

# Task Karate October 2019 Newsletter

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

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## Photo Day!



IS3 Eskrima  
Kadua Instructor

Nidan (2nd Degree)  
in Japanese Karate-Do

5th Degree Black Belt  
in American Karate

Nidan (2nd Degree)  
in Okinawan Kobudo

No evening classes on Thursday, October 17<sup>th</sup>, as it is our photo day! Reserve your space now, slots are half full. Many cool backgrounds and packages are available. All students that come will be included on the Task Karate Team collage!



Get our FREE App!

I see that several of our students have downloaded the app, thank you! (Turn on your notifications!) There are many benefits of the app. You will soon be able to sign up for events, pay your tuition, and receive group notices from me! The studio code is our phone number **6087818275**

You can get the app here for google

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

And here for apple.

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

Here is a little more info on the app!

[https://drive.google.com/file/d/17joxDq2Gi2liKERyTITvFJ15Zk\\_KaESV/view](https://drive.google.com/file/d/17joxDq2Gi2liKERyTITvFJ15Zk_KaESV/view)

**Brady's Bluff Hike, Gold Star Event! Saturday, Oct. 12th**

We will leave Task as a group at 12:30 and drive to Perot Park past Trempealeau! A State Park sticker is required, day passes are available! The hike is a bit hard, but the trail and the view are great!



Take Responsibility For Your Own Safety

You are your first line of self defense

Don't cling to a mindset that someone else will be there  
to protect you

# Self Defense Mindset

## Special Self-Defense Classes

We will be having a series of adult self-defense classes coming up. Tuesday and Thursday October 22<sup>nd</sup> and 24<sup>th</sup> from 7 to 7:45 pm. I've been working hard to develop our self defense programs, as I really like to help people be aware and be safe. The cost is \$30 for both sessions. Additional family members are \$15 each. This class isn't for kids. We run the class in a safe, comfortable way. Please consider attending this class, and bringing your friends. A manual will be included with the program.

## Black Belt Test!

Congratulations to Jon, Taylor, and Ian! They have worked hard and are testing for their black belts Saturday, October 19<sup>th</sup> at 1 pm. It would be awesome if you could come and cheer them on!

## Halloween Party

Boo! We will have our annual Halloween costume party on Tuesday, October 29<sup>th</sup> from 5:30 to 7 pm. Games, prizes and CANDY! You are welcome to bring snacks or a bag of candy to share!



## Closed Eskrima Camp

We will be closed Saturday, October 26<sup>th</sup> so that I can attend our Eskrima Instructors camp! Ms. Yehle is teaching on Friday!



## Eskrima Classes!

We will be offering classes to introduce you to Eskrima! We will have a class for kids on Friday, October 18<sup>th</sup> from 5:30 until 6:15, and for teens and adults from 7:15 to 8:15 or so. The fee is \$10 or donation to help support my camp fee. Eskrima is great fun and interesting to learn!





## October Birthdays!

1<sup>st</sup> Kazi Rayhan

1<sup>st</sup> Grace McConaghy

4<sup>th</sup> Emily Ross

5<sup>th</sup> Diva Antony

5<sup>th</sup> Kansas Christopherson

9<sup>th</sup> Caleb Mattison

13<sup>th</sup> Kai Vargas

Kaiden Lander

19<sup>th</sup> Aydan Dearman

19<sup>th</sup> Elena Kind

23<sup>rd</sup> Taylor Amann

23<sup>rd</sup> Esme O'Neill

26<sup>th</sup> Isabella Beville

29<sup>th</sup> Lexus Gleason

31<sup>st</sup> Trevin Thomson



## September Rank Promotions

**Dragon Green Belt**

Daniel Jensen

**Purple Belt**

Symantha White

Esme O'Neill

**Red Belt**

Aleksanser Terpstra

Andrew Revels

**Black Stripe Brown Belt**

Mitchell Nyseth in August