



Task Karate September 2026 Newsletter



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Important Upcoming Dates

September

September 12 - Tunnel Hike after classes (more information herein)

September 19 - Torchlight Parade Prep (bring your glochucks if applicable) 12:45 PM at Task

September 24 - Torchlight Parade (more information herein)

September 26 - Rank testing at 12:45 PM

October

Brady's Bluff Hike (Perrot State Park) Saturday October 17 after classes

Testing Saturday October 24 at 12:45 PM

Task Halloween Party Wednesday October 28 from 5-6:30 PM

November

November 21 and 22 - Holiday Fair Demos (more information included herein)

New Task Karate Black Belts | Aug 29, 2026



Kudos to Mr. Duncan, Mr. Zobeck, Miss Levedoski, Mr. Spelhaug, Mr. Oscar Levendoski, Mr. Henry Levendoski, Mr. Ashton Peterson, and Mr. Avery Peterson on earning the rank of black belt.



Achieving a black belt signifies a mastery of fundamentals and the dawn of true learning. We encourage you to honor your training, serve as a role model, and persevere on your path.

Thank you to all of the Task Black Belts, families, friends, and others who support our newest black belts on their journey.



Annual Tunnel Hike | Gold Star Event

Join members of the Task Karate community on Saturday September 12, 2026 after morning classes for a gold star event. Travel to the Sparta Elroy Bike Trail (Mr. T. will provide precise directions) and walk on the bike trail to include walking through a one mile long tunnel. The tunnel is super cool (literally). Hence, bring a hoodie or jacket. Further, you might desire to bring a flashlight for use in the tunnel.

Generally speaking, this event spans approximately 3 hours with travel time.



Torchlight Parade Update 9/1/26

Please carefully review this document and contact Ms. Yehle with questions, suggestions etc. ayehle@lacrossesd.org or text/call 608.217.1114. Additional communications will be sent out when we know more from the parade organizers. Thank you!

From Torchlight Parade gurus...

- ★ The Torchlight Parade takes place Thursday Sep 24, 2026 . The kick off is at 7PM. The route is located at the end of this document.

- ★ Once all folks that requested a spot in the parade are “accepted” we will learn our spot/order in the parade. Hence, we will update the time and location where folks need to meet as soon as we know.
- ★ Nothing can be handed out at the parade. If anything is handed out, folks will be asked to leave and will not be allowed to participate the following year.
- ★ Parking is a significant struggle. Last year Mr. Glenz and Paul had to park by TASK Karate and walk 20 minutes. Hence, please plan accordingly.

Our Task Karate Plans

- ★ Ms. Markos’s vehicle will lead off our group (with music) and Ms. Yehle’s vehicle will bring up the rear.
- ★ Family members, please let Ms. Yehle know if you plan to walk with the group or meet your Task member at the end of the parade. We will have the adults “flank” the kiddos.
- ★ Time frame - We need to arrive by 5:30 or 6:00 PM sharp and should be done around 8:00 PM. Again, waiting for this to be finalized from parade folks.
- ★ Super cool opportunity - Megan Zobeck is making glow in the dark t-shirts that include Task Karate for family members who are walking in the event and/or attending the event. If you are interested, please reach out to her ASAP. Cost is \$7.00. Her email is zobeckmegan@gmail.com.
- ★ GloChucks have arrived! Ms. Yehle will be distributing them later this week.
- ★ Torchlight Parade Prep - Join us on Saturday 19th at 12:45 to prep for the Torchlight Parade.
- ★ Signing up for Torchlight - There is still time to sign up. Please reach out to Ms. Yehle this week if you would like to join the awesomeness.

The following folks have signed up for Torchlight.

Black belts

Mr. Thomson
 Ms. Markos
 Ms. Yehle
 Mr. Silha
 Ms. Loizzi
 Mr. Glenz
 Ms. Crawley
 Miss Levendoski
 Mr. H. Levendoski
 Mr. O. Levendoski
 Mr. Zobeck (and family)

+Note, many Task students are marching in the parade as part of their respective schools (e.g., Logan High, Logan Middle, etc).

