <https://www.facebook.com/randy.thomson.10>

Black Belt Test

Saturday May 20th, at 1:30 pm we will have a black belt test for Abe, Ann, Carissa and Josh, and you are invited to come and cheer them on! They have done a lot of work to get to this point, and I am excited to see them achieve this goal! They welcome all of your support and you can see what a black belt test looks like.



Task Karate Closed: Memorial Day

We will be closed Monday, May 29th, for Memorial Day.

Fun & Fitness June 30th at 5:45 PM

With the 5th Friday in June we will enjoy games (steal the bacon this time!) and various exercises. Parents, siblings, and friends welcome to join. Look forward to seeing you all at our June Fun & Fitness.

Annual Boundary Waters Trip: Task Closed

I will be out of town for my annual Boundary Waters trip in early June (i.e., Thursday, Friday and Saturday, June 8th, 9th and 10th). While I am gone, Task karate will be closed. Thank you for your support.

Task Karate Summer Gear Sale!

Please see attached order form (or get one at the school) for t-shirts, sweatshirts, and hoodies. We won't be ordering again until December, so get your items now! Please place your order by 5/27/17

Monthly Themes & Tanren Kumite

Thank you Emily Ross and Niki Bergler for submitting pictures for the splits challenge! This month we are working on drills that Sensei Demura teaches, Tanren Kumite or forging (conditioning) the body, in this case the arms. If you'd like to see a special video, follow this link.

https://www.facebook.com/pg/FumioDemuraTheMovie/videos/?ref=page_internal. Sensei (lives in California) had to move his dojo (imminent domain) and decided to have a huge final class. His students from all over the world came! The Real Miyagi facebook page posted a live video of the event. You can see the students doing Tanren Kumite in the first posted video, at about 2/3rds of the way into the video.

Speaking of Sensei, he is scheduled (health permitting) to visit us and lead classes at Task Karate in July. I hope all of you will be able to attend and learn from my Sensei. He is a martial arts legend and your time spent with him will be memorable.





Support our School: Thank You Zach!

I thank Zach and his dad (and all of our Task karate families) for promoting our school. Our best advertisement come from our satisfied students. Please think about who you know that might enjoy and benefit from karate training at Task and let them know about our school.

Eskrima 101: Calling Task Karate Students & Families 16 Years and Older (June 21 from 6:45-7:45 PM)

Eskrima is a Filipino martial art that utilizes double sticks, daggers, and empty hand. This art is culturally dynamic as well as having utility for common day self defense. Come to to this FREE class and see if eskrima might be of interest to you.

Tournament Practice & Information Classes

Join us on Friday July 14th at 5:45 PM to discuss what it is like to participate in karate tournaments to include the potentially of attending the Diamond Nationals tournament in October 2017. All Task karate students from white belt to black encouraged to attend. We will host an additional tournament prep class on August 19th at 1:00 PM at Task Karate.

Supporting your Children in Karate

Teaching karate to children is awesome while also having its challenges. With that, I thank all of the Task Karate parents and families for support our school and my efforts to serve your children. In addition, check out the blog

written by Melody Shuman (expert in teaching martial arts to children) and read her recommendations for supporting children in karate.

<http://melodyshuman.com/2017/05/10/why-coaching-from-the-sidelines-is-retroactive-for-your-childs-development/>

Eskrima Instructor Class June 23rd and 24th

The Wisconsin area eskrima (Filipino martial arts that we teach at Task Karate) instructors are getting together to continue our training in late June. I will be attending this training. No classes at Task Karate these days.

Free Nunchaku Training June 17th from 1-2:00 PM

Join us for an intro to nunchaku Saturday from 1 until 2. This class is geared towards children that have little or no experience with the nunchucks. Parents and adult students are welcome to attend as well! If you'd like to order your own nunchucks, let me know. \$9.95

FOAM PADDED ZEBRA CHUCKS



NEW!

Dynamically light-weight. PVC core with shock foam grip. Round handle with 4" nylon connection. 12" long x 1-1/4" diameter sure grip. 6 color combinations to dazzle with!

\$9.95 PR.

black/pink	black/blue	black/red	black/gold	black/white	red/yellow
#2214	#2213	#2211	#2212	#2215	#2216



May Birthdays!

1st- Jon Silha 2nd- Ben Smith, Ryan Jarvis 3rd- Jacob Kind, Brett Nichols 6th- Chase Bollom, Aleena Hellerud, 7th-Tristen Theders, 16th-Paul Cassem



April Rank Promotions

Dragon Gold Belt

Oliver Peterson

Ella Willinger

Dragon Orange Belt

Connor Willinger

Dragon Green Belt

Callen McArthur

RJ Phillips

Gold Belt

Saphire Forsberg

Orange Belt

Kezia Lemke

Evelyn Lemke

Joseph Lemke

Green Belt

Chris Zachar

Brenden McArthur

Purple Belt

Darien Washington

Red Belt

Taylor Clayton

Angel Arredondo

Luis Arredondo



Good Lake in the Boundary Waters Canoe Area.

Task Karate Calendar

May 20th, black belt test! 1:30 pm at Task – Abe, Ann, Carissa, & Josh

May 26th, advanced test 5:45 (bring gear.)

May 29th, closed for Memorial Day.

June 2nd, beginner test 5:45.

June 16th, Advanced test 5:45 (bring gear.)

June 17th – Nunchucku seminar from 1:00- 2:00 PM

June 21st 6:45-7:45 Eskrima intro class

June 23rd- 24th- Task Karate closed- WI eskrima instructor training.

June 30th – Fun and Fitness at 5:45 PM

July 4th, closed for Independence Day.

July 7th, Beginner test 5:45 pm.

July 8th, Beach and ice cream party and sunset workout! 4 pm until ?

July 14th 5:45 PM Karate tournament prep class

July 21st, Special schedule as Sensei Demura is in Winona

Lil Dragons 4 to 4:45 (No matt class)

5 to 5:45 teen and adult open

5:45 to 6:30 eskrima

July 22nd, closed for tournament in Winona.

July 24th, Sensei Demura is planning on leading seminars at Task Karate. Watch for schedule. (We will probably still have Lil' Dragons and cancel all other classes.)

July 28th, Advanced test 5:45 (bring gear)

August 4th, Beginner test 5:45

August 11th and 12th, outdoor classes and camping at Whispering Pines campground! (No classes at Task)

August 15th, Day camp and Task picnic at Myrick Park main shelter (watch for details.)

August 18th Advanced test 5:45 (bring gear)

August 19th Tournament Prep class 1:00 PM

August 20th Coulee Region Free Tournament

August 21st through August 28th we are closed for Germany eskrima camp!

September 30th, closed for Maple Leaf Road races. Sign up with this link.

<https://racerooster.com/events/2017/12211/maple-leaf-walk-run-2017?aff=VZUNL>

October 6th and 7th, Diamond Nationals <http://diamondnationals.com/>

October 14th, Black Belt test 1:30 PM

October 19th Photo day from 4 to 8, no classes