



Task Karate July 2019 Newsletter

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Visit our website <http://www.taskkarateschool.com/>

Or facebook page

<https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

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Twitter (new) @KarateTask

As always, our Task Karate July newsletter includes information on upcoming events, school closures, July birthdays, and kudos to recent rank promotions. In this newsletter, you will also read information on Shihan Fumio Demura, counting in Japanese, self defense information, and tips for performing your form at tournaments. We now have a Twitter account so please follow us @KarateTask. On another note, the Task Karate gear order was placed a couple of weeks ago. We are following up with the screen printer relative to an estimated delivery date. More soon! Finally, thanks for being part of the Task Karate family! We appreciate you.



Thank you Mr. Peaslee!!!

Task Karate Blackbelt Mr. Jamie Peaslee is our web master. We can't thank him enough for his ongoing support of Task Karate and his willingness to share his technical expertise to promote our school and the martial arts.

We appreciate you Mr. Peaslee!

Upcoming Closures or Alternative Schedules

We will have an alternative schedule on Monday July 22nd due to Shihan Demura's visit to Task Karate. The schedule at Task Karate for July 22nd is as follows:

4:00 PM Li'l Dragons

No brown or black belt classes. Please come to the seminars!

6:30-7:30 PM Shihan Fumio Demura Karate seminar

7:45-8:45 PM Shihan Fumio Demura Kobudo seminar

No eskrima

Task will also be closed from Monday August 1-Monday August 8. Mr. T. and Ms. Yehle will be attending eskrima seminars in Germany. Task will open with the regular schedule on Tuesday August 9. Please know we don't like to close the school. However, it is important that we continue to learn and grow as a martial artist as it supports our ability to help our students grow as martial artists.

Finally, Task will also be closed on Labor Day.



Upcoming Events

We have many upcoming events at Task Karate. Please check out the schedule below and let Mr. T know if you have any questions. In addition, updates are shared out at the karate school. Hence, be sure to check out the posted announcements and the dry erase board.

Japanese Karate Seminar

Open to kids, teens, and adults

Saturday July 6 from 12:30-2:00 PM

\$10.00

In preparation for Demura Sensei's visit to Task karate in later July, Mr. T will be sharing a few of the forms from the Japanese school as well as some traditional kihon (karate basics) popularized by Demura Sensei.



Mr. T. sprays whipped cream into Chase's mouth at a previous beach social. Chase is much bigger now and a brown belt!

Black River Beach Ice Cream Social & Beach Workout

Open to all Task Karate Families

Saturday July 13 from 4:00-7:00 PM

No cost Swim, play games, participate in a karate workout, and enjoy ice cream and snacks! Ice cream will be served around 5:00 PM.

Shodo (Japanese calligraphy) with Demura Sensei

Open to all Task karate students & family members

July 22, 2019

Time: 4:00-5:00 PM

Fee: \$20.00 (Ms. Yehle will collect fees and distribute)

Winona Genbu-Kai Dojo

Demura Sensei is not only a karate master but an expert in the Japanese art of shodo. Shodo is Japanese calligraphy. Each year, Demura Sensei offers a shodo seminar in Winona during his visit to MN & WI. This event is open to the community. Once again, Ms. Yehle will be organizing a trip to this seminar.



Demura Sensei Seminars at Task Karate

Open to kids, teens, & adults

July 22, 2019

Time: 6:30 - 7:30 PM Karate

Time: 7:45 - 8:45 PM Kobudo (weapons specifically the bo)

Fee: \$20 for one seminar or \$30 for both
Demura Sensei will join us at Task karate for two seminars. The first will be a karate seminar followed by a seminar with a weapons focus. More specifics will be shared as the time draws closer.



IS3 Eskrima Seminars in Germany - Task Karate Closed

Mr. T and Ms. Yehle will be traveling to Germany to participate in eskrima seminars with Suro Emanuel Hart and eskrimadors from all over the world. Mr. T has also been asked to serve as a guest instructor. Because of the Germany trip, Task karate will be closed July 29-August 5. We will reopen on Tuesday August 6.



Self Defense Seminar

Open to teens and adults; open to the community

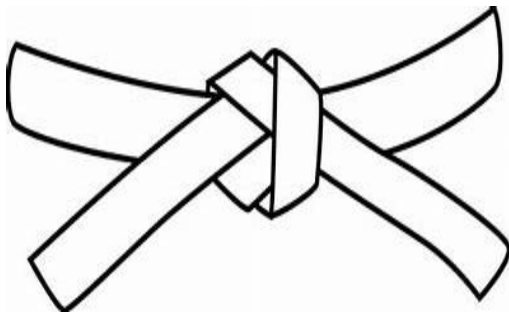
Saturday August 10 from 1:00-3:00 PM

\$25

This seminar will focus on practical application of skills to help you be safe during day-to-day life. We will address preventative measures, the importance of a stance, using your body as a weapon, dealing with grabs, common types of attacks, and legal issues related to defending yourself. Additional resources will be shared for further study. Finally, this is an excellent seminar for young adults moving off to college, the world of work, etc. No experience is necessary to participate in this event. Comfortable clothing should be worn.



