

Task Karate February 2023 Newsletter

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Be my friend! <https://www.facebook.com/randy.thomson.10>

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New Format!

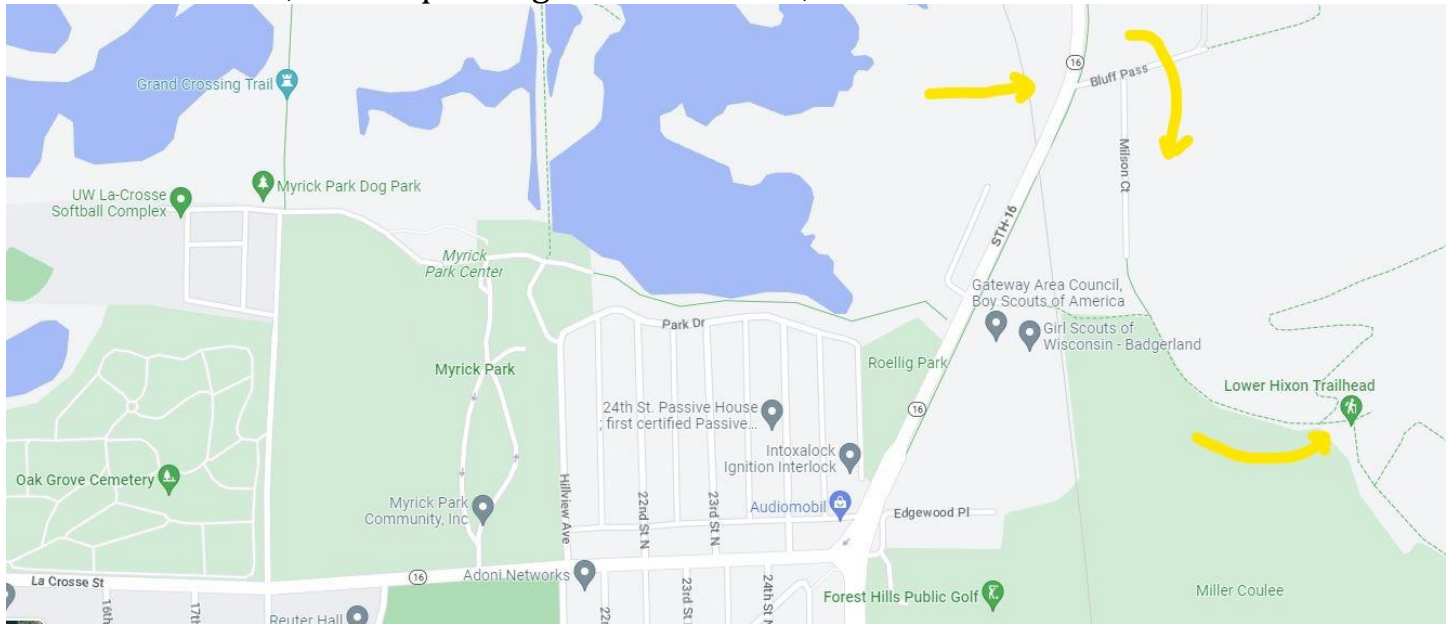
Instead of just sending a pdf file of the newsletter, I'm putting the information in the body of the e-mail! You should be able to see it better on your phone. Let me know what you think! You can still get the PDF version of the newsletter on our website.



Snow Hike

Gold Star Event! We will meet at the Hixon Forest Trailhead at 1pm on Saturday, February 18th for our hike. We have a shorter hike to the cave, then the long hike goes up to the top of the bluff, to the lookout and back down. The long hike can take over two hours, and counts as the fitness challenge stripe for brown belts! I'm hoping we have fair weather

that day! Please make sure to wear boots, hats and gloves! Directions. Off of Hwy 16, turn East on Bluff Pass, then a quick right on Milston Ct, follow it back to the trailhead!

