

# Task Karate May 2007 Newsletter

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## The New Schedule

The new schedule is in effect now! It seems to be going great so far. Please let me know if there are any problems or concerns. You can download a schedule here <http://www.taskkarateschool.com/schedule.html> or pick one up at the school!

## Gold Star Event

This month we will be having a class on Kenpo Karate! Mr. Eric Lopez will be the guest instructor. The class will be held on Friday, May 18th. All kids are from 5:15 until 6 pm, and all adults are from 6:15 until 7:30 or so. Basic principals of Kenpo, two attacker defense, and more will be taught!

## Fourth Degree Black Belt

No classes on Thursday, May 17th, this is the day I will be testing for my 4th Degree! The test will be at 6 pm, and all Task Karate students and families are invited. I am thinking it might be a full house. Thanks to all the students who have been helping me prepare!

## Goals and Dreams

"A goal without a deadline is just a dream". I want to share one of my goals and one of my dreams with you! In July our Gold Star event is the Chileda Classic Road Race. We usually have a pretty good group that walk or run. There is a 5K (3.1 mile) and a 10K (6.2) race. After the race one year I wandered over to watched the awards ceremony. The time that I ran that day would have gotten me a medal if I had been over 60! So one of my dreams is to win a medal at the race. It wouldn't be a good goal for me this year. The times the winners in my age bracket achieve are not realistic for me to try for. But I do have a goal this year. My goal is to run the 5K at a pace of less than 8 minutes per mile. (24 minutes, 48 seconds or less). So I have a definite goal, a pace of less than 8 minutes per mile, I have a date set to achieve the goal, Saturday, July 7th. I have a plan, to start running every week, starting out with twice a week, then upping it to three times and running farther, to help me achieve my goal. Put this race on your calendar! Plan to walk or run with your family or Karate friends. If you want, set a goal and spend some time the next two months working towards it! And I'll see you at the finish line and tell you how I did!



## May Birthdays

2nd **Gracie Jaeger**

**Steve Smart**

3rd **Brett Nichols**

**Maggie Johnson**

4th **Erik Snyder**

5th **Ric Plath**

9th **Sydney Martin**

15th **Kathy Barrett-Helgeson**

18th **Austin Peden**

19th **Duncan Metz Beard**

**Riley Thompson**

21st **Dylan Hericks**

**Camden Ellingson**

22nd **Jay Smith**

25th **Madison Trussoni**

26th **Andy Richason**

27th **Mitchell Thompson**

31st **Avery McLain**



## Rank Promotions!

Dragon Gold

**Dayne Hoff**

**Zachary Slevin**

Dragon Green

**Brandon Lun**

Dragon Purple

**Lance Baumgartner**

Gold Belt

**Judy De Young**

**Minda Tressic**

**Alex Thompson**

Orange Belt

**Jordan Hyzer**

**Jordan Wilkins**

**Samuel Mayer**

**Zachariah Mayer**

**Ava McLain**

**Austin Thompson**

Green Belt

**Alexis Hanson**

**Hayden Dovenberg**

**Alisyn Dovenberg**

**Brad Schulte**

**Zach Overson**

Purple Belt

**Connor Lorentz**

**Ambrose Metz Beard**

**Dru Ricci**