Underbelts

Emmy Johnson

Vigo Buri (and Maria)

Ethan Sveen

Calvin Ahlert

Caleb Larson

Hugo Unasch

Ehtan Schreier

Ryland Wiegrafe

Silas Wiegrafe

Adelyn Wiegrafe

Paul Glenz

Chloe Herrod

Elizabeth Geissner

Ammi Franzo

Azariah Franzo

Benny Curtis

Poppy Curtis

Rowan Inge-Kvam (and family)

Preston Hanson

Marlo Ellefson

August Ziegelman

Emerson Weisling

Patricia Duncan

Evelyn Harke

Elyza Harke

Rafael Dinos

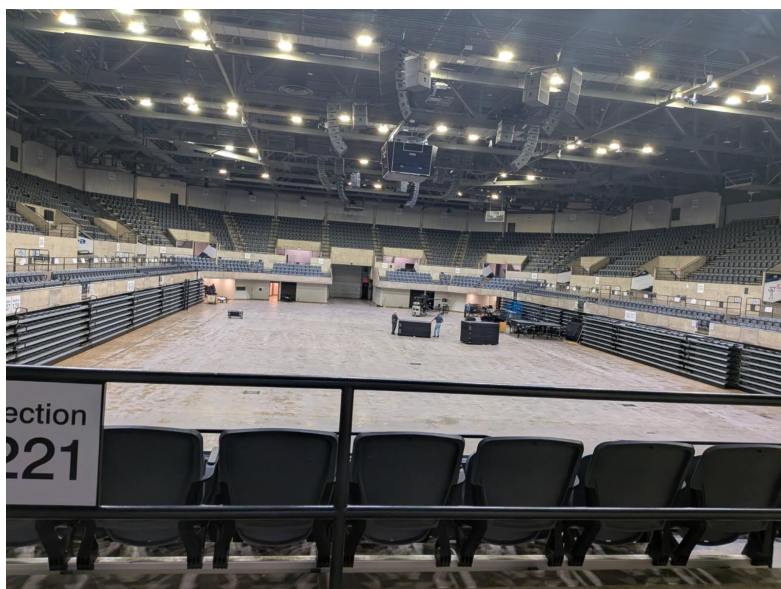
Riley Flood

Jayton Luedke

Ethan Thomson



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.

Name	Saturday November 21 @1PM	Sunday November 22 @ noon
Mr. T	Yes	Yes

Ms. Markos	Yes	Yes
Ms. Yehle	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	
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 Herrod	Yes	Yes
Elizabeth Geissner	Yes	Yes
Benny Curtis	Yes	Yes
Poppy Curtis	Yes	Yes



Simple Exercises to Stay Strong and Limber

On August 18, 2026 an article appeared in the New York times whereas Danielle Friedman highlighted 6 exercises that physical therapists recommend to keep us strong and limber. The article caught our attention given they are all exercises we incorporate into our Task Karate curriculum. With that, the 6 are as follows.

1. Standing on one leg
2. Hip hinges
3. Sit to stand (ideally without using hands for support)
4. Dead bug core exercises
5. Push ups or wall push ups
6. Back limbering exercises

We will continue to incorporate these and other research-based exercises into the Task Curriculum!



During the month of September we will focus on the following:

- ★ Black belt kata - Black belts will be working on the Pinans. Depending on your experience and rank, you may be working on one pinan or all the pinans.
- ★ Form 9
- ★ Beginners self defense - Responding to a backfist





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

Gold Belt

Elizabeth Geissner

Orange Belt

Winston Howe

Green Belt

Grace Bouska

Azariah Franzo

Purple Belt

Chloe Herod

Riley Flood
Sabrina Flood

Blue Belt

Kayson Klonecki
Vigo Buri
Rafael Dinos
Ammiel Franzo

Red Belt

Ira Foreman
Marlo Ellefson

Brown Belt

TJ Rhodes

Black Belt

Mr. Dexter Duncan
Mr. Henry Levendoski
Mr. Oscar Levendoski
Miss Reagan Levendoski
Mr. Ashton Peterson
Mr. Avery Peterson
Mr. Lucas Spelhaug
Mr. Jensen Zobeck



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

September	3 ▾	Ian Johnston
	4	Evelyn Harke

	8	Ethan Eady
	9	Calvin Ahlert
	12 ▾	Lila Fruehling
	13 ▾	Reagan Levenkoski
	15 ▾	Pete Yocum
	23 ▾	Adie Wiegrefe
	23 ▾	Henry Schuldt