Tourney Prep Class In preparation for the August 18, 2019 Coulee Region Free Karate Tournament, Mr. T. will be hosting a free tourney prep class for kids, teens, and adults on Friday August 16, 2019 from 5:30-6:15 PM. If you are planning to participate in this tourney and/or are considering participating, this will be a helpful class for you to attend.



August Rank Testing

Beginner testing will take place on Friday August 9, 2019 from 5:30-6:15 PM. Advanced testing will take place on Friday August 30, 2019 from 5:30-6:15 PM. Be sure to bring your gear.



Coulee Region Free Tournament

All Task karate students | August 18, 2018 | Onalaska High School

<http://www.wmaproductionsinc.org/home.html>

August marks the Coulee Region Free Tournament. Yes, a FREE tournament. At this tournament, you can participate in forms (both empty-hand and weapons), board breaking, team form, and sparring. In addition, this tournament ends with the Battle of the Dojos! We look forward to seeing many Task Karate students at this tournament. The schedule of events for the free tourney is as follows.

9am - 1pm Registration

10am - Opening Ceremonies followed by Black Belt board breaking, weapons, forms and Grand Championship

12:00pm - All Underbelts begin with board breaking

As soon as board breaking finishes, Team Forms will commence followed by Little Warriors/Little Dragons and White through Green Belt Weapons Forms, Empty Hand Forms and Sparring

As soon as White through Orange Belt Forms finish, Green through Blue Belt Forms, Weapons Forms and Sparring

As soon as Green through Blue Belts finish, Red and Brown Belt Forms, Weapons Forms and Sparring

As soon as all Weapons and Empty Hand Forms are finished, Black Belt Sparring and Sparring Grand Championship with the sparring finale of BATTLE OF THE DOJOS!!



Task Karate Day Camp & Picnic at Myrick Park

Open to all Task karate students and families

August 21, 2019

Come and participate in a series of karate inspired games and arts & crafts during our August 2019 **Task Karate Myrick Park Day Camp**. This camp runs from 2:00-5:00 PM and includes a \$20 fee.

After our day camp, we will have a **pot-luck picnic**. The picnic begins at 5:00 PM with folks eating around 5:30 PM. Beverages, plates, utensils, and condiments will be provided. Please bring a dish to pass. As in years past, after we enjoy some delicious food, we will partake in games and perhaps another ninja piñata?



Sai throwing is a popular event at the Task Karate camping weekend

Task Karate Camping Weekend

All Task Karate families

Friday August 23-25, 2019

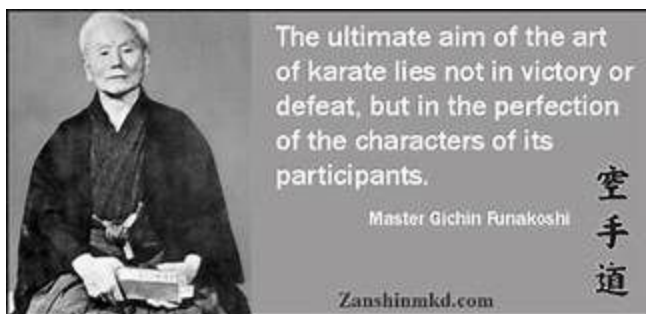
Join members of the Task family for a weekend of camping at Whispering Pines Campground. Come for one night or two nights and/or come for classes. Classes will take place at the campground on Friday August 23 and Saturday August 24.

<https://whisperingpinescampground.net/>



Maple Leaf Walk/Run - Gold Star Event!
 September 28, 2019
 Consider joining members of Task Karate in the Maple Leaf walk or run. This is a gold star event. No regular classes will be held September 28, 2019.

