



Task Karate July 2023 Newsletter

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Task Calendar at a Glance

Tuesday July 4, 2023 - Independence Day (Task Closed)

Friday July 7, 2023 - Beginner Testing at 5PM (No Matt class)

Saturday July 15, 2023 - Board Breaking Seminar from 2-3:30 PM

Friday July 21 & Saturday July 22, 2023 - Task Closed for Winona Seminars & Tourney

Monday July 24, 2023 - Special Event at Task | Celebration of Sensei Demura

- Kids class 6:30 - 7:30 PM
- Teen and adult class 7:45 - 8:45 PM
- No regular classes on Monday July 24.

Friday July 28, 2023 - Advanced Testing at 5PM | Bring your gear (No Matt class)

Friday August 11 - Monday August 14, 2023 - Task is closed for Genbui Kai Seminars and Tourney in Michigan

Saturday August 5, 2023 - Tourney Preparation Course 2PM Task

Sunday August 20, 2023 - Coulee Region Free Tourney



July Testing at Task

July testing takes place at 5 PM Friday July 7 (beginners) and 5 PM Friday July 28 (advanced/ bring your sparring gear). Remember, no matt class on testing nights.



Board Breaking Seminar

Join members of Task Karate in a board breaking seminar on Saturday July 15, 2023 from 2-3:30 PM. Mr. T. will provide tips on how to break boards as well as share the different types of board breaks. Participants will have the opportunity to break *real* boards. This is always a fun, fun event! Open to kids, teens, and adults.

Sign up for this event at Task. The cost for the seminar is \$20. This assists us in offsetting some of the cost of the boards.

Task Closed for 4th of July, Seminars, etc.

Mr. T. doesn't like to miss karate class! However, Task Karate is closed on Tuesday July 4, 2023 in honor of Independence Day. Task will also be closed Friday & Saturday July 21-22 and Friday August 11 - Monday August 14th. Task is closed these days so Mr. T. can participate in Genbui Kai Seminars and Tournaments. Be attending these seminars and tournaments, Mr. T. is able to continue his learning and in turn share what he learns with all of his students.



Mr. T with Genbu Kai Black Belts at a previous seminar.



Celebration of Sensei Demura | 9th dan

Born - 1938 Yokohama, Kanagawa, Japan

Died - April 24, 2023 California, USA

We will be hosting a very special event in honor of Sensei Demura's life and commitment to sharing his love of martial arts with the world. Come learn some of Sensei's favorite techniques & training drills.

Who: All members of the Task Karate Family, Members of Genbui Kai Karate from MN & CA

When: Monday July 24, 2023

- Kids class 6:30 - 7:30 PM

- Teen & adult class 7:45 - 8:45 PM

Where: Task Karate School

Other details/information:

- Wear your uniform
- Sign up at Task
- \$20 fee for participating



Coulee Region Free Tourney & Tourney Prep Class

The Annual Coulee Region Free Karate Tournament takes place Sunday Aug 20, 2023 at Onalaska High School, 700 Hilltopper Pl, Onalaska, Wisconsin 54650. The website for the tournament is

<https://wmaproductionsinc.org/>. Participants are encouraged to pre-register online via the website.

We will be hosting a *Free Tourney Prep Class on Saturday August 5, 2023 at 2PM* | Task Karate.

When participating in martial arts tournaments remember that judges are watching participants even when they aren't competing. This means it is important that you are respectful and a positive ambassador for Task Karate. Finally, don't fidget & have fun while doing your best!

Form (kata) guidance

When your name is called say "yes mam" or "yes sir", walk to the back of the ring and to the center/middle.

Face judges and bow (feet together)

Walk confidently forward and stand in front of judges (five feet away or 2 squares)

Come to attention & bow

Come to chunbi (strong)

“Judges, representing Task Karate. My name is ++++++. My form is ++++++.

Come back to attention (feet together)

Bow to judges

Walk backwards to where you will start your form

Come to attention & bow

Chunbi

Enthusiastically start your form

Hold the last move of your form and pause

Come to Chunbi (facing judges)

Come to attention and bow

Walk backwards to the back center of the ring. Bow. Walk off.



(Note, you may also bow to the next competitor)

Learn to Count in Japanese

Many Task students have asked Ms. Yehle to help them learn to count in Japanese.

Basic Kanji

Lesson 1 - Numbers

一		one	いち	ichi
二		two	に	ni
三		three	さん	san
四		four	よん・し	yon/shi
五		five	ご	go
六		six	ろく	roku
七		seven	なな・しち	nana/shichi
八		eight	はち	hachi
九		nine	きゅう	kyū
十		ten	じゅう	jyū

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Other Japanese terms we often use at Task include the following:

- Hajime - start
- Yame - stop
- Rei - bow/etiquette
- Jodan - head level
- Chudan - chest level
- Gedan - lower level
- Dachi - stance
- Kime - focus
- Kiai - spirit shout
- Kata - form
- Zashin - poise & control



July

- 1st Gordon Helgeson
- 6th Annie Stasiak
- 8th Gavin Miller
- 11th Eli Kemp
- 13th Anne Markos
Braelyn Thorson
- 14th Luke Nian
- 15th Taylor Clayton
- 21st Davis Harrison
- 23rd Mitchell Nyseth
- 28th Kyra Osley



June Rank Promotions

Gold Belt

AJ Sloan

Orange Belt

Green Belt

Kate Mattison

Max Liu

Sarah Morrison

Clayton Morrison

Purple Belt

Dallas Riechel

Red Belt

Ella Johnson

Seamus Johnson

Savanah Kubash

Brown Belt

Roy Bouska

Franklin Bouska

Parker Botcher

Aubrey Crawley

Eli Kemp

Atticus Matty

Evan Matty