



Task Karate June 2021 Newsletter

1501 St. Andrew St., Suite 206, La Crosse, WI 54603

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

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My Boundary Waters Trip, June 9th to 13th!

Ms. Yehle has volunteered to teach Wednesday, Thursday, and Friday, while I'm gone for my 30th annual Boundary Waters trip! We will only be closed on Saturday, June 12th.

Motivational Quote!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." John F. Kennedy



Closed for Seminar in New Castle Pennsylvania!

Ms. Yehle and I, as well as some members of the Minnesota dojo, will be traveling to Pennsylvania for karate seminars and tournament! We are excited to train with our karate friends and instructors after not being able to for a while! Sensei Demura is scheduled to be there! We will be closed Friday and Saturday June 25th and 26th. I appreciate your understanding!

Free Tournament and Brat Barn Fundraiser!

The date has been set for the Coulee Region Free Tournament, Sunday, August, 22nd! Here is a link to the flyer!

<https://drive.google.com/file/d/14xbqhI031ufEAU1CaXN5tMTjrDR1dm7/view?usp=sharing>

Of course, the tournament costs money to put on! My friend Matt Brigson wanted to have a free tournament so that all students would be able to experience competition! He's asked me to see if Task Karate would have any volunteers to help out with the Brat Barn at the Holmen Festival Foods on Saturday, June 19th! We have a sign-up sheet at the school, and I would be grateful to anyone that can help out!

Sensei Demura has been busy!

Sensei Demura has been producing new videos on the weapons that he teaches! Watch for more information next month on the tekko!

Here is a link to Sensei's new book. Ms. Yehle and I both have a copy, and plan to share some of the information in class. Please consider picking up your own copy to support Sensei!

https://www.amazon.com/Rules-Successful-Life-Fumio-Demura/dp/1737267802/ref=sr_1_2?dchild=1&keywords=demura&qid=1621376764&s=books&sr=1-2

Raising Kids that Can Defend Themselves

We know that most people are good people and doing their best to add value to the world and the lives of others. However, we also need to recognize that some people have intentions that involve the intent to harm. Because of this, we need to work together to raise children and teens that can avoid potentially dangerous situations as well as defend themselves. In having self-defense conversations with kids, we want to take a strengths-based approach versus an approach that instills fear. With that, a few ideas to consider.

Courage - Create a common family definition of courage and make this part of your vocabulary and share examples of what this might look like. For example, "I trust your ability to feel danger when riding your bike safely."

Help our kids become brave helpers. For example:

Medical emergency - "We are all upset with grandfather's medical conditions."

Someone you don't know in the yard - "Get the animals inside and do what the adult says."

Use positive self-talk. For example:

"It's not a problem, it's an adventure."

"You'll never lose if you try, life is full of wins and learns."

Reward behaviors you want to see. Consider three levels of motivating behavior from most to least desirable.

1. Develop relationships - "I/we trust you to....."

2. Offer incentives - "If you....I/we will.....|"

3. Enforce consequences - "If you don't...I/we will...."

Discuss space awareness - For example, consider the hula hoop metaphor where kids have a hula hoop around their waist and discuss who are people that can come inside the hula hoop? Who should remain outside of the hula hoop? Remind kids they have the right to protect their bodies at all times.

Emergency information - Ensure kids know their full name, address, phone number, and those who should be contacted in case of an emergency.

Double the offer - Advise kids that if someone offers to provide them with a gift, you will double that offer.

Practice what if situations. For example:

What if someone is bullying you at school?

What if someone seems to be following you? (Cross street and change sides, carefully zig zag through cars, use your cell phone to call for help.)

Raising our kids to defend themselves isn't a one and done. Hence, the conversation needs to be ongoing. For additional resources on this topic, consider checking out the following:

<https://www.fatherly.com/parenting/how-to-teach-kids-self-defense/>

<https://www.verywellfamily.com/how-kids-can-defend-themselves-against-bullies-460789>

In addition, reach out to us if you have any questions.

Summer Task Karate Uniform

Starting June 1 through Labor Day, you have the option to wear a Task Karate t-shirt (or plain t-shirt) with your karate pants and belt. Please know you are required to wear your karate pants and belt.



Task Karate Has Been Balmy!

We recognize that it has been warm in Task. According to the owner of the building, they are working on rectifying the situation. Thanks for being patient.

Coming Soon! Summer Task Karate Gear Order

As we do each summer, we will soon be offering our summer Task Karate gear options. We will have two designs that can be purchased in both t-shirts or hoodies, a Task Karate duffel bag, and Task Karate shorts. Finally, we will also have a t-shirt and hoodie option for folks who are part of the Task Karate/IS3 La Crosse Eskrima program. All of our gear is crafted locally through Games People Play.

Closed for Eskrima Training in Soldiers Grove!

We will be attending seminars on Saturday and Sunday July 17th and 18th in Soldiers Grove WI. No classes on Saturday the 17th. I am always eager to learn new things that I can share at our school!



June Birthdays!

2nd Gary Mobey

2nd Colton Marks

7th Lance Baumgartner

8th Deke McConaghy

8th Kolton Mattison

11th Bradley Tschumper

13th Ray Bouska

16th Jane Clare

17th Lauren Mavrantonis

18th Aryca Wilkins

19th Aulten Sharma

21st Nik Nelson

22nd Moriah Harter

26th Niki Bergler

28th Serenity Bryant

28th Andrew Martell

28th Peter Revels



May Rank Promotions

Gold Belt

Matthew Nian
Luke Nian
Veda Daffinson
Colton Marks
Cameron Knox

Green Belt

Thomas Bryant
Serenity Bryant
Nathaniel Bryant

Purple Belt

Frank Bouska
Roy Bouska
Jaxon Gouger

Eskrima

Thomas Bryant
and Ethan Baker

