

Task Karate September 2016 Newsletter

1100 Kane St. La Crosse, WI 54603

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

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>

Closed for Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Minnesota State Karate Championships, Diamonds

The Minnesota State Championships are Sunday, September 11th. Flyers are available at the school. Also the Diamond Nationals are coming up! I am taking a break from competition, but students are encouraged to attend. Please let me know if you have any questions. Facebook event for State Championships

<https://www.facebook.com/events/283568055329942/>

Website for Diamonds <http://diamondnationals.com/>

Eskrima Seminar in Appleton

Most of the students at IS3 La Crosse are attending! We will have to close Saturday, September 17th for the event.



A photo from last year's fall seminar in Madison

Brown and Black Belts 1,000 Kick Challenge!

Monday, September 19th we will do the 1,000 kick challenge. It will take place during the Brown and Black Belt class times. Black Belts have the option of coming early (5:45) that day and doing the 1,000 kicks (again!) or coming at their regular time and working on their own that day. This will be my 23rd time doing the challenge!

Advanced Testing

Advanced testing (blue, red, and brown belt) will be held on Friday, September 23rd at 5:45 pm. Don't forget your gear!



Bike Trail Tunnel Hike-Gold Star Event

We will leave the school in a caravan at 1 pm and head to an access point on the Sparta Elroy bike trail and walk through the mile-long tunnel. When they cut the tunnel they hit a natural spring and water drips down from the ceiling, so you might want to wear a hat or rain coat, and bring a flashlight. It's about an hour drive to the access, so plan on three hours. I saw a ghost in there once <https://www.facebook.com/randy.thomson.10/videos/vb.502880135/10152082213855136/?type=3&theater>

or twice.



Photo Day!

Thursday, September 29th, from 4 until 8 we will have a professional photographer here. They will be taking photos for our 2016 Team Plaque. There is no charge to get your picture on the plaque. They have photo packages starting at \$25, and some really cool digital backgrounds to choose from, including some new Task Karate choices! Please sign up for your time at the school. (This also happens to be the night of the torchlight parade.) No regular classes this day.

Fifth Friday, Fun and Fitness!

When there is a fifth Friday in a month, and the schedule allows it, we have what's called fun and fitness class! Friday, September 30th at 5:45 we will have games, exercise, and lots of fun. And yes, there is a good chance we'll play





September Birthdays!

1st Ella Cullen

3rd Ian Johnston

5th Cashton Myers

8th Nicholas Dearman

10th Luis Arredondo

25th Andy Smith

26th Sheryl Gora Bollom

28th Gunnar Nagy

Please let me know if your birthday missed the list!



Wewelsburg Castle Courtyard at dusk



August Rank Promotions

Dragon Orange Belt

Aydah Lamb

Gold Belt

Kai Vargas

Bella Schaefer

Orange Belt

Chris Zachar

Max Johnson

Purple Belt

Brenner Bertelsen

Caden Bertelsen

Red Belt

Todd Turnmire

Brown Belt

Jon Silha

John Gobel





Task Karate Day Camp participants!

**TASK
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