



## Task Karate May 2019 Newsletter

1100 Kane St. La Crosse, WI 54603

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

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

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

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

### Upcoming Events

We have many upcoming events at Task Karate. Please check out the schedule below and let Mr. T know if you have any questions.

#### **Favorite T-shirt Night at Task Karate**

May 9, 2019

Wear your Task Karate pants, your belt, and your favorite t-shirt to class. No uniform top required!



### **Ninjas Love Pizza! FREE Event**

Open to kids, teens, and adults

Friday May 17, 2019

5:30-6:15 PM

Join us for a special ninja class that ends with pizza. After all, ninjas love pizza!

### **Board Breaking Seminar & Tournament**

Open to kids, teens, & adults

Saturday May 18, 2019

12:15-2:00 PM

\$25

Join us for a board breaking seminar and tournament. At this event we will learn strategies to improve our board breaking. We will also have the opportunity to break REAL boards, participate in a craft activity involving real boards, and compete in a board breaking tournament (there will be different divisions based on size and belt rank) that includes trophies. Please sign up for this event at Task.

### **Bring a Friend to Fun & Fitness!**

Open to kids, teens, and adults

Friday May 31, 2019

5:30-6:15 PM

Please invite a friend or two to come to karate with you! We are having a special bring your friend(s) to karate class event. This class will be exciting and filled with games. We will also do some karate moves. Your friends don't need to have any experience to attend this class. Be sure to tell them to dress in comfortable clothes for this class. Finally, we have invites for this event at the karate school that you can give to your friends to invite them to this event.

### **Self Defense Seminar**

Open to teens and adults; open to the community

Saturday June 22 from 1:00-3:00 PM

\$25

This seminar will focus on practical application of skills to help you be safe during day-to-day life. We will address preventative measures, the importance of a stance, using your body as a weapon, dealing with grabs, common types of attacks, and legal issues related to defending yourself. Additional resources will be shared for further study. Finally, this is an excellent seminar for young adults moving off to college, the world of work, etc. No experience is necessary to participate in this event. Comfortable clothing should be worn.

### **MA Supershow - TASK KARATE CLOSED**

**June 29-July 4, 2019**

Mr. T and Ms. Yehle will be attending the MA Supershow. This is an exciting opportunity as they will learn new skills to bring back to Task Karate and also meet martial arts superstars such as Dan Inosanto, Chuck Norris, and Bill Wallace. <https://www.masupershow.com/>

### **Japanese Karate Seminar**

Open to kids, teens, and adults

Saturday July 6 from 12:30-2:00 PM

\$10.00

In preparation for Demura Sensei's visit to Task karate in later July, Mr. T will be sharing a few of the forms from the Japanese school as well as some traditional kihon (karate basics) popularized by Demura Sensei.

### **Black River Beach Ice Cream Social & Beach Workout**

Open to all Task Karate Families

Saturday July 13 from 4:00-7:00 PM

No cost

Swim, play games, participate in a karate workout, and enjoy ice cream and snacks! Ice cream will be served around 5:00 PM.

### **Shodo (Japanese calligraphy) with Demura Sensei**

Open to all Task karate students & family members

July 22, 2019

Time: TBD

Fee: TBD

Winona Genbu-Kai Dojo

Demura Sensei is not only a karate master but an expert in the Japanese art of shodo. Shodo is Japanese calligraphy. Each year, Demura Sensei offers a shodo seminar in Winona during his visit to MN & WI. This event is open to the community. Once again, Ms. Yehle will be organizing a trip to this seminar. There is a fee associated with this seminar. Generally, the fee is \$15-20. That being said, Ms. Yehle procured a grant to cover this fee for interested individuals. If you would like more information about this event or would like to attend, please connect with Ms. Yehle.



### **Demura Sensei Seminars at Task Karate**

Open to kids, teens, & adults

July 22, 2019

Time: TBD

Fee: TBD

Demura Sensei will join us at Task karate for two seminars. The first will be a karate seminar followed by a seminar with a weapons focus. More specifics will be shared as the time draws closer.



### **IS3 Eskrima Seminars in Germany - Task Karate Closed**

Mr. T and Ms. Yehle will be traveling to Germany to participate in eskrima seminars with Suro Emanuel Hart and eskrimadors from all over the world. Hence, Task karate will be closed July 29-August 5. We will reopen on Tuesday August 6.

### **Self Defense Seminar**

Open to teens and adults; open to the community

Saturday August 10 from 1:00-3:00 PM

\$25

This seminar will focus on practical application of skills to help you be safe during day-to-day life. We will address preventative measures, the importance of a stance, using your body as a weapon, dealing with grabs, common types of attacks, and legal issues

related to defending yourself. Additional resources will be shared for further study. Finally, this is an excellent seminar for young adults moving off to college, the world of work, etc. No experience is necessary to participate in this event. Comfortable clothing should be worn.

### **Coulee Region Free Tournament**

All Task karate students

August 18, 2018

Onalaska High School

<http://www.wmaproductionsinc.org/home.html>

August marks the Coulee Region Free Tournament. Yes, a FREE tournament. At this tournament, you can participate in forms (both empty-hand and weapons), board breaking, team form, and sparring. In addition, this tournament ends with the Battle of the Dojos! We look forward to seeing many Task Karate students at this tournament. The schedule of events for the free tourney is as follows.

