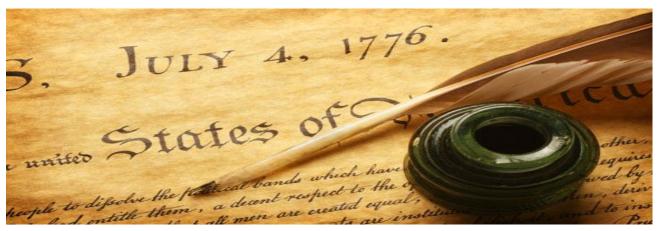
### Task Karate July 2015 Newsletter

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Visit our website <a href="http://www.taskkarateschool.com/preview/">http://www.taskkarateschool.com/preview/</a>
Or facebook page <a href="https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491">https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491</a>

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



### **Judging Seminar**

Friday, July 10<sup>th</sup> at 5:45 we will have a seminar for judging forms. The seminar will show you how the judging process works, and gives tournament competitors a chance to see things from the judges' side! (*JUDGING CRITERIA page 21*) Here is a copy of the rule book. All black belts and advanced students should try to attend.

http://www.nckablackbelt.com/assets/ncka\_rule\_book\_13\_14.pdf

### Testing

Friday, July 17<sup>th</sup> at 5:45 we will be holding the advanced testing, remember to bring your gear! Because of the Camping/ outdoor classes being held on the first Friday in August, Beginner testing will be moved to August 14<sup>th</sup>.

### School Closed for Events in Winona

Unfortunately Sensei Demura will not be able to attend this year, but I will still be a part of our annual training including a tournament and seminars at the Winona Dojo. No classes at Task on Friday or Saturday July 24<sup>th</sup> and 25<sup>th</sup>. Thanks for your understanding.



## Pool and Ice Cream Party/Sunset Workout!

July 11<sup>th</sup> at the North Side Community Pool, 816 Sill St. The open swim time is from Noon until 6:15. I'll probably arrive after classes at about two or three, but you can come anytime! After the pool closes we head to the Black River Beach (1433 Rose St.) for some ice cream. That will be followed by a gold star event, our sunset workout! Sometimes we've run into scheduling problems, the pool hours are subject to change. The pool *Hotline:608.791.8956* 

### Summer Special!

This has been a tough summer for our school. Our active student count is down by over 20 students. Please help us out by letting your friends know about our summer special. Or consider having yourself or another family member take some classes! We are offering a free uniform and no membership fee, which is a savings of \$90. The special will be extended until August 31st!

### Private Lessons and Special Classes

Private lessons are available to help you with your training! I am available before classes or on the weekend. The fee is \$20 per half hour or \$30 per hour. Watch for special seminars and day camps next month!



Parents in Class!

Come try a class with your child! Parents will hold pads and help practice self defense, and get a chance to try their form! Come to any of the kids classes on July  $15^{th}$  or  $16^{th}$  and have some fun.

### Bring a Friend or Sibling to Class!

The week of July  $20^{\text{th}}$  is bring a friend week! Have some fun doing your karate with your friend. We will make sure they have a good time.

# August Task Karate Camping Trip at Whispering Pines

Join us Friday and Saturday August 7<sup>th</sup> and 8<sup>th</sup> for outdoor classes and camping at Whispering Pines Campground! Friday night class takes place at 6 PM and our Saturday class is at 9 AM! You can attend classes even if you don't plan to camp. No classes at Task Karate this weekend. Let them know you are with the Task Karate group when you register.

http://www.whisperingpinescampground.net/

### Eskrima Seminar in Germany

No classes the week of July  $27^{th}$  as I will be in Germany for an international eskrima seminar. I'm very excited to train with Suro Hart, the head of IS3, again! Unless we have some travel difficulties, classes will resume as normal on Monday August  $3^{rd}$ . Check out this video they made at the French camp.

https://www.youtube.com/watch?v=gHyYTffX6oQ



### Coulee Region Free Tournament!

Plan to participate in the Coulee Region Free Karate tournament at Onalaska High School on August 30<sup>th</sup>. This free tournament is open to Lil Dragons through black belts. Events include forms, weapons, sparring, and board breaking. We will once again be participating in the Battle of the Dojos with Josh Osley and Joe Mattison representing our school. Follow this link for more information! <a href="http://www.wmaproductionsinc.org/">http://www.wmaproductionsinc.org/</a>

## Back to School Pot Luck Picnic Tuesday August 25th

Please join members of Task Karate at the Myrick Park main shelter for our annual back to school pot luck. Come at 5 pm, eat at 6! Enjoy excellent food and many karate inspired activities. In addition, we will be hosting a class at the shelter during the day, watch for more information! No regular classes at the school on August 25<sup>th</sup>.

### June Rank Promotions



### **Gold Belt**

Kundayi Kajese-Klug

**Orange Belt** 

**Donovan Olson** 

**Purple Belt** 

Samara Sherin Isabella Braithwaite

#### **Blue Belt**

Lance Moe Niki Leone

### July Birthdays

Wishing all of the following Task Karate folks a happy birthday during July.

| 6 <sup>th</sup> - Michelle Burton |
|-----------------------------------|
| 14 <sup>th</sup> - Allyse Oliver  |
| 15 <sup>th</sup> - Taylor Clayton |
| 26 <sup>th</sup> - Leah Kehr      |
| 28 <sup>th</sup> - Kyra Osley     |

