

# Task Karate February and March 2018 Newsletter

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

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, Gold Star Event! Note Special Schedule  
Saturday, March 3<sup>rd</sup> is the Polar Plunge! Task Karate is one of the sponsors.

**Here is the schedule for plunge day!**

**9 am to 9:45 all teen and adults**

**9:45 to 10:30 -all kids**

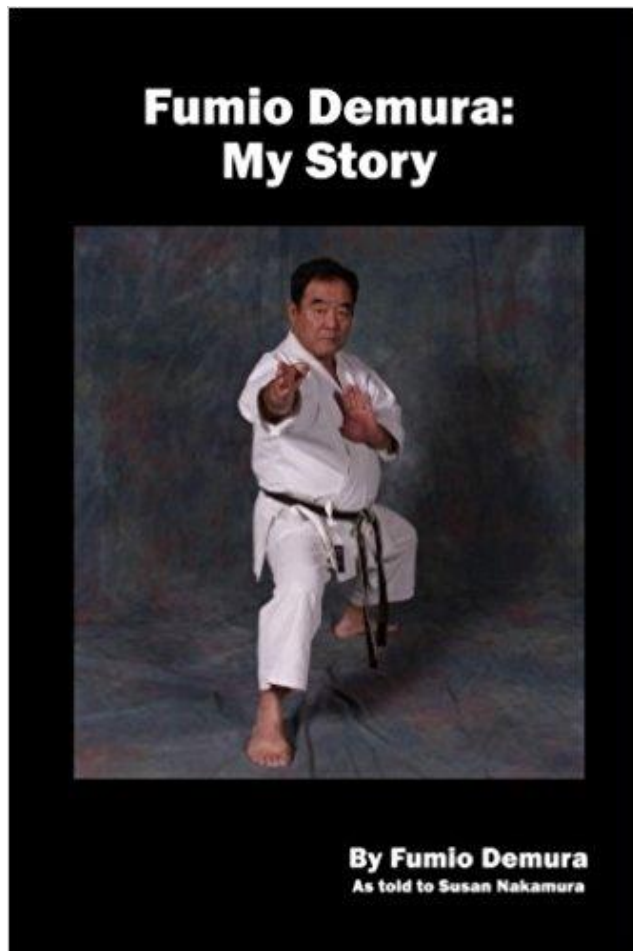
11 am- plungers and their friends and family get on the bus for the plunge!

**IMPORTANT!** Please turn in your donations before the plunge on Saturday. You can turn them in at Friday from 10 am to 5 pm at the Black River Beach Neighborhood Center or from 4:30 to 6 pm at Pettibone Beach. We'd like to have everyone ready to plunge when we get there so there is no waiting in the cold! Here's how to get ready for the plunge!

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



2017 Crew!



## Sensei's New Book

This is the amazing story of my sensei! I just read the book and found it very informative and interesting! If we can get sensei to visit us again in July, I plan to get my copy autographed!

[https://www.amazon.com/Fumio-Demura-My-Story/dp/0692982159/ref=sr\\_1\\_2?ie=UTF8&qid=1518387036&sr=8-2&keywords=fumio+demura+books](https://www.amazon.com/Fumio-Demura-My-Story/dp/0692982159/ref=sr_1_2?ie=UTF8&qid=1518387036&sr=8-2&keywords=fumio+demura+books)

## Tournament Prep Class

We will have a tournament practice class at 5:45 on Friday, March 9, 2018. Competitors will have a chance to go through as many of the events as time allows! No charge for this class.

## Onalaska YMCA Tournament – Gold Star Event!

Sunday, March 11<sup>th</sup>, beginning at 12:30 pm! Onalaska Family YMCA, 400 Mason St. Onalaska Wisconsin. Let me know if you have any questions or follow the link for more information!

<https://www.laxymca.org/events/martial-arts-tournament/>

## Fun Fair Demo Gold Star Event!

Task Karate has been asked to do a demonstration at the Irving Pertzsch Fun Fair on Saturday, March 17<sup>th</sup> at 1 pm. It's open to any students that would like to participate. PLEASE NOTE! We are going to combine the 11:15 and the 12 pm class. White, gold, orange, green and purple belts will have class at 11:15!

## Habits of Successful People by Brian Tracy

Great information from one of my favorites!

<https://www.youtube.com/watch?v=rZFoVQ9JahY>

## Fifth Friday Means Fun and Fitness!

Friday March 30<sup>th</sup> at 5:45, fun and fitness class! Open to all belts and ages. Yes we will have dodgeball!



February and March Birthdays!

### **February**

2<sup>nd</sup>, Sebastian Bishop, 8<sup>th</sup>, Joe Mattison,  
12<sup>th</sup>, Callie Christopherson, 20<sup>th</sup>, Bridgette Magno,  
22<sup>nd</sup>, Alex Weinberger, 28<sup>th</sup>, Ann Yehle

### **March**

24<sup>th</sup>, John Gobel and Samee Rayhan,  
27<sup>th</sup>, William Bishop, 30<sup>th</sup>, Cully Lee



## January Rank Promotions

### **Dragon Purple Belt**

Oliver Peterson

### **Orange Belt**

Abram Rehman

### **Green Belt**

Mike Molden

### **Purple Belt**

Chris Zachar

### **Blue Belt**

Malorie Olson

Darien Washington

### **Brown Belt**

Taylor Clayton

### **Black Stripe Brown Belt**

John Gobel

## February Rank Promotions

### **Gold Belt**

Zach Lopez Johnson

RJ Phillips

### **Orange Belt**

Aleksander Terpstra

### **Purple Belt**

Lauren Mavrantonis

Saphire Forsberg

[https://www.brainyquote.com/quotes/sitting\\_bull\\_260496?src=tspring](https://www.brainyquote.com/quotes/sitting_bull_260496?src=tspring) Spring is coming!