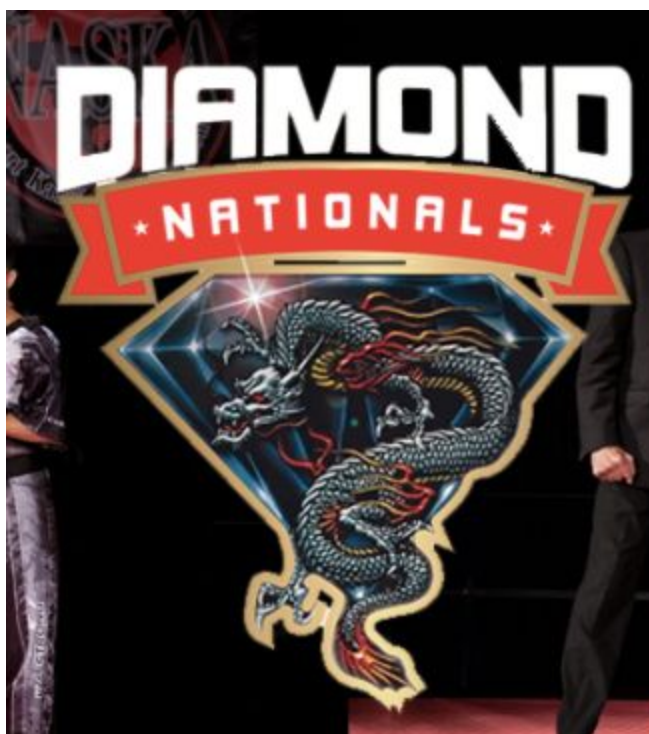
<https://racerooster.com/events/2019/21027/maple-leaf-walk-run-2019>



Black Belt Testing

Saturday October 26 at 1:00 PM
 Come cheer on our Task Karate students who will be testing for their black belts. Attending black belt testing provides our Task Karate students with the opportunity to see what a black belt test is like while also sending mojo to our testers. In

addition, we invite all Task Karate Black Belts to be part of the panel for testing.



Diamond Nationals Karate Tournament

Minneapolis November 1 & 2, 2019

<http://diamondnationals.com/>

Diamond Nationals is an epic karate tournament that takes place each year in the Twin Cities. Karate students can participate in forms and sparring. If you are interested in participating in this tournament or serving as a spectator, please connect with Mr. T.

There is a blue folder at Task Karate with more information relative to Diamond Nationals (e.g., rules, categories, etc).



Tunnel Hike Sparta Elroy Bike Trail

September 7, 2019; 1:00 PM | Gold Star Event
Come join us for a walk through the Sparta Elroy Bike Trail. We will visit the “spooky” tunnel and hopefully we will all return?!? Of course we will all return as we are martial artists! This walk is generally 60 minutes. You can meet at Task Karate at 12:30 PM to caravan or obtain directions from Mr. T.



Brady's Bluff Hike (Gold Star Event)

Join members of Task Karate for a beautiful hike up Brady's Bluff. Enjoy the fall colors and camaraderie with members of the Task Karate family.

October 12, 2019 | Leave Task Karate via caravan at 12:30 PM



Task Karate Halloween Party (No regular classes)

Tuesday October 28, 2019; 5:30-7:00 PM

Open to Li'l Dragons, Kids, Teens, and Adults; siblings not involved in karate are welcome as well!

Let's celebrate the spooky season with games, treats, and maybe even some knife throwing?

2nd & 3rd Degree Testing | December 7, 2019 at 1:00 PM Come cheer on Task karate students who have been invited to test for their 2nd and 3rd degrees. More information to come.

Task Karate T-Shirt Thursdays July & August

During the months of July and August, all Task karate students may wear a Task karate t-shirt to class with their karate pants and belt on Thursdays.



August, all Task karate students class with their karate pants and



Shihan Demura with Bruce Lee



On the set of the Karate Kid



Batto or sword

Shihan Demura: A Pioneer in Karate

As you know, Shihan Demura will be visiting Task Karate on Monday July 22, 2019. We encourage you to participate in this event. Shihan Demura is one of the pioneers who brought karate from Japan to the rest of the world. Shihan Demura has been training for over 70 years.

Shihan Demura was born on September 15, 1938 in Yokohama, Japan. At the age of 9, he began training in karate and at the age of 12 he started training under Ryusho Sakagami in Itosu-kai karate. Shihan Demura received his Shodan (1st degree blackbelt) in 1956 and won the East Japan Championship in 1957. In 1959, he began training in Okinawan kobudo under the direction of Taira Shinken. In 1965, he was brought to the United States to teach karate. From those roots, Shihan Demura's organization has grown into Genbu-Kai which means professional organization of the martial arts. Genbu-Kai karate currently has several dojos (schools) in California as well as many other states and around the world.

