



Task Karate March 2026 Newsletter

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Gambarou: The Spirit That Lifted Sendai | Written by Mr. Glenz

On March 11, 2011, a 9.1-magnitude earthquake struck off Japan's coast, sending a devastating tsunami into Sendai and the Tohoku region. Thousands lost their lives, and entire communities were swept away. Yet from the mud emerged something remarkable: gambarou—a rallying cry meaning **"Do your best!"** or

"Let's hang in there together!" **(Remember TASK Rule #3.)**

Volunteers poured in from everywhere. During Golden Week, so many came that some sites had to turn helpers away—not for lack of work, but because the outpouring of compassion overwhelmed the infrastructure. Americans, Chinese students, Japanese professionals, and even a professional boxer worked side by side, shoveling debris and helping families recover precious keepsakes from ruined homes. One generous film producer spent millions of yen keeping a volunteer center running. Strangers shared sleeping bags and cooked meals together

over camp stoves. Gambarou reminds us: when we do our best together, hope rises even from the deepest waters.



Annual Snow Hike

Mr. T. has scheduled the annual Task Karate snow hike for Saturday March 21st after regular classes. The snowhike takes place in Hixon Forest off of Highway 16 in LaCrosse. All members of the Task family are welcome. The hike involves wonderful scenery, camaraderie, and supercool cave. Mr. Bouska and Mr. Bouska have observed Little Foot on this hike! Please dress for the weather.



Next Rank Promotion

Our next rank promotion will be held Saturday March 28, 2026 after regular AM classes. Mr. T. will reach out to potential testers. If you have any questions, please connect with him.

Welcome to Task Karate's Newest White Belt Dallas!



February 2026 Rank Promotions

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

Gold Belt

Elyza Harke | Sam Hurley

Orange Belt

Henry Wruck | Azariah Franzo | Robert Mayer

Green Belt

Gotham Ahrefeld | Nola Young | Dannie Mattison | Sabrina Flood

Purple Belt

Viggo Buri

Blue Belt

Marlo Ellefson

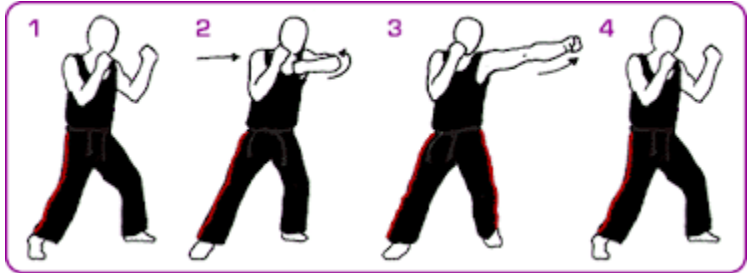
Red Belt

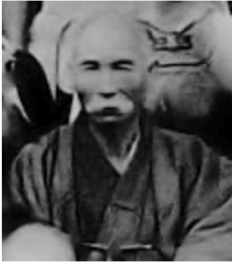
George Bouska | Caleb Larson



BackFist Defense

For the month of march we will be working on backfist defense. The backfist is a powerful strike that usually involves contact to the temple or side of the head with the back of the first and/or knuckles. This can be a very disorienting strike. This month we will practice various techniques to address a backfist strike to include evading, blocking, and defending. In Japanese karate the word for backfirst is uraken.





PINAN SANDAN

MARCH KATA

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 March is the third month, we will be practicing Pinan Sandan. Sandan means third.



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

- 1 - Kathryn Wiegrefe
- 8 - Kate Mattison
- 15 - Eden Maphie
- 25 - Oliver Valentine
- 26 - Ethan Thompson | Chris Maker
- 28 - Loretta Boldt
- 29 - Ryland Wiegrefe

30 - Cully Lee | Nathan Kuecker

31 - Silas Wiegrefe



ARIGATOU!

Thank you for Your Continued Support of Task Karate by Making a Google Review

Thank you to members of the Task Community who completed a Google review on behalf of our school. As we know, Mr. T. works to keep tuition and dues at a reasonable rate. Google reviews sure help others consider being part of our school.

On the Google Maps Mobile App

1. **Open** the Google Maps app on your device and **sign in** to your Google account.
2. **Search** for the business you want to review.
3. Tap on the **business name** or the information banner at the bottom of the screen.
4. Scroll down to the **"Reviews"** section.
5. **Tap the stars** to select your rating. A window will pop up allowing you to write details and add photos.
6. Tap **Post** to publish the review.



**Will the leprechaun ninja visit Task again this year?
The buffalo is ready!**