9am - 1pm Registration

10am - Opening Ceremonies followed by Black Belt board breaking, weapons, forms and Grand Championship

12:00pm - All Underbelts begin with board breaking

As soon as board breaking finishes, Team Forms will commence followed by Little Warriors/Little Dragons and White through Green Belt Weapons Forms, Empty Hand Forms and Sparring

As soon as White through Orange Belt Forms finish, Green through Blue Belt Forms, Weapons Forms and Sparring

As soon as Green through Blue Belts finish, Red and Brown Belt Forms, Weapons Forms and Sparring

As soon as all Weapons and Empty Hand Forms are finished, Black Belt Sparring and Sparring Grand Championship with the sparring finale of BATTLE OF THE DOJOS!!

## **Task Karate Day Camp & Picnic at Myrick Park**

Open to all Task karate students and families

August 21, 2019

Come and participate in a series of karate inspired games and arts & crafts during our August 2019 **Task Karate Myrick Park Day Camp**. This camp runs from 2:00-5:00 PM and includes a \$10 fee.

After our day camp, we will have a **pot-luck picnic**. The picnic begins at 5:00 PM with folks eating around 5:30 PM. Beverages, plates, utensils, and condiments will be provided. Please bring a dish to pass. As in years past, after we enjoy some delicious food, we will partake in games and perhaps another ninja piñata?

## **Task Karate Camping Weekend**

All Task Karate families

Friday August 23-25, 2019

Join members of the Task family for a weekend of camping at Whispering Pines Campground. Come for one night or two nights and/or come for classes. Classes will take place at the campground on Friday August 23 and Saturday August 24.

<https://whisperingpinescampground.net/>

## **Maple Leaf Walk/Run - Gold Star Event!**

September 28, 2019

Consider joining members of Task Karate in the Maple Leaf walk or run. This is a gold star event. No regular classes will be held September 28, 2019.

<https://raceroster.com/events/2019/21027/maple-leaf-walk-run-2019>

## **Black Belt Testing**

Saturday October 26 at 1:00 PM

Come cheer on our Task Karate students who will be testing for their black belts.

Attending black belt testing provides our Task Karate students with the opportunity to see what a black belt test is like while also sending mojo to our testers.

## **Diamond Nationals Karate Tournament**

Minneapolis November 1 & 2, 2019

<http://diamondnationals.com/>

Diamond Nationals is an epic karate tournament that takes place each year in the Twin Cities. Karate students can participate in forms and sparring. If you are interested in participating in this tournament or serving as a spectator, please connect with Mr. T.



## Traveling this Summer

Will you be traveling this summer? If so, please send a post-card with an update to Task Karate at 1100 Kane Street, LaCrosse, WI 54603 and/or send a picture wearing a Task Karate t-shirt or sweatshirt.



### Japanese Word of the Month: Kiai

Just like Bruce Lee (to the left), we kiai in karate. Kiai literally translates into unified energy. Oftentimes you will hear folks refer to a kiai as a spirit yell. In karate, the purpose of the kiai is to unify our mind, body, and technique in a split-second of intensity. So, kiai isn't simply for the purpose of screaming but instead has a much higher purpose.



## Why Should We Practice Forms?

*“Once a kata has been learned, it must be practiced repeatedly until it can be applied in an emergency, for knowledge of just the sequence of a form in Karate is useless.” Gichin Funakoshi*

Have you ever thought about why we practice forms? Interestingly, most martial arts styles have some sort of form practice. In Japanese karate, forms are called kata. In eskrima, we call forms karensa. In Korean Tae Kwon Do, forms are called poomsae. In short, some element of form practice is required to promote to another belt rank.

Historically, forms were created to prepare for actual fighting. Legend has it that forms were created to **hide** the practice of combative skills used for fighting in war or for self-defense. Alberto Borjas (direct student of Grandmaster Kim Soo and an instructor for the Chuck Norris Martial Arts Foundation), says that “each form represents an archives library of self-defense techniques.” Borjas recommends that martial artists think about fighting an imaginary opponent when practicing their form(s).

In addition, forms are a way to practice techniques we learn in class. Through forms we practice punching, blocking, kicking, as well as how to balance, focus, shift our weight, proper breathing, and power. In sum, forms help us learn techniques that can be used in self-defense as well as helping us practice patience, refine our techniques, and gain calmness. Finally, forms are an aspect of martial practice that can be practiced at any age and practiced solo without a partner.





## May Rank Promotions

The following Task Karate students were promoted as follows:

### **Dragon Gold Belt**

Daniel Jensen  
Declan Schmaltz

### **Gold Belt**

Malachi Schmaltz

### **Orange Belt**

Stacy Kremmer  
Charlie Ott-Beck

### **Purple Belt**

Caleb Mattison

### **Blue Belt**

Gideon Betsinger  
Aleksander Terpstra



## May Birthdays

The following Task Karate students have birthdays during the month of May.

1<sup>st</sup> Jon Silha  
3<sup>rd</sup> Jacob Kind  
3<sup>rd</sup> Brett Nichols  
6<sup>th</sup> Chase Bollom  
9<sup>th</sup> Daniel Jensen  
21<sup>st</sup> Josh Osley

26<sup>th</sup> Jeremiah Gorsett  
26<sup>th</sup> Alivia Kind  
30<sup>th</sup> Andreana Pollock