

Task Karate December 2016 Newsletter

1100 Kane St. La Crosse, WI 54603

Phone 608-781-8275 E-mail taskkarate@gmail.com

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>

All School Workout and Group Photos!

Thursday, December 8th, we'd like anyone that trained at Task Karate to come in for our group photo and all school workout.

All Kids=5:30 to 6:45

Teens and Adults=7 to 8:45

If you haven't been in for a while, we'd still like to have you come to this event! We will still have Thursday morning class, and 8:30 sparring, but no other scheduled classes this day.



Thursday 12/08 is the Last Day for Shirt Orders!

New design and color this year! All the students that trained at Task in 2016 are listed on the back! We are also placing orders for other Task apparel. It would help if we could get a couple more sweat pants, "kanji", and monogrammed items ordered so we can meet the minimum amount to place and order. Here are the items that are available. We won't be ordering again until spring, so get them now!

https://drive.google.com/open?id=0B_QP68QJEwepT09OVTjDZUQtSEk


Catalog Orders

We have several holiday catalogs available from our suppliers with great Christmas gift ideas inside. Grab one of each and check them out! Orders take about one week, but shipping slows down as we get closer to Christmas. We offer a 5% discount on orders from \$50 to \$99, 10% on orders from \$100 to \$149, and 15% on orders that are \$150 and over. And you don't have to pay any shipping. Some of the top gift ideas;

A new uniform, nunchucks or other weapons with cases, boxing gloves, rebreakable boards, gear bags, t-shirts and other apparel, sparring gear, training equipment like we use in class, and many other items. Let me know if you have any questions.

BOXING

NEW COLORS!



ProForce® Leatherette Boxing Gloves

These multi-purpose 12 oz. gloves by ProForce® are ideal for martial arts, boxing, cardio and fitness workouts. Features a pre-curved form fit design with flex grip palm. Ultra cuff wrist strap with hook and loop closure ensures a perfect fit. Thumb-lok feature offers proper form while punching. The foam core with extra lining makes these gloves very comfortable.

\$34.95 PR.

Color	Item #	Color	Item #
Black/Red	88012	Black/Silver	88476
Blue/White	88121	Purple/White	88475
Black/White	88073	Black/Green	88471
Black/Silver	88474	Pink/White	88392
Black/Orange	88472	Navy/Silver	88479
Blue/Silver	88480	Silver	88477

This page and catalog are subject to change without notice. We are not responsible for their accuracy. Items are available while supplies last. Some items may be discontinued without notice. Prices are subject to change without notice. © 2011 ProForce. All rights reserved.

210
See your instructor to place your order. Their expertise may help you determine the best product.

Boxing Gloves and our Kickboxing Class

We will have this style of boxing glove on sale for \$10 off through December 23rd, they are a decent glove and are available in several colors. We have a pair at the school if you'd like to check them out. You can also get a 5-class punch card to our kickboxing class included, for new students only please. \$64 value for \$25! Know anyone that might like that as a Christmas gift?!?! Kickboxing is Monday and Wednesday evenings from 8 to 9 pm.

Nunchucku Seminar \$10

We will have a mixed seminar (kids and adults) to learn the basics of the “chucks” Saturday, December 17th, from 1:30 until 3! We have chucks available to borrow or you can order your own! Open to any student 6 and over, any rank. We might even work on this move, one of my favorites.

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

Helping Others, Bell Ringing!

We give a gold star to anyone that helps out with bell ringing over the holidays! Here is a list of locations and times you can help.

<https://app.betterimpact.com/PublicOrganization/08ee66c1-cd05-41dc-b77d-40a29a43b815/3>

New Year's Training

Monday, January 2nd will be the first classes of 2017! We always start the year out with a special class and a challenge. Who will have the biggest class, the kids or the teens and adults? All kids come from 5:30 to 6:30 pm, and all teens and adults from 6:45 until 7:45. In all the years we've held this challenge I think the adults only won once! Maybe this is their year?!?! We won't be having any other regularly scheduled classes this day. Kickboxing is still on from 8 until 9 pm.



2015 winners, the kids!

Closed for the Holidays

I get a break! We will be closed from December 24th, until January 2nd, when we will have our special New Year's training. Have a great holiday.

It's Time to Set Those New Year's Resolutions Now!

A man (person) without a goal is like a ship without a rudder. Thomas Carlyle

Read more at: <https://www.brainyquote.com/quotes/quotes/t/thomascar156155.html>

Here is a link to the basics of setting "smart" goals!

<https://michaelhyatt.com/goal-setting.html>

I am so honored to be a part of your life, and the lives of the families here at Task Karate. I often say that I am lucky to be able to have my job my hobby, my life! I appreciate your support, and the effort and dedication our students show to their training.



December Birthdays!

1 - Samara Sherin
8 - Andrew Pollock Jr.
10 - Matt Brigson
11- Avery Laffey
14 - Alex Miller
16th Brian Bollom
20 - Abe Osley
20 - Oscar Moesch
21st Nick Daily
22 - Jacob Genz
23 - Dawson Ekern
26 - Jeremy Erickson
26 - Brian Bollom



November Rank Promotions

Dragon Gold Belt

Seamus Johnson

Callen McArthur

RJ Phillips

Connor Willinger

Gold Belt

Mickey Collins

Gina Facchinello

Brenden McArthur

Bradley Tschumper

Green Belt

Niki Bergler

Blue Belt

Alex Weinberger

Black Stripe Brown Belt

Kolton Mattison

