

Task Karate March 2020 Newsletter

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Polar Plunge and Special Schedule!

Saturday, March 7th! We have a bus coming to take us to the plunge at 11 am! We will come back to Task for hot chocolate, snacks and games after. *Special schedule this day, all students train at 9 am. (Those that want to spar after can!) Please let me know if you have any questions!

Y Tournament!

The Y tournament is Sunday, March 8th! (So is daylight savings time, so watch out!) Task students have been working hard and are ready to give it their best! Tournament is scheduled to start at 12:30, but you should come early.

Flyer <https://drive.google.com/file/d/1K-siPvexNvzImYwhA21mHgIzXMAAnWaA/view?usp=sharing>

Rules

<https://drive.google.com/file/d/1BRY4AsQ8Dnbyll1AZvD7PDKQhu6NL4oN/view?usp=sharing>

Closed Friday and Saturday, April 24th & 25th For Seminars and Tournament in Kansas

Ms. Yehle and Mr. T will be traveling to Pittsburg, Kansas to train with Sensei Demura and all of our karate-do friends from the Midwest. Events include kata, sword, and weapons seminars, a banquet, and a tournament!



Elevator Safety by Ms. Yehle

We are lucky that most people in our world are kind individuals who want good for those with whom they encounter. That being said, we must not be empty-headed relative to our personal safety. Whereas a regular martial arts practice that includes self-defense will support your personal safety, there are many simple actions we can take on a day to day basis to facilitate personal safety. In this article, we will address action you can take to keep safe then riding on an elevator.

It is challenging to locate specific data on assaults that take place in elevators. However, we know from anecdotal data that predators view elevators as a prime location especially in buildings without security cameras, door people, etc. Fortunately, a variety of self-defense gurus such as Steve Kardian (2017) have provided us with practical elevator safety recommendations.

Recommendation 1: Always stand with your back to a wall. This way you can see everyone who gets on and off the elevator.

Recommendation 2: Stand next to the control panel and alarm. This means your back would be to the side wall of the elevator and you would be next to the controls.

Recommendation 3: Avoid letting people stand behind you.

Recommendation 4: If your gut is telling you something isn't right, get off the elevator or don't get on in the first place.

Recommendation 5: Don't let someone pull you out of the elevator on the basement floor or top floor. This is like someone trying to take you to a secondary location. Predators take people to secondary locations to assault them or worse, kill them. If someone tries to pull you off, fall to the ground of the elevator and kick, make as much noise as you can, and don't hesitate to hit the predator with items in your hand (e.g., bag, phone).

Recommendation 6: Don't look down at your phone when you are in the elevator. Instead, you should be paying attention to those around you.



Black Belt Test!

We will be having a black belt test for Elli and Ashton on April 18th at 1:30 pm! All Task Karate black belts are invited and encouraged to be on the panel!



March Birthdays!

3rd Savannah Hall

13th Addisyn Noland

18th Zach Lopez-Johnson

21st Jonah Stovall

22nd Declan Schmaltz

23rd Brandon Stankey

24th Samee Rayhan

24th John Gobel

30th Cully Lee



February Rank Promotions

Dragon Orange Belt

Jaxson Gouger

Gold Belt

Eli Kemp

Easton Kemp

Liam Abraham

Green Belt

John Mobley

Catherine Mobley

Tristan Hodson

Red Belt

Lauren Mavrantonis

Eskrima

Student Level 1, Caden Bertelsen

Student Level 7, Brenner Bertelsen

Photos from California event with Sensei Demura!







