

Task Karate July 2025 Newsletter

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Thank you to all of our Riverfest Demo participants. We also thank all of the family and friends who supported our participation. We weathered the heat, bees, rain, broken weapons, etc.

List of participants

- Mr. T. | Ms. Markos | Mr. Glenz | Ms. Yehle | Mr. Silha | Ms. Loizzi | Ms. Wilkins | Mr. Wilkins | Mr. Bryant
- Members of Genbu Kai from the Winona Dojo
- Dallas | Seamus | Aston | Avery | Lucas | Logan | Reagan | Oscar | Henry
- Jensen | Dawson | Floyd | Paul | Fox | Brody | Patricia | Rowan | Jayton | Caleb | Ethan S. | Everlynn | Marlo | Nathan | Rafael | Calvin | Liam | Chloe | Ethan E. | Sabrina | Riley



Kids and Social Media/Screens

Since May I have been receiving various questions from Task Karate families relative when I believe it is appropriate to allow children and youth to access social media and Smart Phones. Some of the questions I've received include but are not limited to:

- What age do you think it is appropriate to allow a kid to have a Smartphone?
- What does the research say about kids and using social media?
- Do you think kids should be allowed to use phones at school?

My thoughts are as follows.

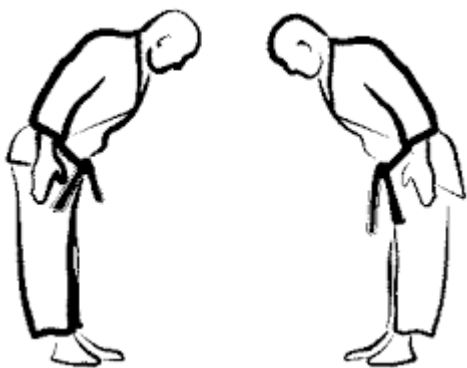
Parents/guardians know their children the best. Hence, listing an exact age when a child is ready to regulate their social media/phone use in a responsible and safe manner will vary. With that, consider checking out the article written by Kara Baskin (2024) for Boston Magazine

<https://www.bostonmagazine.com/education/2024/08/27/truth-about-kids-and-smartphones/>. There are many embedded links within this article that highlight empirically validated research related to this topic. Another compelling resource is Jonathan Haidt's (2024) The Anxious

Generation <https://jonathanhaidt.com/anxious-generation/>.

Further, I support school district efforts to limit phone use during the school day. As many of you know, I work for the School District of LaCrosse and our school collects student phones when they enter each morning. They receive their phones back when they exit the building at the end of the day. We've been utilizing this policy for years and can attest to the positive impact it has on student engagement during the school day.

In martial arts we speak about balance. When we speak about balance it is much more than not falling over. Balance is about developing and practicing skills that will provide us with a strong foundation for future growth. Further, mental balance helps us make decisions that support our overall well-being. Therefore, I believe it is important that we provide our children with opportunities to practice balance and this extends to screen time, etc. With respect, Ms. Yehle



“Karate begins and ends with rei.”

- Gichin Funakoshi

Ever wonder why we bow at the door at Task Karate? Bowing is a sign of respect or rei. Rei is a sign of respect that originates from Japan. In Japanese, rei is defined as an expression of gratitude. During class at Task karate we do two bows. With our first bow, we all face forward and show our respect for those who have helped us along the way. Mr. T. often explains that this includes members of our family, important friends, and teachers. When Mr. T. shares this, he is also thinking about thanking all of the martial artists who have supported his martial art journey. Without all of the martial arts pioneers, we wouldn't have an art to practice.. Our second bow involves teachers and students bowing toward one another. With this bow we show respect student to teacher, teacher to student, and student to student. Finally, we bow both at the start of our classes and at the end of our classes. We do this because as Gichin Funakoshi (1868-1957) the late founder of modern karate wrote, "karate begins and ends with rei."



July

1st Gordon Helgeson

4th Brody Jacobson

6th Annie Stasiak

11th Eli Kemp

13th Anne Markos

Sabine Kroeger
15th Taylor Clayton
Dawson Jacobson
21st Davis Harrison
23rd Mitchell Nyseth
28th Dannie Mattison
Kyra Osley
30th Jayton Luedke



