

# Task Karate March 2016 Newsletter

1100 Kane St. La Crosse, WI 54603

Phone 608-781-8275 E-mail [taskkarate@gmail.com](mailto:taskkarate@gmail.com)

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

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>

## Polar Plunge is Saturday, March 5<sup>th</sup>! Gold Star Event

Our team has raised over \$1,000 in pledges for Special Olympics so far! We are leaving by bus as a team from Task Karate at 1pm sharp! Here is some important info on the plunge.

IMPORTANT! We are asking everyone on the team to turn in their pledges (check in) BEFORE we go to the beach so we are all ready to jump as soon as we get there!

Early Check-In Events

Choose a date that works best for you:

**Wednesday, March 2, 4:00 p.m. – 7:00 p.m., Task Karate, 1100 Kane Street, La Crosse**

Thursday, March 3, 10:00 a.m. – 6:00 p.m., Myrick Park Center, 789 Myrick Park Drive, La Crosse

Friday, March 4, 10:00 a.m. – 7:00 p.m., Black River Beach Neighborhood Center, 1433 Rose Street, La Crosse or 5:30 p.m. – 7:30 p.m., Pettibone Resort, 333 Park Plaza Drive, La Crosse

When we go to the Polar Plunge you must bring the following items:

Signed waiver for the Polar Plunge or the 5K waiver. They also have them there, but there might be a line.

Here is a link to the waiver you can print out and bring, or I can print one out for you at the school.

<http://polarplungewi.org/.../Polar-Plunge-Release-Waiver-2016...>

Bring some warm clothes to change into!

Be sure to be at Task Karate by 12:45, we are planning on getting on the bus at 1, and will have a party at the school after! (Dodgeball?)

Here is a video I made to help you prepare for the plunge!

[https://www.youtube.com/watch?v=-DiHgX8\\_Oow](https://www.youtube.com/watch?v=-DiHgX8_Oow)



## March Birthdays!

1st - Kathryn Wiegrefe
1st - Cathy Sawaya
5th- Erik Arvidson
8th - Dylan Adams
9th - Heather Herdyk
11th - Amy Jo Haefs
13th - Trevor Theurer
23rd - Wyatt Jones

24th - John Gobel
24th - David Byler
24th- Samee Rayhan
25th - Jessica Koenig
27th - William Bishop
28th - Claire Jackson
30th - Cully Lee



## February Rank Promotions

### Dragon Gold Belt

Tait Hatlevig pink

### Dragon Orange Belt

Riley Hatlevig pink

### Gold Belt

Ophelia Bishop

Lauren Mavrantonis

### Orange Belt

Ella Cullen

Lucas Payne

Mitchell Nyseth

Benji Larson

### Purple Belt

Leah Kehr

Alex Weinberger

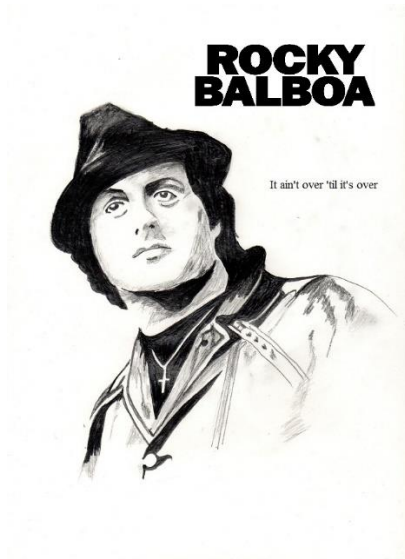
### Red Belt

Elena Kind

Alivia Kind

Jacob Kind

Sebastian Bishop



## Yo, Rocky

*Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get it and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that!*

[https://www.youtube.com/watch?v=D\\_Vg4uyYwEk](https://www.youtube.com/watch?v=D_Vg4uyYwEk)

## YMCA Karate Tournament, Gold Star! March 13<sup>th</sup>!

Here is some info on the tournament!

<http://www.laxymca.org/programs/martial-arts/youth/ymca-martial-arts-tournament>

And a registration form

[http://www.laxymca.org/files/2114/5141/2587/2016 Martial Arts Tournament Flyer Registration.pdf](http://www.laxymca.org/files/2114/5141/2587/2016%20Martial%20Arts%20Tournament%20Flyer%20Registration.pdf)

## Closed for Tournament and Seminars in Kansas

We will be closed Friday, April 22<sup>nd</sup>, and Saturday the 23<sup>rd</sup>, so I can train with Sensei Demura and others in Pittsburg Kansas!

## Other Tournaments

Task Karate usually has a good showing at the Eau Claire Open, being held this year on April 3<sup>rd</sup>! The NCKA Finals tournament will be April 24<sup>th</sup> in Fridley Mn. Ask for more information!