



## September 2015 Newsletter

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<http://www.taskkarateschool.com/preview/> Or Facebook page

<https://www.facebook.com/pages/Task-KarateSchool-La-Crosse-Wisconsin/181603011868491> Be my friend!

<https://www.facebook.com/randy.thomson.10>

## Free Tourney Recap

The free tournament went very well. There were over 100 competitors and everyone seemed to have a good time. Thanks to Mr. Brigson for putting this tournament on, and thanks to the judges and volunteers that made it happen. Congratulations to all the Task Karate competitors, to Mr. Jones for winning the under 17 forms grand championship, and to Josh and Joe for once again winning the battle of the dojos! Great job everyone!



*Some of the Task Karate students and competitors.*

**Beginner Testing Friday Sept. 4<sup>th</sup> at  
5:45 PM**

Good luck to all of our Task Karate students who will be participating in beginner testing on Sept. 4<sup>th</sup>. If you have any questions about testing, please see me.



Task Karate will be closed on Monday September 7<sup>th</sup> in celebration of our Labor Day Holiday. Enjoy your Labor Day and practice your form. ☺

## 5<sup>th</sup> Degree Promotion Date Set!

I am very excited to announce that I have set the date for my 5<sup>th</sup> degree Black Belt promotion. I will be testing on Thursday November 19, 2015 at 6:00 PM at Task Karate. My mentor Mr. Randy Reid will be officiating the event.

I would like to include my Task Karate students in this event! To that end, I invite you to be involved in my promotion and would be honored if you would consider assisting me in the next step of my martial arts journey.

If you are interested and able to be part of my 5<sup>th</sup> degree promotion, please sign up at the school and watch for more information as I finalize my test!





*Fourth Degree Test May 17<sup>th</sup>, 2007!*

## 5<sup>th</sup> Degree Practice Class on Friday September 11<sup>th</sup> at 5:45 PM

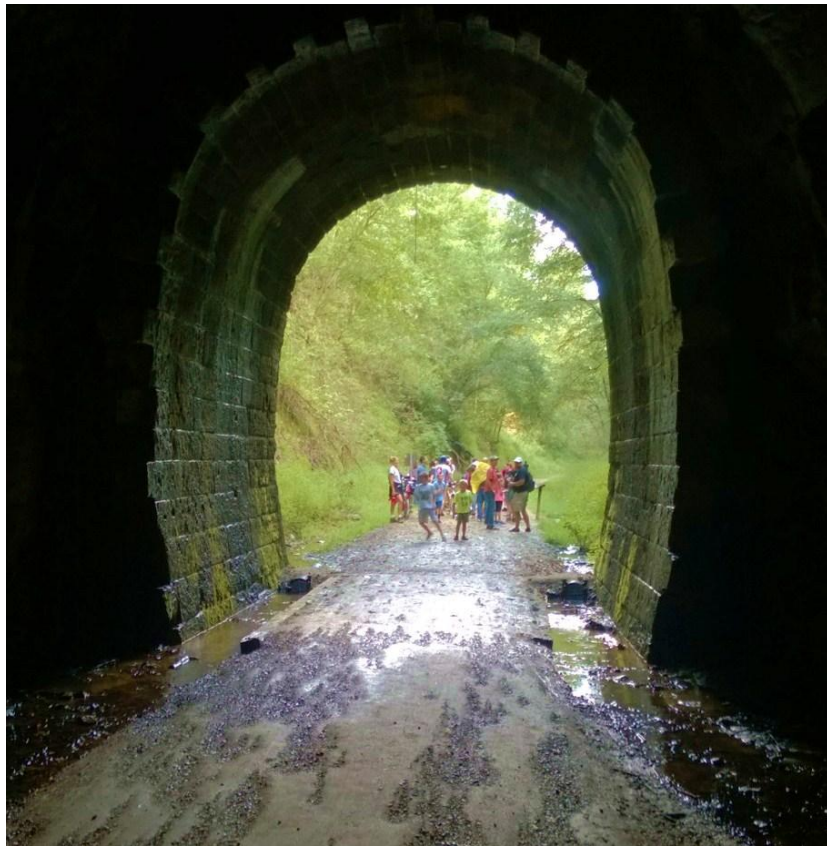
Task Karate students who will participate in my 5<sup>th</sup> degree promotion are invited to attend a practice class on Friday September 11<sup>th</sup> at 5:45 PM. During this class we will practice the forms and basics that will be part of the event. You can ask questions and gain a better understanding of what will take place on November 19<sup>th</sup>.



