

Task Karate May 2025 Newsletter

1501 St. Andrew St. Ste. 212 La Crosse, WI 54603

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

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Closed for Eskrima Seminar

Task Karate will be closed on Saturday, May 17th, so that members our IS3 La Crosse group can attend the Appleton eskrima seminars with Suro Hart!

Thank you for understanding.

Riverfest Demo!

We have been invited to perform karate demonstrations on July 3rd, and 5th.

Please sign up at the school so we know who will be there, and can create our show!



Mr. T. asked if I would pen a short article on the Japanese concept of Kaizen

for the Task Karate May Newsletter. With that, Kaizen refers to ongoing improvement or continual improvement. Kaizen is composed of two Japanese words.

Kai = change Zen = good

In Japanese, Kaizen translates to constant improvement. To that end, the concept of Kaizen means we work to do better every day. With Kaizen, we seek to make small, daily improvements/adjustments that compound over time and can eventually even turn into positive habits. Historically, the concept of Kaizen was embraced by the Japanese populace as a means to rebuild their economy post WWII.

We can apply the concept of Kaizen to any area of our lives and to our martial arts practice. In our martial arts practice, Kaizen could look like focusing on a particular kick. In doing so, we can break the kick down into its discrete parts and practice each part a little each day until we find ourselves comfortable with the totality of the kick. This can also look like taking one form (kata) and breaking it down into chunks. After we learn the first chunk of the form, we move onto the second, and then the third part, etc. etc. Overtime, we are able to complete the entire form.

In summary, Kaizen has utility for our martial arts practice and all aspects of our life. With a mindset of continuous improvement, we are not only able to become better martial artists but also develop the skills of perseverance and resilience necessary to move through our day to day lives.

Wishing you all a peaceful sense of well-being. Ms. Yehle



May Birthdays!

1st Jon Silha

Thomas Bryant
3rd Jacob Kind
3rd Brett Nichols
5th Ira Foreman
6th Chase Bollom
9th Daniel Jensen
10th Fox Kroeger
11th Ashton Peterson
12th Neven Peterson Gianunzio
13th Hugo Unnasch
17th Josie Thompson
20th Barb Yocum
21st Josh Osley
25th Ella Johnson
26th Jeremiah Gorsett
26th Alivia Kind
30th Andreana Pollock
Jedd Thompson

Please let me know if I missed your birthday!



April Rank Promotions

Gold Belt

Jed Thompson
Samantha McConnell
Liam Knoll
Ethan Eady
Emma Alsaro

Chloe Herod

Orange Belt

Calvin Ahlert

Eden Maphie

Viggo Buri

Rafael Dinos

Green Belt

Marlo Ellefson

Purple Belt

Ethan Schreier

Brown Belt

Neven Peterson Gianunzio