

Task Karate August 2022 Newsletter

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Time to Gear Up for the Free Tournament

Sunday August 21st, Onalaska High School! We will be having the students that are in the competition rehearse in class between now and the event! Please pre-register for the tournament as soon as possible, and if you aren't competing, consider coming to watch and support the Task Karate Team, or volunteer your time to help run the event! Here is a link with more information, and where you can pre-register!

<https://wmaproductionsinc.org/>



Here are some common "pre attack indicators" that often happen before an attack.

<https://www.youtube.com/watch?v=XPbCw9pV90c>

Self-Defense Seminar for Teen/Adults!

Saturday, August 20th, from 2 to 4 pm.

*Learn emergency self-defense techniques against strikes, grabs, and weapons.

*De-escalation and avoidance strategies, how to avoid having to defend yourself in the first place.

*Learn in a safe, comfortable environment. The seminar is for teens and adults of any age and fitness level. The fee is \$50 per student.



Pipestone Falls in the Boundary Waters Canoe Area Wilderness!

Closed for a Couple of Vacation Days

Task Karate will be closed on Saturday, August 27th for a couple of vacation days.

Back to School Savings, 20% Off

Century Martial Arts have a sale on items like Eskrima sticks, gear bags, foot wear and padded weapons! Order from Task Karate for free shipping! Our sale price ends August 29th! Here is a link to the sale items!

https://www.centurymartialarts.com/back-to-school-savings/?utm_campaign=CMAS-WS%20FY22&utm_medium=email&hsenc=p2ANqtz-IECkunTE5HN48uoSNgtazJHXSKnG87BfeteAOWwrIZid881afPZQrA1FpTmdQiqiuq1rQpSYJks6MJ8Ww1dfn-esPWw&hsmi=220517385&utm_content=220517385&utm_source=hs_email&hsCtaTracking=8d73c1e2-08f7-4b11-9e49-9c61a20c3489%7Ce74a5d97-4e12-4d0f-abaa-9021f1632ad3



Unpeeled sticks and case! Regular price \$31.99, Sale \$25.60!



August Birthdays!

2nd Tom Johnson
4th Abram Rehman
5th Carissa Hanson
6th Ruth Thomson
7th Lyndon Torkelson
8th Jaxon Gouger
15th Jesse Tenner
20th Campbell Stanley
23rd Susan Wackett
27th Carter Wilkins
28th Symantha White
28th Amanda McConaghy



July Rank Promotions

Gold Belt

Remi Blum
Cadence Blum
Jaxon English
Jameson English
Sarah Morrison
Clayton Morrison

Orange Belt

Avery Peterson
Ashton Peterson
Logan Mason

Lily Duncan
Dexter Duncan
Chanceon Bernau
Red Belt
Avah Connaughty
Aubrey Crawley
Parker Botcher



What an honor to have Sensei Demura at Task Karate!



Thanks to all that came to train with Sensei!