Task Karate November 2026 Newsletter

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



In the hopper

November

Monday November 9-Saturday 21 - Task Karate Sock Drive
Saturday November 14 - 12:30 PM Holiday Fair Demo Prep at Task after classes
November 21 and 22 - Holiday Fair Demos (more information herein)
November 26 - Festival Turkey Trot
November 26 - Thanksgiving! No classes at Task Karate
November 28 - Rank testing after classes 12:45 PM

December

December 9 - Annual all school picture and work out.

- ★ All kids 5-5:45 PM
- ★ All teens and adults 6-7PM
- ★ No other classes.

December 19 - Rank testing after classes 12:45 PM
December 24-December 31 - Task Closed (watch for an optional special event during the time)

January

January 1, 2027 - New Years Training

- ★ 5-5:45 PM - Kids
- ★ 6-7PM - Teens and adults

February

February 27 - Black Belt testing 1PM

- ★ *More events/dates will be added to January and February down the road.*

Welcome to Task Karate's Members



Tony



Norah



October Rank Promotions

Kudos to all of the Task Karate members who "went up a notch" this past month.

Orange Belt

Elizabeth Geissner

Brook Duncan

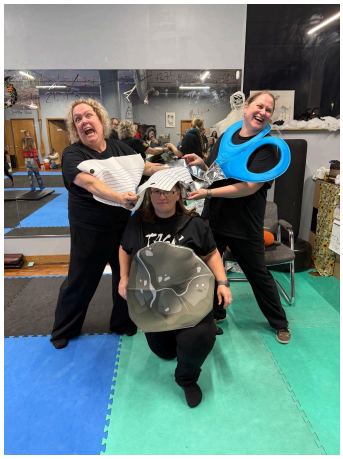
Green Belt

Ryland Wiegrefe

Purple Belt

Dannie Mattison

Jax Short






HALLOWEEN PARTY RECAP

Over 110 folks participated in Mr. T's annual Task Karate Halloween Party. Shout out to the following…

Black belts and brown belts - Contributions on multiple levels.

Rock, Paper, Scissors Crew

Parents…Grandparents- Thank you for helping out with the games, donating treats and supporting our Task students.

Finally, we always welcome suggestions relative to how we could improve what we do! Do not hesitate to provide feedback.



Winter Gear Sale

Shortly we will disseminate information on Task's Winter Gear Sale. We will offer the 2026 Team Shirt or Hoodie (e.g., design on front with names of Task Students and ranks on the back), zip up hoodies, beanies, monogram gear bags, and a couple of Task designs from the past folks have requested be offered. We submit this order in plenty of time to arrive for winter/holiday gifts. More soon!



For White, Gold, and Orange Belts

TASK KARATE SCHEDULE OF CLASSES (KIDS)

1501 St. Andrew Street, Suite 212 La Crosse, WI 54603
(608) 781-TASK (8275) E-mail: Taskkarate@gmail.com Website: www.taskkarateschool.com

Group	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
White Gold		6:00 pm		5:00 pm		11:30 am
Orange		6:00 pm		5:00 pm		11:30 am
Green Purple			5:00 pm	4:00 pm		10:30 am
Blue Red		5:00 pm	4:00 pm			10:30 am
Brown	5:00 pm 1 Hour	5:00 pm	4:00 pm			10:30 am
Black	6:00 pm 1 Hour	5:00 pm	4:00 pm			10:30 am
Sparring		4:00 pm				Brown belts 9:45
Weapons (Green & up)					4:00 pm	
Mat Class!					5:00 pm	

Effective 10/26/2026

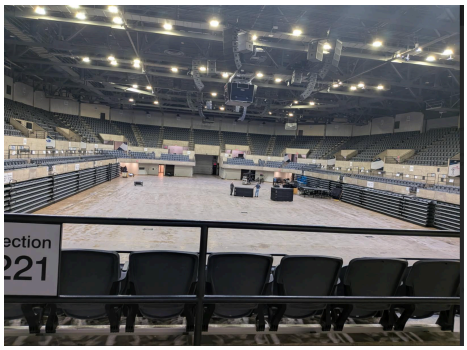


Annual November Sock Drive | Gold Star Event

For years Mr. T has hosted an annual drive during the month of November to support local families (e.g., food drive, sock drive). Like last year, we will be once again holding a sock drive. Between November 9-21, we encourage our Task Karate families and friends to donate a pair of socks or a collection of socks (i.e., new or gently used) that will then be donated to various local organizations. This is a gold star event! There will be a bin at the karate school whereas you can place your donation. Thank you in advance for your support.



