



## Task Karate Newsletter

1721 George St. La Crosse, WI 54603 (608) 781-TASK (8275)

E-Mail [TaskKarate@msn.com](mailto:TaskKarate@msn.com)

Group Web Site <http://groups.msn.com/TaskKarate>

### Black Belt Test

The big day has arrived! Saturday, January 31<sup>st</sup> at 1 p.m., Trinity Lutheran Church, 1010 Sill St., **NJ Smith** will be testing for his Black Belt. Please come and cheer him on! Also several of our Brown Belts will demonstrate their forms and traditional movements to complete their Stripe Challenge. See the flyers at the school for information on the kids pool party at the Holiday Inn following the Black Belt Testing.

### No Classes

**No classes Saturday, January 31<sup>st</sup> after 12 noon!** Please come to the **Black Belt Test!**

### Winter Get-Away at the Great Wolf Lodge

Mid-Winter get away to this indoor water park in Wisconsin Dells! All Task Karate members, friends & family are invited to join in for a day (or two) at the **Great Wolf Lodge Indoor water park**, February 20<sup>th</sup> & 21<sup>st</sup>. The Thomson family will be spending both days there (reservation #10B71L, if you would like to book a room close by) so TASK members are invited for either, or both, days! Please let me know if you plan on attending! See the flyers at the school. For reservation information call 1-800-559-9693, or on the web at [www.greatwolflodge.com](http://www.greatwolflodge.com)

### Birthdays

Here are the members having a birthday this month. **Taylor Baker** on the 22<sup>nd</sup>, **Ross Anderson** on the 23<sup>rd</sup>, **Jeff De Bauche** on the 27<sup>th</sup> and **Christian Wilder**, who turns six on the 10<sup>th</sup>! Happy Birthday to you!!!

### Congratulations!

Congratulations to **Renee Dahlstrom and family** on the birth of **Cody Ed Jakobi**, born January 14<sup>th</sup>, 2004!

### Promotions

To Dragon Green Belt, **Christian Wilder**. To Gold Belt, **Austin Peden** and **Jacob Schmidt**. Promoted to Orange Belt, **Michael Mutch** and **Erik Snyder**, and moving into intermediate and achieving the Green Belt, **Jeanette Smith**. Congratulations!

### Membership Special for February

Save 20% off any gear bag shown on page 170 thru 172 in your Century catalog.

## The 17 Principles of Personal Achievement by Napoleon Hill

- 1. Definiteness of Purpose** - The starting point of all achievement, knowing what you want.
- 2. Master Mind Principle** - The coordination of effort between two or more people in a spirit of perfect harmony in order to attain a specific objective.
- 3. Applied Faith** - A state of mind through which your aims, desires, plans and purposes are translated into physical or financial equivalents.
- 4. Pleasing Personality** - A pleasing personality helps you master the major cause of failure-the inability to get along with people harmoniously.
- 5. Going the Extra Mile** - Rendering more and better service than you are paid to render, doing it all the time and doing it with a pleasing, positive attitude.
- 6. Personal Initiative** - The inner power that starts all action; the power that inspires the completion of all that one begins.
- 7. Self-Discipline** - The ability to control our thoughts and emotions, self-discipline is the only thing in life over which you have complete, unchallenged, and unchallengeable control.
- 8. Controlled Attention** - The highest form of self-discipline, the act of coordinating all your mind's faculties and directing their combined power to a given end.
- 9. Enthusiasm** - A contagious state of mind that not only helps you gain the cooperation of others but, more importantly, inspires you to draw upon and use the power of your imagination.
- 10. Imagination** - Your mind's exercise, challenge and adventure. It uses old ideas and established facts to reassemble them into new combinations and to put them to new uses.
- 11. Learning from Adversity and Defeat** - Hardship and adversity are a common language of nature in which she speaks to all living creatures and teaches them many things they would not learn in any other way.
- 12. Budgeting Time and Money** - Successful people know themselves, not as they think they are, but as their habits have made them: the use of time and money are the most vital of these habits.
- 13. Positive Mental Attitude** - To govern your life, you must be able to govern your mind, and that is the starting point of all riches.
- 14. Accurate Thinking** - The accurate thinker recognizes all the facts of life, both good and bad, and assumes the responsibility of separating and organizing the two, choosing those which serve his/her needs and rejecting others.
- 15. Sound Physical Health** - The key that coordinates all other principles and sets all ideas into motion, sound health provides the "flavor" to the good things in life.
- 16. Cooperation** - Harmony based on definitive motive, cooperation is the medium through which great personal power may be attained; the willing cooperation and coordination of effort to achieve a specific objective.
- 17. Cosmic Habit Force** - The cosmic habit force is the universe's law of equilibrium, the one natural law into which all other natural laws resolve themselves.

*"When you learn to weave unpleasant circumstances into something useful, you're on the road to success."* - **Napoleon Hill**