

Task Karate October 2021 Newsletter

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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>

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No Classes Saturday, October 2nd, Maple Leaf Parade and Road Races!

Task Karate will be closed Saturday, October 2nd for the Maple Leaf Parade and Road races. I know that several families will be involved! I will look for you at the start/finish line!

New Schedule Starts 10/11/21

We are making a few changes to our class schedules; most classes won't be affected. Please grab a copy at the school, or you can download one here.

Kids Schedule https://drive.google.com/file/d/1cNC10LovX3L6qdDmzubZMwJcse_Baan6/view?usp=sharing

Teen/Adult Schedule https://drive.google.com/file/d/1izzGv_q0tGpCC-miW0Zc1qbslBvHCk4i/view?usp=sharing

We will now have a beginner teen/adult class on Thursdays at 6 pm, and classes for 4- and 5-year-old students on Monday and Wednesday at 4 pm!

Halloween Party!

Boo! We will have our Halloween party on Thursday, October 28th from 5 to 6:30 pm, all Task students and families are invited. Games, costumes, and CANDY! If you would like to bring treats, or a bag of candy to share, that would be great. After we clean up, teen and adult class at 7 pm will have special fun events, including knife throwing!





Motivational Quote!
"I hope I can be
the autumn leaf,
who looked at the
sky and lived.
And when it was
time to leave,
gracefully it
knew life was a
gift."

Dodinsky

Fun and Fitness

Five Fridays in a month? Then that means fun and fitness! Friday, October 29th, 2021 from 5 pm until 5:45! Task Karate "kids" of all ages (😊) are invited to attend! Games, exercise, and a good time with your friends. Maybe we'll have our first rounds of Dodge Ball and Steal the Bacon at our current location!?

Taxes!

Yikes, our quarterly tax estimate is due. We will be having some extra training events to raise some funds, as well as "cleaning house" and selling off some extra equipment that we have at Task. Watch the wipe board for more information!



Marketing

We are doing a campaign on Facebook and Instagram, maybe you have seen the ads? Thank you if you shared them! Since October is bully awareness month, our next ad will focus on seminars we are holding October 16th, and 24th. We will be teaching kids how to deal with bullying, and hopefully encourage some students to try our classes. We are also running a separate campaign for teen/adult self-defense seminars the same days. If you see the ads, please share them, or send them to your friends that might be interested. We are going to have a bring a friend day and do this training for our student in class as well.

CONFIDENCE!

Bring a Friend to Class, Bully Awareness and Defense!

We will be covering the topic of Bullying in your student's class. Tuesday October 12th, at 5 pm for the kids blue and up class, and 6 pm for the White, gold, orange beginner class, and then Wednesday, October 13th, for in the 5 pm kids green and purple class. We would be very grateful if you can have your child bring a friend to class that day!

Self-Defense Seminar

We will be holding teen/adult self-defense seminars on Saturday, October 16th, from 4 to 6 pm, and Sunday October 24th, from 3 to 5 pm. We will be asking the participants to come in pairs and are limiting the class to 10 pairs. The fee is \$50 per pair. Please contact us to reserve your spot, or with any questions. Below are some of the topics of the seminar!

WAYS TO KEEP YOURSELF SAFE.

- Be aware of what's going on in your environment. (Color Code.)
- Be aware of the dangers. (Harassment, stalking, physical assault, robbery, road rage, active shooter situations, relationship abuse, sexual assault.)
- Avoid being targeted by a predator. (Be aware, look confident, not like easy prey.)
- De-escalate or stop a confrontation. (You don't always have to be right, even if you are.)
- If you have to fight, fight hard! Go all out. Be aware of the freeze, flight or fight response.
- Places that attacks can occur. (Home, work, school, in public, on dates or at parties.)

Pre-Attack Indicators; Clues to Be Aware Of!

Sudden Appearance	Deliberate Movement Towards YOU!	Attempt to Fix In Place	Associated Movement
Change of Direction	Distraction	Weight Shift	Posturing
"Mad Dogging"	Identification/"We"	"Fanning Out" (Multiple Threats)	
Hidden Hands	Rapid Breathing	Milling About "Aimlessly"	
	Scanning	Target Glance	Grooming Gestures

Learn about these pre-attack indicators and much more in our seminar.



October Birthdays!

- 1st Kazi Rayhan
- 1st Grace McConaghy
- 1st Barb Silbaugh
- 4th Emily Ross
 - Ana Cook
- 5th Diva Antony
- 5th Kansas Christopherson
- 8th Porter Kasten
- 9th Caleb Mattison
- 13th Kai Vargas
 - Kaiden Lander
- 19th Aydan Dearman
- 19th Elena Kind
- 23rd Taylor Amann
- 23rd Esme O'Neill
- 26th Isabella Beville
- 29th Lexus Gleason
- 31st Trevin Thomson



September Rank Promotions

Gold Belt

Aulten Sharma
Robbie Hodson

Orange Belt

Veda Daffinson
Ella Johnson

