



Task Karate June 2019 Newsletter

1100 Kane St. La Crosse, WI 54603

Phone 608-781-8275 E-mail taskkarate@gmail.com

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

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

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

Our Task Karate June newsletter includes information on summer gear orders, upcoming events, congratulatory sentiments to Ms. Osley and Mr. Baumgartner (recent high school grads), and information to expand your knowledge of the martial arts such as our Japanese word of the month and how the dragon is connected to the martial arts. Information on private lessons is included. Also, our newsletter ends with a kudos to our June birthdays and our May rank promotions. Finally, thanks for being part of the Task Karate family! We appreciate you.

Task Karate T-Shirts & Hoodies: Summer 2019

We have three different options for Task Karate summer gear. Check out our new summer 2019 design, our new Task karate eskrima gear, and we also have our Task Karate Kanji design available.

Task Karate Eskrima design: Black with grey & red ink
Short sleeve \$15, Long sleeve \$20, Hoodie \$30



NEW!!! Task Karate Summer Gear:
Black background, white & yellow ink
Short sleeve \$15, Long sleeve \$20,
Hoodie \$30



Task Karate Kanji Design:
Black shirt with white ink
Short sleeve \$18, Long sleeve \$25
Hoodie \$30

Youth and adult sizes available
Youth S, M, L/ Men's S, M, L, XL, XXL/ Women's S, M, L, XL
Please order by June 8 / Order forms available at Task



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.

Self Defense Seminar/ Open to teens and adults; open to the community

Saturday June 22 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.



Susuro Schuch Lock and Block Seminar/ Sunday June 23rd, 2019

Susuro Keith Schuch will be at Task Karate for a Lock and Block seminar. This seminar is only for eskrima students. Exact times and cost TBD.

MA Supershow - TASK KARATE CLOSED
June 29-July 4, 2019

Mr. T and Ms. Yehle will be attending the MA Supershow. This is an exciting opportunity as they will learn new skills to bring back to Task Karate and also meet martial arts superstars such as Dan Inosanto, Chuck Norris, and Bill Wallace. <https://www.masupershow.com/>

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: TBD

Fee: TBD

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. There is a fee associated with this seminar. Generally, the fee is \$15-20. That being said, Ms. Yehle procured a grant to cover this fee for interested individuals. If you would like more information about this event or would like to attend, please connect with Ms. Yehle.



Demura Sensei Seminars at Task Karate

Open to kids, teens, & adults

July 22, 2019

Time: TBD

Fee: TBD

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.

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/>



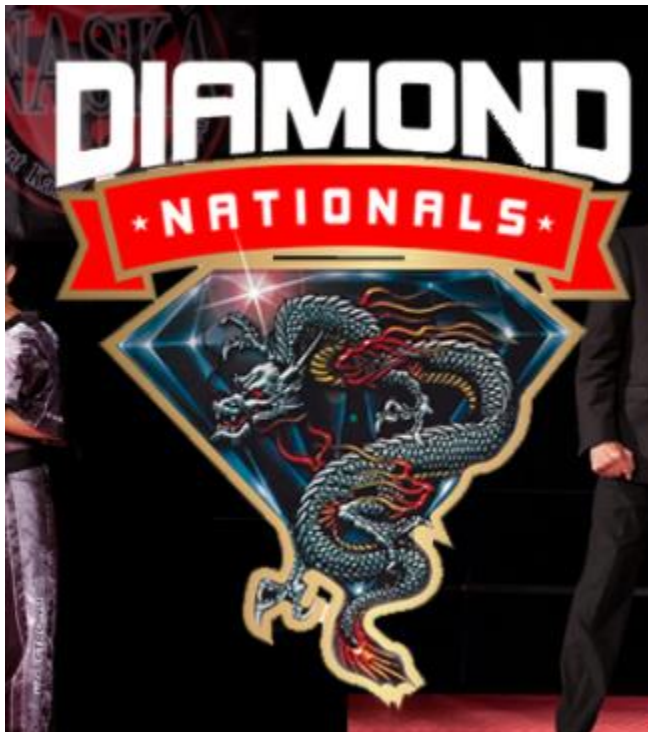
Maple Leaf Walk/Run - Gold Star Event!
September 28, 2019
Consider joining members of Task Karate in the Maple Leaf walk or run. This is a gold star event. No regular classes will be held September 28, 2019.

<https://raceroster.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.



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.

Task Karate T-Shirt Thursdays June, July, & August

During the months of June, July, students may wear a Task karate pants and belt on Thursdays.



and August, all Task karate t-shirt to class with their karate



Congratulations Ms. Osley!

