



Task Karate November 2020 Newsletter

1100 Kane St. La Crosse, WI 54603

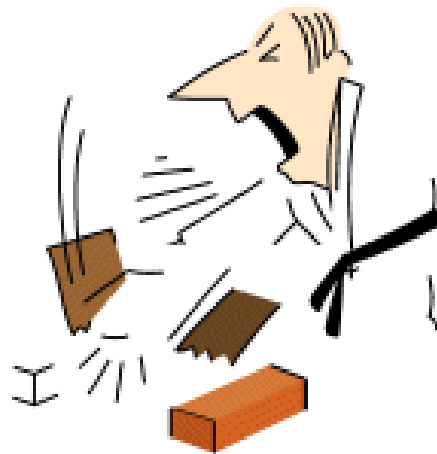
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Visit our website <http://www.taskkarateschool.com/>

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>

Twitter @KarateTask



Board Breaking Tournament!

Saturday, November 7th, 1 to 2 for the white, gold, and orange belt kids, 2 to 3 for the green and up! We will award recycled trophies and medals to the participants! We will be doing palm and kick with the re-breakable boards. The fee is \$10 or donation. We are holding the tournament for fun, to downsize some of Mr. T's trophies, and to help raise funds for the security deposit we will need for the new school! Sign up at Task.

November Gold Star Event! Food Drive

Every year around Thanksgiving time, Task Karate holds a food drive to help out less fortunate families in our area. One gold star for each family member! You can bring your non-perishable items to Task between now and November 20th.

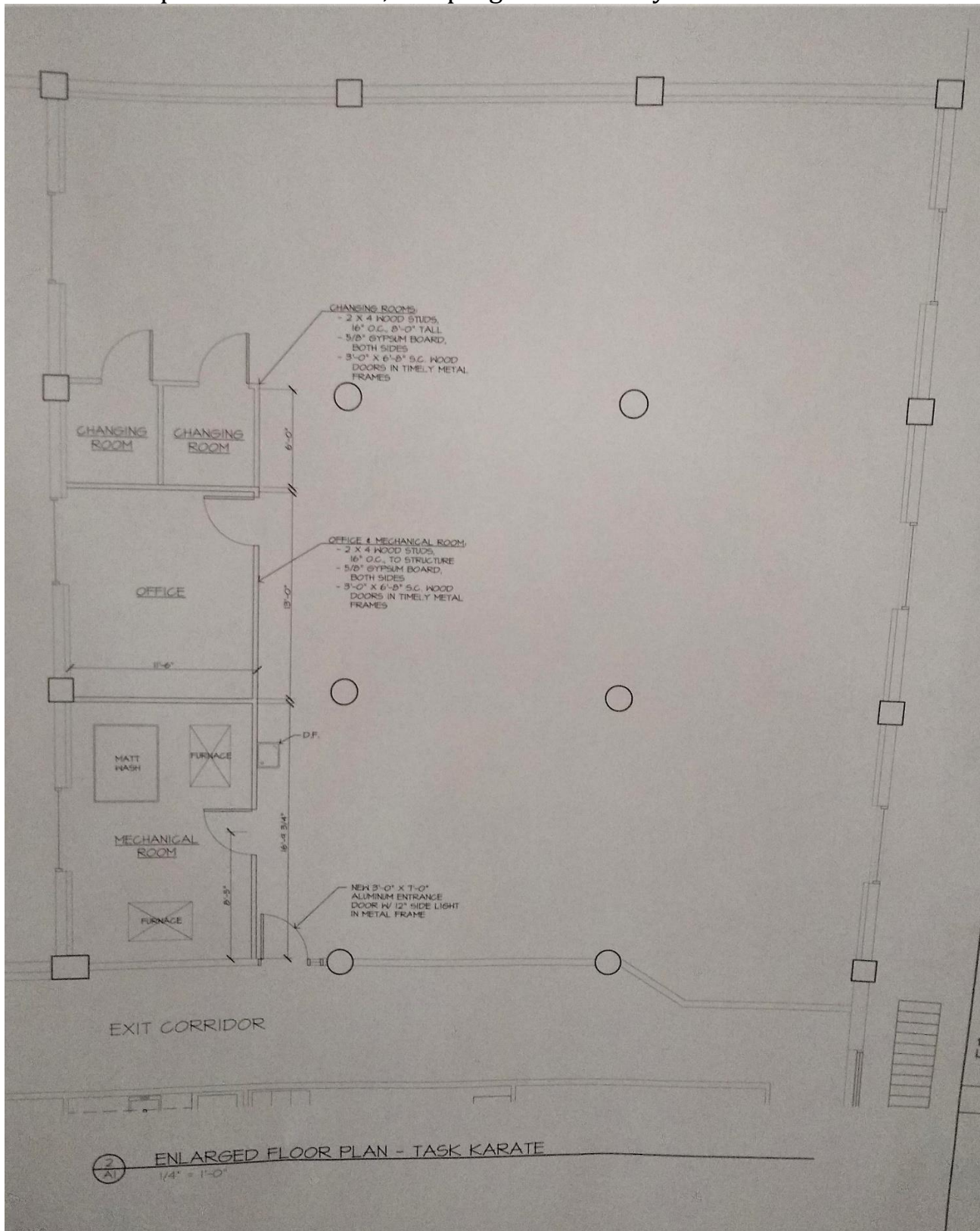
Motivational Quote!

