

Task Karate February 2013 Newsletter

Task Karate School
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<http://calendar.yahoo.com/taskkarate>

Facebook

Please check out and "like" the Task Karate page!
<http://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491?ref=hl#!/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Wanna be my friend?
<http://www.facebook.com/randy.thomson.10>

Polar Plunge March 2nd, Gold Star Event!

The bus will pick us up at the school at 1:30, on Saturday, March 2nd! All classes are as scheduled. Please be sure to register ahead of time as this year we will take our photo and go right to the river to plunge! Check at the school or ask if you have any questions! Party at the school for the plungers and their families after! Please sign up at the school or let me know so I can make sure we have enough room on the bus!

Here is my plunge page!

<http://sowi.kintera.org/faf/donorReg/donorPledge.asp?ievent=1042773&lis=1&kntae1042773=A9476E10C7E64D3582C05B0829287C2F&supId=350046937>

Or you can click on the link on my page and join our team!

<http://www.youtube.com/watch?v=TBxwGEbOOCQ> an oldie but a goodie

Minnesota State 2013 Minnesota State Championships



Congrats to the new State Champions!

Closed for California Seminars and Tournaments

We will be closed Three days, February 21st, 22nd, and 23rd for my trip to California to train with Sensei Demura!

<http://www.genbu-kai.com/jkf-news-Goodwill-Tournament-2013.html>

Mr Lee Krav Maga Seminar

2/23 Saturday , Combat Krav Maga at 10 am at Task Karate .

A great Seminar and I'll make sure before you leave , you will have learned at least one technique before you leave .

Cost is \$50 / person .

Come in street clothes if you want . www.combatkravmaga.com

My number 608-799-1841 and e-mail : cullylee@yahoo.com

Jessica Koenig 3rd Degree

Sunday, March 3rd at 10 am come and watch Miss Jessica Koenig test for her 3rd Degree Black Belt!

Her she is in action on the Diamond Nationals night stage!

<http://www.youtube.com/watch?v=78nIpKic3kI>

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Quote of the Week

Your family and your love must be cultivated like a garden. Time, effort, and imagination must be summoned constantly to keep any relationship flourishing and growing.

[Jim Rohn quotes](#)

Snow Hike!





Remaining 2013 NCKA SCHEDULE

www.nckablackbeltratings.com

Eau Claire Open -Mar.17, 2013 NCKA Finals- Apr. 21, 2013



February Birthdays!

2nd **Sebastian Bishop**
Alejandro Tofstad

3rd **Sherrie Alberts**

5th **Hunter Konetchy**

11th **Samara Pick**

15th **John Michels**

16th **Gibson Cottrell**

24th **Chris Schleifer**

29th **Ben Kwaterski**



January Rank Promotions

Gold Belt

**Conley Beers
Gabby**

Black Belt

**Trevor Theurer
Brandon Lun**