Ms. Osley graduated from Logan High School May 2019. Ms. Osley started at Task Karate as a Li'l Dragon and has continued her training and is now a 2nd degree black belt. In addition to excelling in karate, Ms. Osley earned academic honors at Logan while also working a job and participating in extracurricular activities such as Mock

Trial. Ms. Osley moves from being a Logan Ranger to a UWL Eagle as she plans to attend the University of WI La Crosse in the fall.



Congratulations Mr. Baumgartner!

Mr. Baumgartner graduated from Aquinas High School May 2019. Mr. Baumgartner started at Task Karate as a Li'l Dragon and has continued in his karate training through his black belt. Mr. Baumgartner is best known for his sparring prowess and has represented Task Karate in the Battle of the Dojos at the Coulee Region Free Tourney.



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.

Is that cat doing a form front kick?



Martial Arts Offerings through the City of La Crosse Parks and Recreation

Cane Self-Defense for Seniors

Mondays; June 10-July 8, 2019 (#548100-59) | Black River Beach Neighborhood Center

OR Wednesdays; June 19-July 10, 2019 (#548100-60) | Myrick Park Center

8:00am-9:00am

Ages 50+ Min: 5 Max: 20

Cost per Resident/Non-Resident: \$20/\$30

****Registration Deadline: Friday, June 7, 2019****

A cane or walking stick is an everyday item that is very effective for self-defense. Come learn how to use a cane or walking stick to protect yourself and your family via blocks and strikes. You will also learn how to avoid potentially dangerous situations and have fun at the same time! This course is taught by Randy Thomson (martial artist with over 30 years of teaching experience) and his assistant Ann Yehle. If you have a cane or walking stick, please bring one with you. If not, these will be provided. Please contact Ann at 608.217.1114 with any questions! ***No Class: 7/1 & 7/3***

YOUTH FITNESS

Ninja Training for Children

Mondays; June 10-July 8, 2019 (#555021-22) | Black River Beach Neighborhood Center

Wednesdays; June 19-July 10, 2019 (#555021-23) | Myrick Park Center

9:30am-10:30am

Ages 6-11 Min: 5 Max: 20

Cost per Resident/Non-Resident: \$20/\$30

****Registration Deadline: Friday, June 7, 2019****

Ninjas are focused, balanced, strong, and clever. Come learn how to do exercises to strengthen your body and mind. Learn how to avoid danger and how to use techniques to protect yourself from danger. Have fun while learning skills that can help you be stronger and be more focused throughout your life. Please contact Ann at 608.217.1114 with any questions! ***No Class: 7/1 & 7/3***

NEW PROGRAM



Japanese Word of the Month: Dachi

Pronounced “dah-chee”

Dachi means stance in Japanese.

A quality stance means we have a strong and stable base. With a strong base all parts of the body must work together harmoniously as a single unit. In other words, our feet, legs, trunk, arms, and hands must be well controlled individually, but at the same time work together as a unit.

What stance is shown in the picture to the left?



Marital Arts and the Significance of the Dragon

Dragons are often associated with the martial arts. You may wonder why this is the case? Dragons have a long-standing history, across countries and cultures and signify strength, power, and goodness. Strength, positive power and goodness are characteristics of a quality martial artist.

More interesting facts about dragons include the following:

In Chinese culture, people of excellence and outstanding achievement are likened to dragons, while the opposite are likened to worms.

In ancient Egypt, the god Anen was dragon inspired and is said to control thunderstorms and earthquakes with his roar.

German mythology includes reference to dragons who lived in the sea.

Everything associated with dragons is blessed. To that end, the Year of the Dragon takes place every twelve years is associated with lucky.

Dragons are so wise that they have been royal advisors.

Many, many legends of the dragon exist. The dragon's benevolence signifies greatness. Also, dragons are not to be feared but highly respected as they can bring great fortune. In Chinese mythology, dragons are said to control the rain, rivers, lakes, and seas. Because of this, numerous cities in China have erected pagodas for people to come and ask dragons to provide them with good fortune and luck.



Recent Rank Promotions

Dragon Orange Belt - Roy Bouska, Frank Bouska

Dragon Green Belt - Tristan Hodson

Gold Belt - Jeremiah Gorsett, Gary Mobley

Orange Belt - Tayven Kader, Kaiden Brush

Brown Belt - Kai Vargas



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

2nd Gary Mobley

8th Deke McConaghy

7th Lance Baumgartner

8th Kolton Mattison

11th Bradley Tschumper

13th Ray Bouska

16th Jane Clare

17th Lauren Mavrantonis

18th Aryca Wilkins

21st Nik Nelson

22nd Moriah Harter

26th Niki Bergler

28th Andrew Martell

28th Peter Revels