At this time of year, we are reminded of how much we have to be thankful for. My wish for you this Thanksgiving is that you find yourself surrounded by those you love.

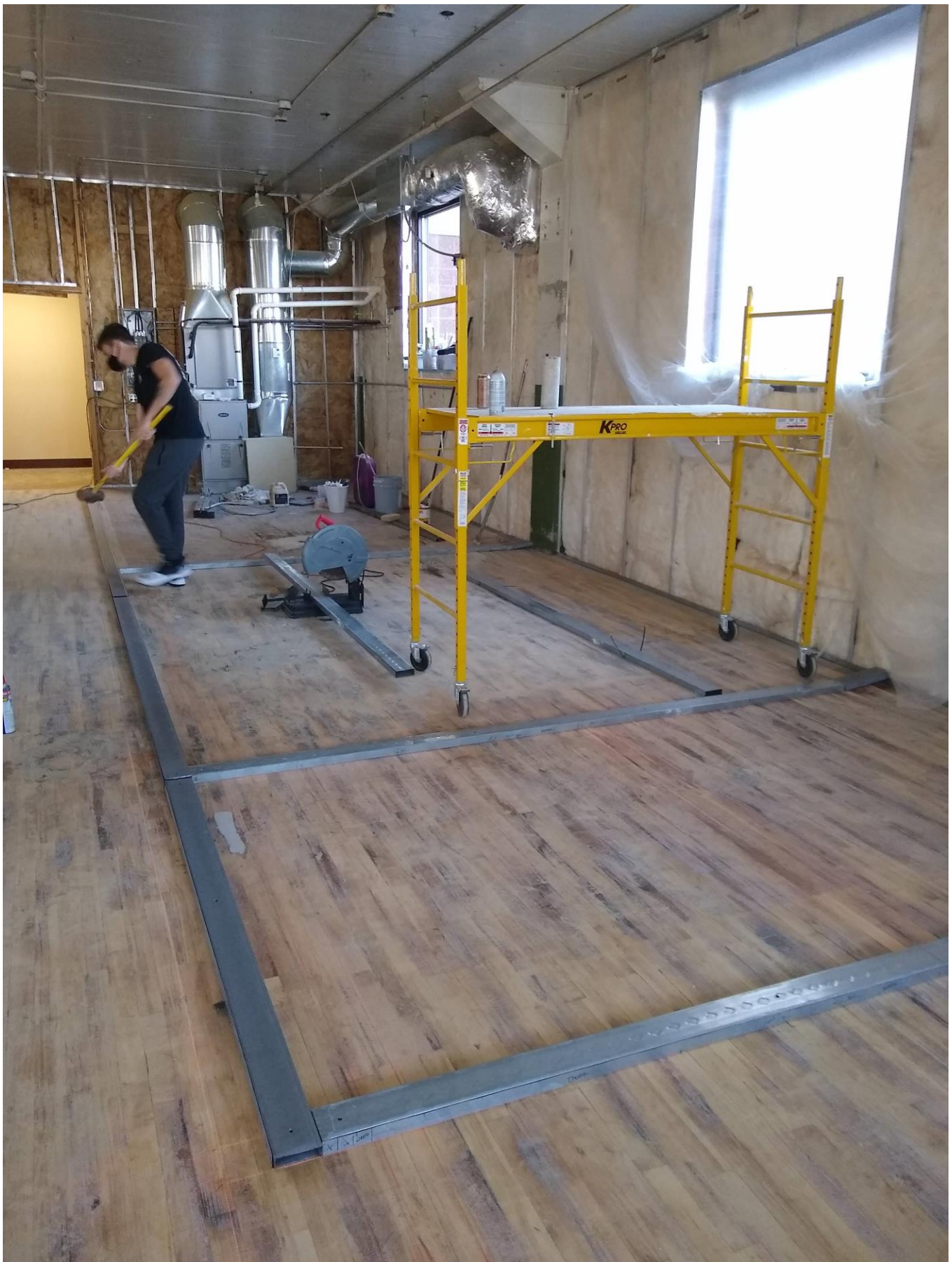
-Kate Summers

Task Karate is Moving Soon!

We are patiently waiting for information letting us know when the school will be ready. Here are the plans for the room, and progress that they had made this week!



Construction floor plan for the new school!



This is where the furnace/storage room, office, and changing rooms will be!

New Schedule Coming Soon, These Changes Take Effect Immediately!

We are still monitoring the classes, and have been doing our best to keep everyone safe. Because of small enough classes sizes, we want to make these changes now. **Monday**, Black Belts 6 pm, Eskrima 7 pm. **Friday**, Eskrima 7:30. We have been having Friday Eskrima at 5:30 if there is no testing that evening. We are excited about our new location, and making some new and exciting changes to our program!



