

# Task Karate December Newsletter

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## Congratulations to the New Black Belts!



Promoted to the rank of Black Belt are **Alli Plath, Brett Nichols, Ethan Proksch** and **Megan Richason**. A special thank you to all of the Black Belts and spectators (over 100!) who came to support the testers!

The testing was a huge success. Everyone seemed very impressed with the new Black Belts! They gave it 100% and definitely deserve their new rank. I was very proud to promote them! Thanks to Black Belts **Liz Stromberg-Windau, Malachy Stromberg-Windau, Peter Kaiser, Felicia Warner, Anthony Smith, Eric Lopez** and **Erik Daily** for sitting on the panel.

## Promotions

Congratulations to the following Task Karate members who advance one step closer to their Black Belt! **Mason Thomson** to Dragon Orange, **Erik Snyder** and **Michael Mutch**, to Gold Belt, **Trevin Thomson** and **Lucas Stromberg-Windau**, to Orange, **Janelle Parcher** to Blue Belt, and **Anne Markos, Julie Plath** and **Ric Plath** to Brown Belt! Good job!

## Seminars

We have two seminars coming up in December. The first one will be with **Mr. Jeffery Halverson** of the **Blue Wave** School here at Task Karate. The date is December 6<sup>th</sup>, and the seminar runs from 2 until 5. We will work with the Corto-stick (short) and dagger (knives). The fee is \$20 and it is limited to students age 10 and over.

The next weekend there will be a seminar at **Lee & Lopez Karate** put on by **Clint Hughes**. There is a Kids bully beware seminar Friday Dec. 12<sup>th</sup> at 6pm, and an adult Kali and Knife seminar at 7. The next day there will be an Adult Kenpo seminar at 11:30 and an advance Kenpo class at 1:30 pm. I plan to attend both seminars, and recommend that you consider it. It is fun to try new things and work with different instructors from different styles! See flyers at the school for more info. I will have a few small schedule changes to accommodate the seminars.

## Schedule change for Seminar Days

On Saturday, December 6<sup>th</sup>, we will be canceling the 2pm Bo class. On Friday, December 12<sup>th</sup>, we will combine the Beginner and Intermediate kids class (Beginners come at 4pm that day) and moving the Adult 7pm class to 6pm. Please consider attending these seminars!



# Birthdays

Be sure to say Happy Birthday to **Peter Kaiser** and **Joyce Hathaway** on December 24<sup>th</sup> and to **Tom Locante** on the 26<sup>th</sup>!

# Sweatshirts

If you missed the last order, or are looking for a nice warm holiday gift idea, we will be placing another order for sweatshirts on December 9<sup>th</sup>. Please see the bulletin board for style and sizes.

# Membership Special

The membership special for December is an additional 5% off catalog sales. That means take 10% off orders up to \$40, 15% off orders \$40 to \$100, and 20% off orders of \$100 dollars or more! This is great chance to get sparring gear for students that are Gold Belt and above. Also the Task Karate T-shirts are on sale for \$9. (Sorry, sale does not apply to our Task Karate sweatshirt order). I will order each week to get any holiday items as soon as possible. Orders usually take 3 to 5 working days, but may take longer due to the holidays.

# Holiday School Closings

I hope you all have a great holiday season, and are able to spend quality time together with your family! We will be closed on December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 31<sup>st</sup>, and January 1<sup>st</sup>.

# The New Year and Goal Setting

Why are goals important? Because without them you don't go anywhere! Whenever you see anything worthwhile being done anywhere, it is because someone is behind it with a passion, a belief and a goal! When it comes to your personal life and your business, goal setting makes the difference between mediocrity and excellence and accomplishment. In short, what follows is a blueprint for success in goal setting. **1. Develop a DESIRE** to achieve the goal. The desire must be intense. How do you intensify desire? Sit down and write out all the benefits and advantages of achieving your goal. **2. WRITE** your goal down. Once it goes into writing it becomes substantial and starts etching itself into your subconscious. **3. IDENTIFY** 1) the obstacles you will need to overcome, and 2) the help you will need to acquire, e.g. knowledge, people, organizations. In each case write them out in a clear list and analyze them. **4. DEADLINE** your goal. Analyze where you are now in relation to the goal and then measure how long you will reasonably need to complete the goal. Then set the latest outside date. **5.** Take all the details of steps 3 and 4 and make a **PLAN**. List all the activities and prioritize them. Rewrite the list, optimize it, perfect it. **6.** Get a clear **MENTAL PICTURE** of the goal already accomplished. Make the mental image crystal clear, vivid in the mind's eye. Play that picture over and over in your mind. **7.** Back your plan with **PERSISTENCE** and resolve. Never give up even when you hit setbacks. Compiled from the internet at <http://www.about-goal-setting.com/>.

# Thank You!

What a year! I am so thankful for all of the students and families that support Task Karate. The nine months that our school has been in existence has been a very exciting time for me. There is so much more that I want to do! Thank you for your patience and understanding as we grow. I look to the New Year with high expectations!

*Randy Thomson*