



Task Karate April 2026 Newsletter

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New Volleyball Record! Our March volleyball record smashed the previous all-time record of 2413. Our new record is 67,670. Thanks to all of the Task Karate students who persevered. After the first two hours, folks started to get a little tired. However, with Mr. Silha's inspiration, we did it!



Welcome to Task Karate's Newest White Belts! Willow and Winston!



March 2026 Rank Promotions

Kudos to all of our Task Karate students who “moved up a notch.”

Gold Belt

Evelyn Harke | Ryland Wiegrefe | Silas Wiegrefe | Adie Wiegrefe | Chase Shelerud | Ethan Sveen

Orange Belt

Jen Brennan

Green Belt

Lucy Wruck | Max Wruck | Riley Flood | Finn Erickson

Purple Belt

Ethan Eady | Rafael Dinos | Ammi Franzo



Adie, Ryland, and Silas - New gold belts!



Rafael, Ethan E., Finn, Max, Evelyn, Ethan S., Chase, Lucy, Ammi, and Riley

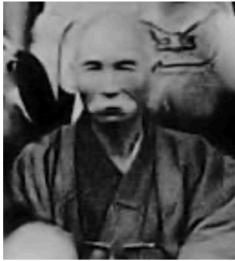


Jen celebrating her orange belt with a backfist to Mr. S. Johnson (Jen's son) and Mr. Glenz.



☘ Good luck to all of the Task Karate folks that will be competing in the MN State Karate Championships Sunday April 12. We will share updates next week.





PINAN YONDAN APRIL KATA

OVER THE COURSE OF THE PAST FEW MONTHS WE HAVE EXPLORED PINAN NIDAN (THE 2ND) AND PINAN SANDAN (THE THIRD). THIS MONTH WE ARE FOCUSING ON THE 4TH PINAN -- PINAN YONDAN.

CREATED BY ITOSU ANKO / FOUNDER OF SHURI TE KARATE

- Born 1831 in Shuri, Okinawa (smallest of the 5 islands of Japan in the Pacific Ocean) and died 1915 in Japan
- Itosu was weak as a child and turned to karate to build strength & confidence. Karate helped Itosu persevere through a very, very difficult childhood.
- Itosu became a highly educated man who worked as a personal assistant to the Okinawan King for over 30 years
- Started training with a famous martial artist (Master Matsumura)
- Itosu started teaching karate in Japanese schools. This is what scholars believe made him “famous” and started a chain of events that brought karate to the public.
- Itosu created five pinans (pinan nidan, sandan, shodan, yondan, & godan) The Father of Shotokan Karate, Gichin Funakoshi (one of Itosu’s students) eventually changed the name from Pinan to Heinan.
- Given April is the 4th month, we will be practicing Pinan Yondan. Yondan means 4th.

Fumikomi geri (stomp kick)

This month we are also working on the stomp kick. This kick can be delivered at multiple levels. At TASK we are working on picking our knee up high and “stomping out” at our target making contact with our heel. This is a powerful kick that is useful from a self-defense perspective.

FUMIKOMI GERI





April Birthdays! Please let Mr. T. know if we don't have your birthday listed.

April	3 ▾	Kurt Schuldes
	4 ▾	August Ziegelman
	14 ▾	Ethan Sveen
	16 ▾	Zoe White
	21 ▾	Skylar Wilkins
	23 ▾	Patricia Duncan
	25 ▾	Oscar Levendoski



Peep BattleShip

Kudos to our Peep BattleShip champs & participants.

