

Task Karate March 2014 Newsletter

Task Karate School
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<http://calendar.yahoo.com/taskkarate>

Facebook

please check out and "like" the Task Karate page!

<http://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491?ref=hl#!/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Wanna be my friend?

<http://www.facebook.com/randy.thomson.10>

twitter! Randy Thomson @RandyThomson2

Polar Plunge

We had 23 participants raise a total of \$2808! Thanks to all that were a part of it!
Here is a video of the plunge!

<https://www.youtube.com/watch?v=69db2ilac1c> (Preview)



Eau Claire Open

Tournament in Eau Claire this Sunday, March 23! Good luck to all competitors.
Here is a link to the flyer

http://www.nckablackbelt.com/assets/ec_open_2014.pdf

YMCA Tournament

Is Sunday, March 30th, lots of tournaments this month! Many events to choose from at a very reasonable price, and proceeds go to support the Y.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Family Martial Arts Tournament

The YMCA offers an annual tournament to those who are interested in competing against other students of similar age and rank. The tournament is held in a fun, relaxed setting and is perfect for first-time tournament participants. Proceeds benefit the YMCA Strong Kids campaign.

Ages:
6 YEARS-ADULT

When:
Sunday, March 30th
Competition begins 12:30 pm. Pre-registration encouraged.
Walk-ins accepted from 10-11 am only on March 30th.

Where:
YMCA-North, 400 Mason Street, Oshkosh, WI 54650

Contact:
Tammy Adlesman, Arts & Humanities Director, 608-519-5513 or tadlesman@laxymca.org

Entry Fee:
\$20 through Friday, March 21 or \$30 after March 21
Registration and waiver form available at www.laxymca.org

Additional Info:

- Events include forms, weapons forms, sparring, judo game, and board breaking
- Concessions/lunch available on-site
- Parent or legal guardian of all students participating must sign waiver
- Mandatory sparring gear required for students competing in sparring-foot/hand pads, head gear, mouth guard, cup for males. YMCA requires chest protectors and has some available for use.



LA CROSSE AREA FAMILY YMCA
YMCA-La Crosse Branch
1140 Main Street, La Crosse WI 54601
P 608 782 9622 F 608 782 9616
WWW.LAXYMCA.ORG

YMCA-NORTH BRANCH
900 Mason Street, Oshkosh, WI 54650
P 608 765 9622 F 608 762 9616

Nunchaku DVD

I would like to make more dvd's to give our students and their parents a great resource to help improve their karate training. Our first one teaches you the 30 count nunchuck exercise. The sound isn't the best but the information is good, and the cost is very reasonable, \$10! Get yours today. There is also a GOLD STAR challenge on the DVD!

Gold Star Event!

We have a demo Saturday, March 22nd Holmen at the Prairie Home assisted living center. It would be a great warm up for the tournament! Please sign up at the school.

Closed Friday and Saturday April 25th and 26th For Seminar

Sensei Demura will be at our Kansas school and I am going to train with him!
No classes these days.



Last Tournament of the 2013-14 Season, NCKA finals!

http://www.nckablackbelt.com/assets/ncka_finals_2014.pdf

Free Tournament Tune-up!

Saturday, March 29th at 1 pm. Students will have a chance to go over the things they need to know to compete at Sundays Y tournament! We will go through all areas of competition! All students that are planning on attending the tournament are invited to attend! (It will probably take a little over an hour!) Bring your sparring gear if you have it!

Quote of the Week

"The chief beauty about time
is that you cannot waste it in advance.
The next year, the next day, the next hour are lying ready for you,
as perfect, as unspoiled,
as if you had never wasted or misapplied
a single moment in all your life.
You can turn over a new leaf every hour
if you choose."

Arnold Bennett



March Birthdays!

1st **Kathryn Hilden**
Kayla Burton
Cathy Sawaya

2nd **Thomas Greany**

3rd **Lauren Gerke**

8th **Dylan Adams**
Joshua Degenhardt

11th **Amy Jo Haefs**

13th **Trevor Theurer**

17th **Megan Barkelar**

23rd **Casey Gilbertson**

24th **John Gobel**

25th **Jessica Koenig**

27th **William Bishop**
Jesse White

28th **Brandi Richter**

29th **Cody Mammenga**

30th **Bo Konetchy**
Cully Lee



February Rank Promotions

Dragon Gold Belt

Ophelia Bishop

Orange Belt

Jaden Arentz

Aleena Hellerud

Green Belt

Ann Yehle

Josh Osley

Purple Belt

Todd Turnmire

Kolton Mattison

Joe Mattison

Red Belt

Nash Nagy