# Annual Task Karate Sparta-Elroy Bike Trail Tunnel Walk

Join members of Task Karate on Saturday September 12<sup>th</sup> for a hike through the infamous Sparta-Elroy bike trail tunnels. We will meet at the karate school after classes at 1 pm and caravan to a point where we can park and access the trail. Please plan to travel with the group so we can all arrive and start together. Regular classes will be held on Saturday. If you are on facebook here is a video from a previous trip. Plan for three or four hours total travel and hiking time. (Guessing)

<https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10152082213855136/?type=3&theater>



# Advanced Testing Friday Sept. 18<sup>th</sup> at 5:45 PM

Advanced Testing takes place at 5:45 PM on Friday September 18th. Good luck to all of our testers. Don't forget your gear!

## Minnesota State Karate Championships September 20<sup>th</sup>!

<http://pworley6.wix.com/mn-karate-champion>

# Friday Night Forms September 25<sup>th</sup> at 5:45 PM

On Friday Sept. 25<sup>th</sup> at 5:45 PM we will host a Friday Night Forms class. The purpose of this class is to allow you to practice your form as if you were competing in a tournament, participating in a demonstration, or testing for a rank promotion. You will have the opportunity to witness our Diamond Nationals competitors and practice Saifa and Form #3. Both Saifa and Form #3 are a component of my 5<sup>th</sup> degree Black Belt promotion!



*Kasama Benson and some members of IS3 La Crosse at the Madison Seminar in 2014!*

## Suro Emanuel Hart Visits Madison for September Eskrima Camp

On Saturday September 26<sup>th</sup> and Sunday September 27<sup>th</sup>, IS3 Madison will be hosting Suro Emanuel Hart for the annual WI eskrima camp. This camp runs 11:00 AM – 5:00 PM on Saturday and 11 AM until 3:00 PM on Sunday. The camp is held at the East Madison YMCA. The cost of the camp is \$150 or \$80 for one day. Payment at this camp is made in Madison. Task Karate will be closed on Saturday September 26<sup>th</sup> due to this seminar.





## Maple Leaf Walk-Run: Gold Star Event & Brown Belt Fitness Challenge

Join members of Task Karate at the Maple Leaf Walk-Run. This event takes place Saturday October 3<sup>rd</sup> which is the same day as the Maple Leaf Parade. This is an exciting event as those who participate in the walk and/or run are on the actual parade route. Numerous options are available for those wishing to participate.

- Kid's Maple Leaf Mile
- 5K Walk
- 5 Mile Run
- 13.1 Half Marathon

More information on this event is located at <http://www.laxymca.org/events/maple-leaf-walk-run/>. This is a GOLD star event and brown belts can count the race as their fitness challenge. No classes take place at Task Karate on this day.



# Task Karate Asked to Lead a Martial Arts Demo at Oktoberfest

Task Karate has been asked to be a part of a local talent showcase event on Sunday October 4<sup>th</sup> at the Northside Fest Grounds. This demonstration will take place at 5:30 pm, we will finish the show! Please sign up at the school to participate in this demonstration. I will give you more information as I receive it.

## Brady's Bluff Hike

Our annual Task Karate Brady's Bluff Hike will take place on Saturday October 24th. We will meet at Task Karate at 1:00 PM and caravan to Perrot State Park. If you plan to meet at the park, please arrive by 1:30 PM at the boat landing across from Trempealeau Mountain (one of the trail heads for the Brady's Bluff Hike). Finally, you need a WI State Park Pass to enter Perrot State Park with a vehicle. Day passes are available. This is a GOLD star event.



# Diamond Nationals October 9-10<sup>th</sup> in Bloomington, MN

The Diamond Nationals World Karate Championships will be held Friday October 9<sup>th</sup> and Saturday October 10<sup>th</sup>. Diamond Nationals are held at the Doubletree by Hilton located at 7800 Normandale Blvd. in Bloomington, MN. Registration for this tournament is now available online at [www.diamondnationals.com](http://www.diamondnationals.com). Task Karate is always well represented at this event. If you plan to attend, please connect with me. Task Karate is closed on Friday October 9<sup>th</sup> and Saturday October 10<sup>th</sup> so students and instructors can participate in the tournament.

## Private Lessons

I am available to do private lessons with you! We have time on Saturday afternoons or before classes start at 2:45 PM. The cost is \$30 per hour. Please let me know if you have any questions or would like to schedule a session!



# August Rank Promotions



## **Gold Belt**

Taylor Clayton

## **Orange Belt**

Emma Jakobi

Ryan Jarvis

Erin Jarvis

Kundayi Kajese-Klug

## **Purple Belt**

Ian Johnston

## **Brown Belt**

Nash Nagy



# September Birthdays

Wishing all of the following Task Karate folks a happy birthday during September.

3 - Ian Johnston
5 - Caston Myers
8 - Nicholas Dearman
10 - Luis Arredondo
12 - Erin Haney
25 - Andy Smith
26 - Sheryl Gora Bollom
28 - Gunnar Nagy

If I missed your birthday, let me know and I'll add it to the list!

<https://www.youtube.com/watch?v=q7rwKBbQ7fM>