Shihan Demura has traveled the world to provide instruction to thousands in the martial arts. He has provided instruction via magazines, CDs/DVDs and has written several books on karate and kobudo (weapons). Shihan Demura introduced Okinawan kobudo to the United States and is responsible for introducing Kobudo kumite (weapons sparring) to the world. In addition, Shihan

Demura has received numerous awards and recognitions to include a lifetime achievement award by Black Belt Magazine. He has also been the feature of two recent documentaries (i.e., The Real Mr. Miyagi and the Last Dojo). Finally, we look forward to having you meet Shihan Demura this summer when he visits us at Task Karate.

Tournament Tips for Forms/Kata

Are you planning on performing your form at the Coulee Region Free Tournament? If so, we have some tips for you based on Mr. T's years of involvement as a competitor and judge.

- When practicing, break your form into sections and practice each section individually. This helps you get better at each part of your form and improve challenging parts of your form.
- Practice your form slowly and analyze each movement. Juxtapose this with practicing your form full out!
- Think about timing when performing your form. Where do you pause and clearly show your stance? When do you incorporate a kiai?
- Think about your eyes. When competing, think about where you are looking. For example, if you are looking down are you doing so for a specific reason? Think about keeping your eyes on your imaginary opponent when you complete your form.
- During the tournament, be respectful to judges. Yes sir and yes ma'am are expected. Also, you can't over bow.

In addition, little things can make you stand out at tournaments. For example, do you wear a clean uniform with your belt tied neatly? Do you practice presenting yourself to your judges in a manner that you don't fidget? Do you convey an aura of focus?

Finally, remember that true martial artists focus on doing their best. When you do your best, you win regardless of what a judge or judges determine.



Self Defense Updates

Part of the curriculum at Task Karate focuses on self defense.

Recently, a 22 year old burglar entered a home in Belvidere, IL at around 2:15 AM. He crept upstairs to a bedroom whereas a 40 year old woman was sleeping. This burglar crept into the bedroom and placed his hand over the 40 year old woman's mouth. The woman pushed his hand away and screamed. Shortly after, the woman's 68 year old mother entered the scene.

The 68 year old mother entered her daughter's bedroom and grabbed the burglar by the back of the head and drew him off balance. As the burglar fell, the daughter called the police and her mother hit the burglar with a pocket stick in the face and told him to leave.

The burglar fled and was picked up by law enforcement shortly after.

When asked by local media how the 68 year old women knew what to do when facing a burglar...she said, "I'm a martial artist and we train self defense."

Note, the woman's daughter is now enrolled in martial arts as well.



Private Lessons

Students looking to focus their training to catapult their growth, work through an area of challenge, and/or learn an area of specialty (e.g., kama, bo, sai, tonfa, nunchucku, cane, jo, pocket stick, sword) can sign up for private lessons. Private lessons are \$30 per lesson and generally run one hour. Private lessons can also be purchased as a package for \$100 for 4 lessons. See Mr. T. if interested.



Traveling this Summer

Will you be traveling this summer? If so, please send a postcard with an update to Task Karate at 1100 Kane Street, La Crosse, WI 54603 and/or send a picture wearing a Task Karate t-shirt or sweatshirt.

Can you count to 20 in Japanese?

Our Japanese word of the month for June was dachi (pronounced dah-chee). Dachi means stance in Japanese. As we know, a quality stance means you have a strong and stable base and is important when practicing basics (kihon), forms (kata), and even in sparring (kumite). This month we will focus on counting in Japanese from 0-20. We practice counting in Japanese in class and you should also practice outside of class.

0	rei (ray)	1	ichi (ee-chee)
2	ni (nee)	3	san (sahn)
4	shi (shee)	5	go
6	roku (roh-koo)	7	shichi (shee-chee)
8	hachi (hah-chee)	9	ku (koo)
10	ju (joo)	11	juichi (joo-ee-chee)
12	juni (joo-nee)	13	jusan (joo-sahn)
14	jushi (joo-shee)	15	jogo (joo-goh)
16	juroku (joo-roh-koo)	17	jushichi (joo-shee-chee)
18	juhachi (joo-hah-chee)	19	juku (joo-koo)
20	niju (nee-joo)		



Recent Rank Promotions

June promotions

Dragon Orange Belt

Declan Schmaltz | Daniel Jensen

Dragon Green Belt

Deke McConaghy

Gold Belt

Victoria Mobley

Orange Belt

Malachi Schmaltz

Green Belt

Bjorn Larsen | Jonah Stovall



The following Task Karate students have birthdays during the month of ***July***.

1st Gordon Helgeson | 6th Annie Stasiak | 13th Anne Nyseth

15th Taylor Clayton | 21st Davis Harrison

23rd Mitchell Nyseth | 28th Kyra Osley

If we missed your birthday, please let Mr. T. know.

