



Task Karate November 2025 Newsletter

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

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

Visit our website <http://www.taskkarateschool.com/>

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

Be my friend! <https://www.facebook.com/randy.thomson.10>



Halloween Celebration Recap

On October 29, 2025 we enjoyed an evening of spookiness, camaraderie, and fun. Thank you to everyone who attended this celebration, helped set up, clean up, donated candy or treats, ran games, etc.

Winter Gear Order

Task Karate offers a gear order two times per year. Once in the late spring and once in November. In November, our gear order includes the annual team shirt or hoodie. On the front of the team shirt there is a new design that is only offered for that year. On the back, Mr. T. lists all of the names of Task Karate and Task Eskrima students.

In addition to the team shirt/hoodie, we will be offering Task beanies, Task gear bags, Task Sweat pants, and bringing back one of the most popular Task Karate designs (i.e., black shirt or hoodie with Task Karate and the kanji for karate). As soon as we settle on the design for the team shirt/hoodie, we will have order forms out at the school. We will place orders in time for holiday gift giving.



All School Picture and Work Out

We will be having a **group workout and take our 2025 martial arts team photo** on Tuesday December 9th. All kids of all ranks should come at 6 PM and all teen/adults will come at 7! Eskrimadors should come at 7 PM as well. We will not be holding any regular evening classes on December 9. Please be sure to come with your belt and uniform! It's important to come to this class so you can be on our 2026 calendar!

Sock Drive | Gold Star Event | November 17-21, 2025



Each year Task Karate hosts a food drive during the month of November. Part of being a martial artist is adding value to the lives of others. Hence, our annual food drive has demonstrated our commitment to supporting others. This year instead of a food drive, we will be hosting a sock drive. We made this adjustment based on what local shelters, etc. indicate they need. With that, between November 17-21, we will be collecting socks for unhoused individuals in our local community. We are seeking socks for babies, children, teens, and adults. Bring in a pair of socks or multiple pairs of socks and receive a gold star!

New White Belts

Congrats to our new white belts! We welcomed some wonderful new karateka this previous month. This month we welcome Henry, Robert, Jen, Josephine, and Teddy. Thank you for joining our Task Karate team.



Task Karate Helpers



We are so fortunate to have many Task Karate black belts and other ranks who help out in classes. Once you are a green belt, you are able to help out in the classes for lower ranks. In doing so, you not only help others grow but you grow as a martial artist. When we help teach others, we refine our own skills. In Japanese karate, the senior student is called the senpai and the junior student is the kohai. If you are interested in formally serving as a helper, please see Mr. T. or Ms. Yehle.

Next Rank Promotion

Our November rank promotion for kids will be Saturday November 22 at 12:45 PM.

Our November rank promotion for teens and adults will be Saturday November 22 at 1:45 PM.



Happy Thanksgiving!

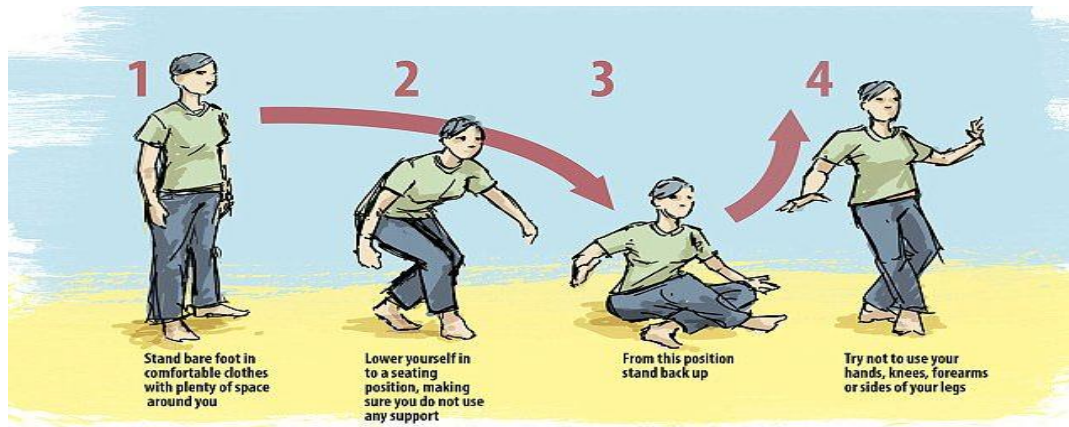
Task Karate will be closed on Thursday November 27 due to the Thanksgiving holiday. Please know all classes run as regular the rest of this week to include Friday November 28 and Saturday November 29.

Black Belt Testing

We have students who will be testing for their first degree black belt, second degree black belt, and third degree black belt on Saturday December 6 at 1PM. Please know all members of the Task community are welcome to come and watch the test and cheer folks on! In addition, we welcome our Task Karate black belts to be part of the testing panel.

Longevity Check | The Sit to Rise Test

Many of you have noticed that Ms. Yehle gets up a certain way after stretching during our Task Karate classes. Years ago Ms. Yehle heard a radio show where Dr. Zorba Paster spoke to the importance of being able to get up and off the ground without using your hands. Recently, the European Journal of Preventive Cardiology reported that middle-aged and older people who can do the sit to rise test without support are setting themselves up for longevity. This is a test that helps with flexibility, balance, and strength. All of these are essential in supporting our well-being as we age. So, perhaps give it a try? You can use a chair to help you get started. See Ms. Yehle if you want tips.



October 2025 Rank Promotions

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

Gold Belt

Emersyn Johnson

Orange Belt

Samantha Ogle | Riley Flood | Sabrina Flood

Green Belt

Liam Knoll | Viggo Buri

Red Belt

Floyd Kuring-Wilde

Brown Belt

Oliver Valentine

Eskrima Level 1

Barb Yocum | Pete Yocum



November Birthdays! Please let Mr. T. know if we don't have your birthday listed. We are updating our list.

4th Nathaniel Bryant
7th Rowan Inge-Kvam, Adam Johnson
13th Henry Levendoski
17th Stacy Osley
18th Grace Loizzi
20th Mason Thomson
22nd Parker Botcher
23rd Erik Daily
26th Brenner Bertelsen

Highlights from the Halloween Party





