

# Task Karate February 2011 Newsletter

Task Karate School  
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Snow Hike/Gold Star Event and Fitness Challenge for Brown Belts!



last year!

We will meet at the Hixon Forest trailhead (NOT THE NATURE CENTER)  
on **February 12th** at 3 pm (Weapons end at 2:45 and I will get there as fast as I can.)

Driving directions to Milson Ct (trailhead) from Task Karate

<p><b>3.5 mi</b> - about <b>7 mins</b></p> <p>1100 Kane St</p> <p>La Crosse, WI 54603</p>		
1.	Head <b>north</b> on <b>Kane St</b> toward <b>Windsor St</b>	0.2 mi
2.	Take the 2nd <b>right</b> onto <b>Clinton St</b>	377 ft
3.	Turn <b>right</b> at <b>George St</b>	0.5 mi
4.	Continue onto <b>Lang Dr/ West Ave N</b>	1.2 mi
5.	Turn <b>left</b> at <b>La Crosse St</b>	1.0 mi
6.	Turn <b>left</b> at <b>WI-16 E</b>	0.4 mi
7.	Turn <b>right</b> at <b>Bluff Pass</b>	236 ft
8.	<b>Bluff Pass</b> turns <b>right</b> and becomes <b>Milson Ct</b>	

We have two hikes planned. The first hike goes to the "oven" that looks like a cave.



The second hike and fitness challenge continues on up the top and back, and usually takes about 2 hours!



We will hold the hike, rain or shine! Please consider young children's abilities if it is really cold! Wear boots, coat (for the teenagers that only wear hoodies all winter long) hat and gloves.



## Black Belt in California!

After 6 years of training I will be testing for Black Belt in Japanese Karate-Do! I am honored to be a Black Belt under Sensei Demura. Sensei only tests for Black Belt once a year, and you have to go to California to test. They don't tell you if you pass right away, you have to wait for the results. If you pass you will receive a probationary Black Belt. Then within the next year if you do well you will be awarded your "name" belt, and receive a certificate! We will have to be closed while I am gone.

### **Closed Thursday, Friday and Saturday, February 24th through the 27th.**

I am scheduled to arrive back in La Crosse at 3:08 on Monday, and plan to have classes as usual. Be aware that sometimes I have had trouble with this flight, and there is the possibility of delay. It might not be a bad idea to call the school on Monday before coming to class. I will leave a message on the machine if I know of any delays. Thank you!

## Minnesota State Championships/Eau Claire Open

Spring tournament season starts February 13th with the Minnesota State Championships. If you have any questions about tournaments, please let me know. We usually get a good group of students to attend the Eau Claire Open. Our goal this year is 30 Task Karate Team members competing! Pre-register for Eau Claire with me.

MN State

<http://www.karatechampionships.net/images/uploads/STATE%202011%20FLYER%20FOR%20PRINTING.pdf>

Eau Claire

[http://www.karate-american.com/webfiles/fnitools/documents/ec\\_open\\_flyer\\_2011.pdf](http://www.karate-american.com/webfiles/fnitools/documents/ec_open_flyer_2011.pdf)

## Polar Plunge! March Gold Star Event!

We are a major sponsor of the plunge! Please consider supporting our team and the athletes of Special Olympics! You can get a star by plunging, or donating to the plunge. Make checks to Special Olympics and you can leave them with me at the school, or donate to a team member. Check out our team page!

[http://www.specialolympicswisconsin.org/pp11/team.asp?id\\_t=631](http://www.specialolympicswisconsin.org/pp11/team.asp?id_t=631)

Here is a video of last years plunge!

<http://www.youtube.com/watch?v=ddduAqGuoEY>

of course, you could always donate to me!

[http://www.specialolympicswisconsin.org/pp11/pledge.asp?id\\_p=2642](http://www.specialolympicswisconsin.org/pp11/pledge.asp?id_p=2642)

## Website

We have made a couple changes to the website! More videos, links and more information. Click the link above to check it out. Let me know if everything is working for you, or if you have any suggestions! Thanks to our Black Belt Jamie Peaslee that does all the work for us!

## Business Card Promotion/Special for February

Please help promote Task Karate by handing out your business cards to your friends and family members that might like to try our school! You can get a \$20 gift certificate for each friend that enrolls and they get a great deal on their uniform! (If you haven't gotten your business cards, or need more, please let me know.) For Feb. I will throw in a bumper sticker, or a new "journey" t-shirt (or any in stock extra t-shirt) in addition to your \$20 gift certificate for anyone that enrolls a new student! Help us out, we need more White Belts!

## Quote of the Week!

Our most basic instinct is not for survival but for family. Most of us would give our own life for the survival of a family member, yet we lead our daily life too often as if we take our family for granted.

~Paul Pearshall



## February Birthdays!

- 2nd **Amber Holderness**
- 3rd **Sherrie Alberts**
- 5th **Richard DeWalt**  
**Drake Barreyro**
- 6th **Cameron Litsheim**
- 9th **Abe Osley**
- 12th **Christina Klinge**
- 13th **Brett Nichols**
- 14th **Brier Moe**
- 15th **Alec Olson**
- 16th **Evan Pericak**
- 22nd **Sidney Ricks**
- 24th **Ambrose Metz-Beard**
- 26th **Alejandro Tofstad**  
**Bryce Barrett**



## January Rank Promotions

### Gold Belt

**Abe Osley**

**Zach DeWalt**

**Kathryn Hilden**

**Richard DeWalt**

**Diane DeWalt**

### Orange Belt

**Nicholas Buege**

**Donald DeWalt I**

**Donald DeWalt II**

**Chris Durall**

### Green Belt

**Conrad Madson**