Self-Defense Seminar

We will be holding a self-defense seminar on Saturday, November 21st, from 1 to 3 pm at Task Karate. We will be asking the participants to come in pairs that are in the same family so that it will be safe to make contact with each other. We will also limit the class to 7 pairs. The fee is \$50 per pair. Please contact us to reserve your spot, or with any questions.



Learn about these **pre-attack indicators** and much more to stay safe.

Be Aware!

There is a lot of turmoil in our Country at this time. The best way to defend yourself is to avoid confrontation if possible, and be aware of possible threats.

The man, Colonel Cooper! <https://www.youtube.com/watch?v=id6x3CP6SVE>

Short version. (The guy forgot to go to orange at the end.)

<https://www.youtube.com/watch?v=8xMyj1eyLuk>



Get our App!

I am planning to start using our app more! It's a great way to find schedules, events, curriculum videos (coming soon) and other information. It's free, and there is a link below to get it. It is also an easy way to pay your monthly tuition. If you have more than one family member in class, please contact me for the discount code!

How to pay your membership (tuition) with My Studio

Our studio code is our phone number 6087818275

Here is a link to sign up the first family member.

<https://www.mystudio.academy/m/?=6087818275/779/6820//1585605089>

This company is 100% reputable, we have done transactions with them before and they work great! There is a small (like \$3 or so, depending on the amount) processing fee to use this service. If you have a second family members in karate, they want you to sign them up the same way, but enter a discount code (get it from me before signing up) and you will save \$30 off the regular monthly tuition. (So instead of 2 x \$80, it's \$80 plus \$50 = \$130, your normal two-person rate. If you have three or more in karate, sign up one more person, get the discount code, and you will save \$45 off the regular tuition price, or your usual \$165 per month. The payments will come out on the first of the month, and they will pro-rate the payments for any days used before the first of the month! They will be month to month, and you can cancel at any time with a two-week notice.

Here is the link on apple

<https://apps.apple.com/us/app/mystudio-app/id1258207230?ls=1>

Here is the link on google

<https://play.google.com/store/apps/details?id=com.mystudio.app>

Here is a link to some info that might be helpful

https://drive.google.com/file/d/17joxDq2Gi2liKERyTITvFJ15Zk_KaESV/view

I thank everyone for their support. Please let me know if you need help with anything. Randy

Holiday Sale and Catalogs!

Watch for our holiday gear order coming soon! We will offer discounts on your catalog orders between now and the end of the year! \$50 to \$99= 5%, \$100 to \$199= 10%, \$200 and over 15%!

<https://www.centurymartialarts.com/catalogs?fbclid=IwAR2Z2GjgOe6x5zt9cqWAH0dC WVtfPndPl8m7oJBjna-TyDv19HZJTVYwxSM>

58 Katas!

Here is the video to my 58 katas! Thanks to all that were able to come. Also links to the facebook live videos, and a document with commentary that I created! Here is the original information on the event!

58 Katas performed by Randy Thomson! I got the idea in class one day right around my 58th birthday! Demonstrations of my favorite katas (forms) and some interesting info and my personal insights as well! I will perform at Task Karate, 10/10/20 4:30 pm! (limited attendance.) The presentation will be available on Facebook live, and also recorded! I'm doing this entertaining and educational event to share my knowledge of karate and as a fundraiser to help pay my personal taxes! If you'd like to make a donation, please make checks out to Randy Thomson, and send to 1100 Kane St. La Crosse, WI 54603 Thank you. 58

Virtual donations appreciated @Randal-Thomson at Venmo

Link to the video! (new!)

<https://drive.google.com/file/d/1xvFqX0bepZunVgDf08DjW2vehZ6N91bC/view?usp=sharing> Facebook live video1

<https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10163950425560136/?type=3>

Facebook live video 2

<https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10163950693995136/?type=3>

Document with katas and commentary! https://drive.google.com/file/d/1vLZ-U_puPv9RTpNumVwjlu23t5LvG2WC/view?fbclid=IwAR2LAdVvKzjvAnresdpkxmRh5f6P2kZ9apPsevqnmWyZXSczKNqqBSwjOWo

Only 10 Task Karate water bottles left!



Why is water so important?

Find out here! <https://www.healthline.com/health/food-nutrition/why-is-water-important>



November Birthdays!

3rd Saeef Rayhan

3rd Wesley Cornett

3rd Elaina Brown

6th Bjorn Larsen

7th Oliver Peterson

13th Karla Hein

13th Kevin Kind

17th Stacy Osley

18th Grace Loizzi

20th Mason Thomson

23rd Erik Daily

23rd Nikki White

26th Brenner Bertelsen

26th Cliff Strand

27th Kevin Callahan



October Rank Promotions

Gold Belt

Kian Silbaugh

Orange Belt

Roy Bouska

Frank Bouska

Jaxon Gouger

Green Belt

Eli Kemp
Easton Kemp
Liam Abraham
Blue Belt
Tayven Kader
Red Belt
Jonah Stovall

**When someone
tells you to be
careful, it is not
because you're
careless, but
because you
are too
important to
them.**