Below is a picture of the area within the LaCrosse Center whereas the Holiday Fair takes place. Task will perform on a stage to the back of this picture. The stage currently isn't set up. However, Holiday Fair organizers indicated it is the "same stage" that is used at concerts.



Our current list of participants for the Holiday Fair is as follows. There is still time to sign up. If interested, connect with Mr T. or one of his black belts.

Name	Saturday November 21 @1PM	Sunday November 22 @ noon
Mr. T	Yes	Yes
Ms. Markos	Yes	Yes
Ms. Yehle	Yes	Yes
Mr. Silha	Yes	Yes
Ms. Loizzi	Yes	Yes
Mr. Glenz	Yes	Yes
Ms. Crawley	Yes	Yes
Mr. Zobeck	Yes	Yes

Jayton Luedke	Yes (ride with Chloe)	
Ethan Eady	Yes	
Marlo Ellefson	Yes	
Caleb Larson	Yes	Yes
Emmy Johnson	Yes	Yes
Viggo Buri	Yes	
Ethan Sveen		Yes
Ethan Schreier		Yes
Calvin Ahlert	Yes	
Rowan Inge-Kvam	Yes	Yes
Paul Glenz	Yes	Yes
Hugo Unasch	Yes	Yes
Chloe Herod	Yes	Yes
Elizabeth Geissner	Yes	Yes
Benny Curtis	Yes	Yes
Poppy Curtis	Yes	Yes
Boldts (Melissa, Loretta, Trulen)	Yes	



Join members of Task at the annual Turkey Trot

Annually various members of Task Karate participate in the Turkey Trot. Some folks run, some folks slog (slow jog), and others walk. This event takes place on Thanksgiving morning and is a wonderful way to commence the day. Information is available at the following link.

https://www.festivalfoodsturkeytrot.com/

If you plan to attend, please let Ms. Yehle or Mr. Silha know.

Task Mural

As you know we will be painting a mural on the wall by the books, craft, kids area and the blue wall to the right as you enter the school. We are working on a schedule for this project and will welcome all volunteers Note, this is a project that will take time and there will be multiple opportunities to contribute.



During the month of **November** we will focus on the following:

- ★ Black belt kata(s) - Continue working on the pinans (nidan, sandan, shodan, yondon, godan)
- ★ Beginners self defense - Responding to a haymaker
- ★ Kata for the month - Bassai sho



Fitness Tip from Ms. Markos

Did you know Ms. Markos is a certified fitness instructor? She has many tips to help us remain flexible and strong. This month Ms. Markos offers the following. Thank you for sharing your expertise!

From Ms. Markos
Your hamstrings are a group of three muscles that run down the back of your thighs. There are many reasons your hamstrings may feel tight: intense exercise, repetitive leg activity, prolonged sitting, or a more sedentary lifestyle. Here is my favorite hamstring stretch! Place both hands on a chair or counter. Push your hips back as if you are shutting a car door with your behind. Your knees may bend some, but it's not a

squat. You should feel a stretch up the back of your thigh where it connects to your glute muscles. Hold the stretch for a few seconds, release, and then try again. Some people like to stagger their feet. Play around with that and the depth of your stretch. Let me know if you have questions!





Please let Mr. T know if we have omitted any birthdays.

November	7	Mr. Adam Johnson Rowen Inge-Kvam
	13	Mr. Henry Levendoski
	18	Miss Grace Loizzi
	19	Timothy Vierling
	20	Mason Thomson
	26	Brenner Bertelsen
	26	Winston Howe