Task Karate May 2015 Newsletter

1100 Kane St. La Crosse, WI 54603

Phone 608-781-8275 E-mail <u>taskkarate@gmail.com</u>
Visit our website <u>http://www.taskkarateschool.com/preview/</u>

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



Forms Class!

Friday May 15th at 5:45 pm. We will go over many of the forms that we do at Task Karate! You will have a chance to get help with your form if you haven't been able to learn it yet, and have a chance to learn a new form!

Photo Day

Tuesday 19th is photo day! No regular classes this day. We have a lot of people signed up and there is excitement for the event! The schedule is tight so please help things run smooth by filling out your paperwork ahead of time, and choosing a background from a book at the school. We still have a couple of spots left if you'd like to attend.



Memorial Day

Monday, 25th - Memorial Day. No classes. Enjoy your holiday.

Free Self Defense/Karate Class

Tuesday 26th – Free self defense class. Kids 6 pm, teen and adults 7 pm. We want to help people learn to defend themselves and promote Task Karate at the same time. Please help us out by bringing your friends or family members to the class. We will have a flyer available soon. (This class will be held in the beginners class, which they should still attend.)

Fun and Fitness!

Friday 29th - Fun and Fitness Class. All ages! 5:45 pm

Beginner Testing

Friday 5th - Beginner Testing 5:45 pm

Break a Real Board!

Friday 12th - 5:45 pm we will have a board breaking seminar. Come and break a real board! \$10 per student (Each student will receive two boards, plus board breaking tournament (re-breakable boards) with recycled trophies!) 50 student limit. Sign up at TASK Karate!

Closed For Boundary Waters Trip

Thursday, Friday and Saturday, 18th **-20**th - No classes for annual Boundary Waters trip. Classes resume on Monday June 22nd.

I am in the process of updating the birthday list. Please check with me and see if your birthday is on my list!

Birthdays

May Birthdays!

1st Jon Silha

2nd Ben Smith

3rd Jacob Kind

6th Chase Bollom

7th Tristen Theders

16th Paul Cassem

McKaela McElhiney

17th Rosemary Greany

18th Rachel Revels

26th Alivia Kind

Beckett Cottrell

30th Andreanna Pollock

April Rank Promotions

Dragon Orange

Cameron Steinfeldt

Gold Belt

Matt Nagy

Ryan Jarvis

Erin Jarvis

Orange Belt

Alex Weinberger

Purple Belt

Aleena Hellerud

Oscar Moesch

Jasper Moesch

Ashton Newman

Blue Belt

Elena Kind

Jacob Kind

Alivia Kind

Brown Belt

Kathryn Weigrefe

Quote of the Week!

