



# Task Karate Newsletter

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## Diamond Nationals

The school will be closed October 3<sup>rd</sup> and 4<sup>th</sup>, so that we can attend the Diamond National Karate Championships in St. Paul MN. I am always amazed and inspired after attending. There are seminars and a fighting and team form challenge on Friday. The main Tournament runs from 9 am until 2 or so on Saturday, and then the highlight of the event, the finals, is held Saturday night. That's when the top Black Belt winners of the day compete for the diamond rings! There are also demonstrations from some of the top martial artists from around the country! Let me know if you need any additional info.

Extra practice opportunities to prepare will be available on Wednesday the 24<sup>th</sup> and 1<sup>st</sup>, from 4:45 until 6 pm. We will also help competitors prepare in regular and sparring class on Saturday, the 27<sup>th</sup>. We will take a group photo of all the competitors on Friday, October 10<sup>th</sup> at 7:45, followed by a Pizza party celebration at T-Jo's Pizza. Good Luck!

## Birthdays

Whoa! There are a lot of Task Karate Birthdays in October! On the 3<sup>rd</sup> **Ann Brice**, the 5<sup>th</sup> **Anton Proksch**, the 8<sup>th</sup> **Cherie Close**, the 17<sup>th</sup> **Eli Smith**, the 21<sup>st</sup> **Pamela Kaiser**, the 23<sup>rd</sup> **Erik Daily** and **Paul Gerber**, the 25<sup>th</sup> **Lisa Warsinske**, the 26<sup>th</sup> **Renee Dahlstrom**, the 29<sup>th</sup>, **Nickolas Mueller**, and last but not least, my own little Halloween baby, **Trevin Thomson** on the 31<sup>st</sup>! Happy Birthday to all!

## Promotions

The last Testing went great! I was very proud of the students. Promoted to the next level are; **Abby Helmke**, Dragon Green Belt, **Pam Groth**, **J. Peaslee**, **Jeanette Smith** and **Mitchell Thompson**, Orange Belt. Keep up the good work!

## Membership Special

Each member will receive their patches! The flag patches are in, and the "Task Karate" school patches should be in very soon. Additional patches, for other uniforms are \$3 for the flag, and \$6 for the Task patch. The flag goes on the left arm, and the Task goes on the left chest.





## Black Belt Test

It is with great pride that I announce the first ever Task Karate Black Belt Test, scheduled to take place Saturday, November 8<sup>th</sup>! The candidates are **Brett Nichols, Alli Plath, Ethan Proksch, and Megan Richason**. They have been working through a series of challenges and have all shown the “Black Belt Spirit” that is required to test for Black Belt. Watch for more information.

## Sweatshirts!

It's getting cold out there, and what better way to stay warm than with your new “Task Karate” sweatshirt. Check the bulletin board for more information. I would like to place the order on October 8<sup>th</sup>, so we can get them as soon as possible.

## Growing Confidence

Real, sustained self-confidence comes from knowing you can do it, and knowing you can do it comes from the experience of actually doing it. Just as strong muscles are built by lifting heavier and heavier weights, confidence is built by taking on bigger and bigger challenges.

Even if your muscles are weak, there is some amount of weight you can lift, and as you regularly lift it, the muscles become stronger. In the same way, the confidence to take on major challenges is built through the experience of first taking on small challenges, and then working your way up.

Others may encourage you, yet no other person can actually give you your own confidence or talk you into it. Others may help you to believe you can do it, yet only by experience will you know without a doubt that you can.

The sooner you begin to accumulate that experience, the stronger and more quickly your confidence will grow. Where you are, right now, is a great place to start building the solid and unshakable confidence of achievement.

Start with what you have, with what you know you can do, and then add a little challenge to it. Soon you'll know without a doubt that you can do even more. As your confidence grows, so will your achievements, because the biggest achievements come to those who have the confidence to take on the most difficult challenges.

## Northern Stars / Fall Central States

The Northern Stars Karate Championship will be held on October 26<sup>th</sup>, and the Fall Central States, the final tournament of 2003, will be held on November 9<sup>th</sup>. Flyers are available at the school.

