



## Task Karate May 2026 Newsletter

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### Important Upcoming Dates

#### **May**

May 16 - 12:45 - 2ish Board breaking seminar & tournament

May 25 - Task closed for Memorial Day

May 30 - Testing (12:45 Kids | 1:45 Teens & Adults)

#### **June**

June 13 (Saturday) - Task closed for the day

June 27 - Testing (12:45 Kids | 1:45 Teens & Adults)

#### **July**

July 3 - 1PM Task Karate Demo at Riverfest

July 4 - Noon Task Karate Demo at Riverfest

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

#### **August**

August 8 - YMCA Martial Arts Tournament at Onalaska Y

August 22 - Testing (12:45 Kids | 1:45 Teens & Adults)

August 29 - Black Belt Testing | 12:45

Other events will be scheduled during the summer months. More specifically, we will be hosting self defense seminars for all members of the Task Community as well as individuals outside of Task.

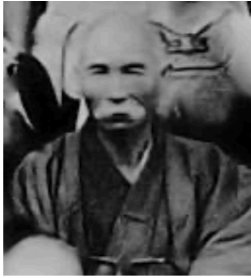
**Welcome to Task Karate's Newest White Belts!**



**Brooks and Boden**



**Brook and Melissa**



## **PINAN GODAN / MAY KATA**

*OVER THE COURSE OF THE PAST FEW MONTHS WE HAVE EXPLORED PINAN NIDAN (THE 2ND), PINAN SANDAN (THE THIRD), PINAN YONDAI (THE 4TH). THIS MONTH WE ARE FOCUSING ON THE 5TH PINAN -- PINAN GODAN.*

### **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 May is the 5th month, we will be practicing Pinan Godan. Godan means 5th.



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

May	1 ▾	Jon Silha
	1 ▾	Thomas Bryant
	5 ▾	Ira Foreman
	10 ▾	Fox Kroeger
	10 ▾	Caleb Larson
	11 ▾	Ashton Peterson
	12 ▾	Neven Peterson Gianunzio
	13 ▾	Hugo Unnasch
	17 ▾	Josie Thompson
	20 ▾	Barb Yocum
	21 ▾	Josh Osley
	21 ▾	James Foreman
	25 ▾	Ella Johnson
	25 ▾	Dallas Riechel
	30 ▾	Jedd Thompson
	31 ▾	Thomas (TJ) Rhodes
	31	Viggo Buri



**Speaking of birthdays at Task Karate...**...during your birthday week or on your birthday you have two options while attending classes at Task.

**Option 1 Birthday round kicks** - With birthday round kicks, Mr. T. holds a slammer on our backs and our karate friends come through the line and give us a birthday kick while wishing us a happy birthday.

**Option 2 Swat line** - With swat line, everyone takes off their belts and “swats” the individual celebrating a birthday. Reference the picture of Mr. Silha getting “swatted” on May 1st. Mr. T. usually saves swat line for teens and adults.



Finally, when it is your birthday, you may take a drink from the Task Karate refrigerator at no cost.



**WHAT?????? Is that a ZERO??????????**