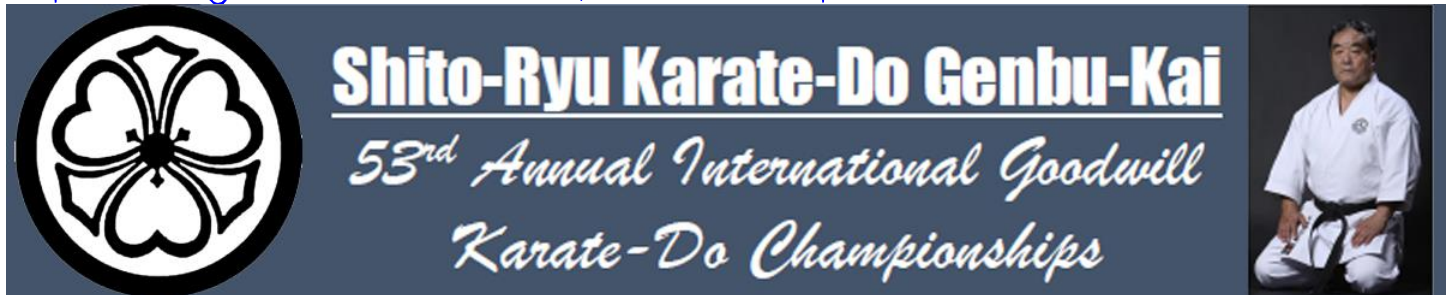


Map to trailhead

Motivational Quote!

L.O.V.E, Happy Valentine's Day!

<https://www.youtube.com/watch?v=fHmF84G7ZY>



Closed for Seminars with Sensei Demura in California!

We will be closed on Thursday, Friday, and Saturday, February 23rd through the 25th so I can attend Sensei Demuras annual events! Here is a link to more information about this event! <https://www.genbukai-hq.org/news/event/annual-genbu-kai-goodwill-championships/>

Polar Plunge! Gold Star Event! Special Schedule

Saturday, March 4th is the Polar Plunge! We are up to 13 plungers now! If you'd like to join us, or donate to one of the plungers, follow the link below.

We will have a special schedule that day

All Teen and Adult students 9 to 10

All Kids 10 to 10:45. (No other classes or sparring that day.)

After the plunge, join us back at Task for hot chocolate and games! Here is the link to our team. Sign up and take the plunge, or donate to a plunger!

<https://www.classy.org/team/470775>

One of my favorite Special Olympics promotional videos.

<https://www.youtube.com/watch?v=h1HRLcQs7eM>

YMCA Martial Arts Tournament Information

Here is a link for information about the Y tournament. It will be held on Saturday, March 25th with a 9:30 am lineup. Events include form, weapons forms, sparring, board breaking and judo game!

https://www.laxymca.org/programs/117/family-martial-arts-tournament/#division_4103

Please let me know if you have any questions! We will have regular classes that day for the students that are not attending! Here is a message from the promoter to black belts that are 14 and older, and are willing to help judge the tournament! It would be great if some of our black belts could attend the meeting and do some judging.

We are also looking for black belt judges throughout the tournament. If you are interested/willing please let me or one of our instructors know.

- If you'd like to help judge and participate, reach out to me and I will waive your registration fee.
- If you have black belt students 14+ that are newer to judging and would like to attend our "How to Score" meeting, this will be held at the **R.W. Houser YMCA in Onalaska on Wednesday, March 15th at 5 pm in Multi-Purpose Room B**. No registration required to attend.



February Birthdays!

7th Jacob Berg

8th Joe Mattison

9th Aleksander Terpstra

12th Callie Christopherson

15th Ryan Tschumper

Jacee Erickson

25th Dave Ekern

27th Stacy Kremmer

28th Ann Yehle



January Rank Promotions

Gold Belt

Iggy Grandos

Rowan Inge-Kvam

Orange Belt

Kylan Kader

Jensen Zobeck