



Task Karate July 2026 Newsletter



1501 St. Andrew St., Suite 212, La Crosse, WI 54603

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

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Or facebook page <https://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

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Important Upcoming Dates

July

July 3 - 1PM Task Karate Demo at Riverfest

July 4 - Noon Task Karate Demo at Riverfest

July 18 - 3PM Black River Beach Work Out and Ice Cream Party

July 25 - Testing (12:45 Kids | 1:45 Teens & Adults)

August

August 1 - Information for Black Belt Program due to Ms. Yehle

August 8 - YMCA Martial Arts Tournament at Onalaska Y

August 15 - Self Defense Seminar from 1-3 PM - Open to members of Task as well as the larger community

August 29 - Testing for all ranks 12:45 followed by Black Belt Testing

Kudos to all our Task Karate students who “went up a notch” in June



To red belt - Trulen and Ethan

To blue belt - Henry

To green belt - Emmy

To orange belt - Silas, Emmer, Adie, Evelyn, Elyza, Chase, & Ryland





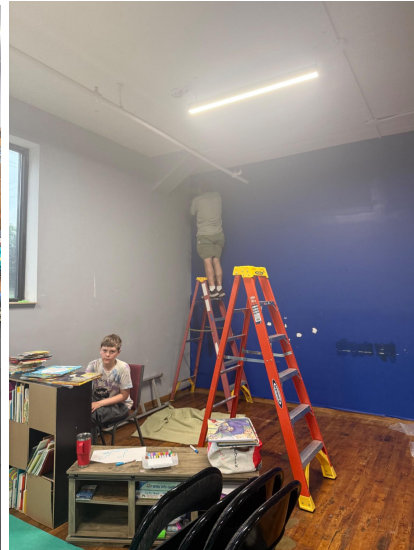
Summer Gear Order

Our summer gear order will arrive soon! As soon as the order arrives, we will get items disseminated.



Mural Update!

The mural wall has been painted blue. The plan is to do one more coat of blue and then it will be the next steps for the mural. We will definitely need assistance with the mural painting. Thanks again to Elizabeth and Tom for taking the lead with our mural project.





Thank you for all of your word of mouth support!

Mr. T. keeps prices low at Task Karate by limiting marketing costs. Hence, he relies on word of mouth advertising. With that, thank you for all of your efforts to share your thoughts about Task Karate with family and friends. In addition, you can help support Task Karate by disseminating the information below to family and friends.



Summer Special at Task Karate!

Enjoy professional instruction from Mr. T (over 35 years of experience) and his black belts while joining a family friendly community dedicated to growth and excellence.

- **6 Weeks of Karate Training**
- **Task Karate Uniform Included**
- **Total Price: \$50** (A \$150 Value)
- **Ages 5 -11 years (kids) | 12 & over teen**

and adults

Email: taskkarate@gmail.com | **Phone:** 608-781-TASK (8275)

Website: <https://www.taskkarateschool.com/>

Important Note: Offer is available to new students only. Registration must be completed by 8/31/2026.



During the month of July we will focus on the following:

- ★ Black belt kata - Goju shiho
- ★ 7 count - The 7 count in a double stick sinawali pattern. Sinawali is part of Eskrima (Filipino martial art).
- ★ Form 7 - This is a Task Karate form that helps folks learn the techniques included in Palgue 7.
- ★ Beginners self defense - Responding to a straight punch
- ★ Various different Tan Ran Kumite - Tan Ran kumite is “arm toughing.” This is a partner drill from Sensei Demura.



GOLD STAR EVENT – TASK KARATE ANNUAL BLACK RIVER BEACH WORK OUT AND EPIC ICE CREAM PARTY!

★ Join Mr. T and members of the Task family at Black River Beach (location included herein) for our annual beach workout and ice cream!

★ We will have a beach work out commencing at 3PM on Saturday July 18, 2026 followed by ice cream, watermelon, door prizes, and camaraderie. Folks are welcome to arrive at the beach earlier for a swim!

★ This event is open to all members of the Task Community!

Location

1433 Rose Street, La Crosse, WI 54603 [View Map](#)



MARTIAL ARTS TOURNAMENT

the **YMCA**

SATURDAY
AUGUST 8, 2026
R.W. Houser YMCA

Black Belt Meeting at 9:00 am
Line Up and National Anthem at 9:30 am
Tournament Begins at 10:00 am

Register online at
laxymca.org

Mandatory sparring gear required for students competing in sparring: Foot/hand pads, head gear WITH face shield, mouth guard, and cup for males. YMCA requires chest protection and has some available for use.

Gold Star Event!

Annual YMCA Martial Arts Tourney

Interested in participating in the Y tourney?

This tourney is open to all ranks. Events included the following:

- Empty hand forms
- Weapon forms
- Team forms
- Sparring
- Board breaking
- Judo game

You can also come and watch and cheer on your friends from Task!

Please see Mr. T, Ms. Yehle, or Miss Loizzi if you have any questions about the tourney.

TOURNAMENT PREPARATION FOR FORMS (KATA)

When participating in martial arts tournaments remember that judges are watching participants even when they aren't competing. This means it is important that you are respectful and a positive ambassador for Task Karate. Finally, don't fidget & have fun while doing your best!

When your name is called say "yes ma'am" or "yes sir", walk to the back of the ring and to the center/middle. They may say your name wrong. Listen carefully.

Face judges and bow (feet together)

Walk confidently forward and stand in front of judges (five feet away or 2 squares)

Come to attention & bow

Come to a strong chunbi (ready stance)

"Judges, representing Task Karate. My name is ++++++. My form is ++++++."

Come back to attention (feet together)

Bow to judges

Walk backwards to where you will start your form (give yourself enough room)

Come to attention & bow

Chunbi (ready stance)

Enthusiastically start your form (loud kiai or spirit shout)

Hold the last move of your form and pause

Come back to Chunbi (facing judges)

Come to attention and bow

Walk backwards to the back center of the ring. Bow. Walk off.

(Note, you may also bow to the next competitor)



What a fun time!

Thank you to all of our Task Karate family and friends that participated in the 2026 Riverfest demos.

- ★ Mr. T. | Ms. Marko | Ms. Yehle | Mr. Silha | Miss Loizzi | Mr. Glenz | Mr. S. Johnson, Jensen, Avery, Ashton, Paul, Trisha, Hugo, Ethan, Calvin, Liam, Chloe, Emmy, Ethan Sveen, Winston, Elizabeth
- ★ We also thank members of the Task community and Genbui Kai (Winona) who came to watch/support our Riverfest participants.





LaCrosse Footwear Building Updates

Four building updates/items.

- ★ The AC is fixed!
- ★ Elevator - There is an elevator for use to get from the first floor to the second floor.
Let us know if you need assistance locating this.
- ★ Bathrooms - Please let us know if anything in the bathrooms down the hall from Task needs attention.
- ★ Construction across the hall from Task - You may have observed construction taking place across the hall from Task. With that, the Fitness conglomerate that is located down the hall is expanding.

Task has an Instagram Account!

Task Karate now has an Instagram account. We will be posting family friendly updates, information, etc. If you DO NOT want to appear on our Instagram page, please let Mr. T. or one of his black belts know.

Follow us at [task_karate](#)





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

July	4 ▾	Brody Jacobson
	11	Luka Klonecki
	13 ▾	Anne Markos
	13 ▾	Sabine Kroger
	15 ▾	Dawson Jacobson
	23 ▾	Mitchell Nyseth
	28 ▾	Dannie Mattison & Kyra Osley
	30 ▾	Jayton Luedke