

Task Karate May 2021 Newsletter

1501 St. Andrew St., Suite 206, La Crosse, WI 54603

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

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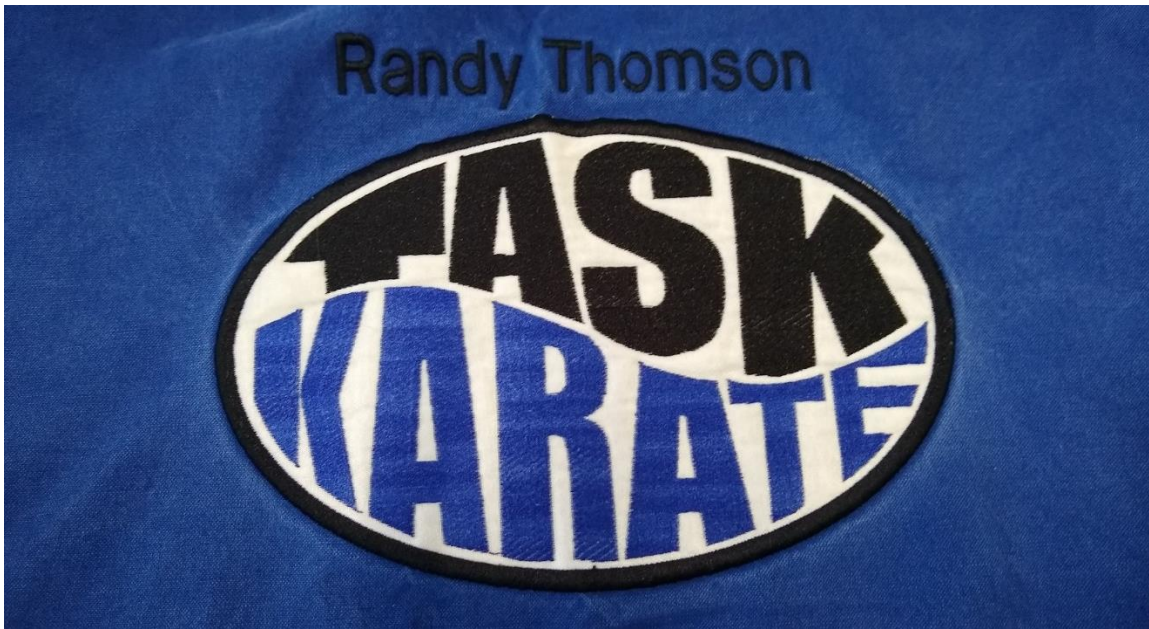
New Schedule!

The new schedule will take effect Saturday, May 8th, 2021. Although things are still not back to “normal” we are bringing back a few of our previous classes. We will still work hard to keep everyone safe, and have to modify some of the techniques for now. Here are a few of the changes.

- Intro classes are for brand new students coming into the program. I would like to be able to give them a good overview of the program before adding them into the group class. We will also use these class periods to give extra help to new students that might be younger, or that need a little extra attention to get use to the routine of karate. In addition, when no new students are in these classes, private lessons can be scheduled. Students that have tried the private lessons seem to enjoy the one-on-one experience. Private lessons are \$30 per hour, or 4 for \$100.
- Sparring classes for kids and the teen/adult group. Sparring has always been an important part of our program. We do what is called “point sparring.” The contact should be light, and there are multiple rules that the students have to follow, as far as what is allowed, etc. A full set of gear is usually required to spar. In the month of May, students can try the sparring class without gear to get a chance to learn how to spar! We usually encourage the students to start sparring at green or purple belt, and in the past, you have had to spar for blue belt and above promotions. I will have more information about sparring, and the gear required coming out soon.
- Mat class teaches elements of grappling skills. How to fall, roll, and do take downs are some of the skills learned. This class can be for any belt level, any age, but it might be a little difficult for beginners, or the youngest students. I feel that it can be a little uncomfortable to learn, because you are on the ground, falling and rolling, or maybe being held down, but these are very important skill to know for self-defense. Students are able to participate up to their comfort level. There is no mat class on testing night, which is usually on the first Friday of the month.
- Testing. We have moved testing to Friday at 5 pm. Testing is usually on the first Friday of the month. Students will be notified when they are eligible to test! We can make special arrangements if students can't attend the scheduled testing time.

Here is a link to the new schedules! Please let me know if you have any questions or concerns!

https://drive.google.com/drive/folders/1HNHERebz7vsEv8C5epc_H2m_iqg20dbZ?usp=sharing



Uniform Monogramming!

No, you can't get a uniform with "Randy Thomson" on it, but you can get one with your name! The cost is \$40, and does not include the uniform. Please order by Friday, May 14th! (If you are ordering a new uniform, let me know by 5/10/21.)

Task Karate Anniversary!

April 2003, we started Task Karate in a small room, teaching on the weekends! May 1st 2003, we went full time! We are at our 3rd location 18 years later. I am so thankful for all the students and their families that have been a part of the Task Karate family!



Mr. T keeping a watchful eye over the students in our first location!

30 Count Nunchaku, Falling, and Sparring Videos!

We worked on nunchaku in class during the month of April! I'd like to continue that in some of the classes in May as well. Here is a link to the 30 Count Nunchaku video that we were working on. It's an old video, sorry about the poor sound!

<https://drive.google.com/file/d/17sfisiXh0gu8aSkvV6gMkIEZ6XyWtnEB/view?usp=sharing>

Links to some videos we did during the lockdown! Here is a video we did on falling, something we learn in mat class.

<https://drive.google.com/file/d/1pAvqtKmxYSGnK7WHAEBzSsi6xrsNHNnM/view?usp=sharing>

Here is a video on sparring.

https://drive.google.com/file/d/14yGOA_5uUJibv4HRo4fkRK9D-wvVZgkg/view?usp=sharing



Sparring, 2004



Motivational Quote!

"Act as if what you do makes a difference. It does." - William James



May Birthdays!

1st Jon Silha

1st Thomas Bryant

3rd Jacob Kind

3rd Brett Nichols

6th Chase Bollom

9th Daniel Jensen

21st Josh Osley

24th Gabe Bakkestuen

26th Jeremiah Gorsett

26th Alivia Kind

30th Andreana Pollock



The last class at our first location, Fall 2004!



April Rank Promotions

Gold Belt

Samson Kittleson

Sebastian Vue

Stella Sievert

Markus Brown

Oliver Hauser

Green Belt

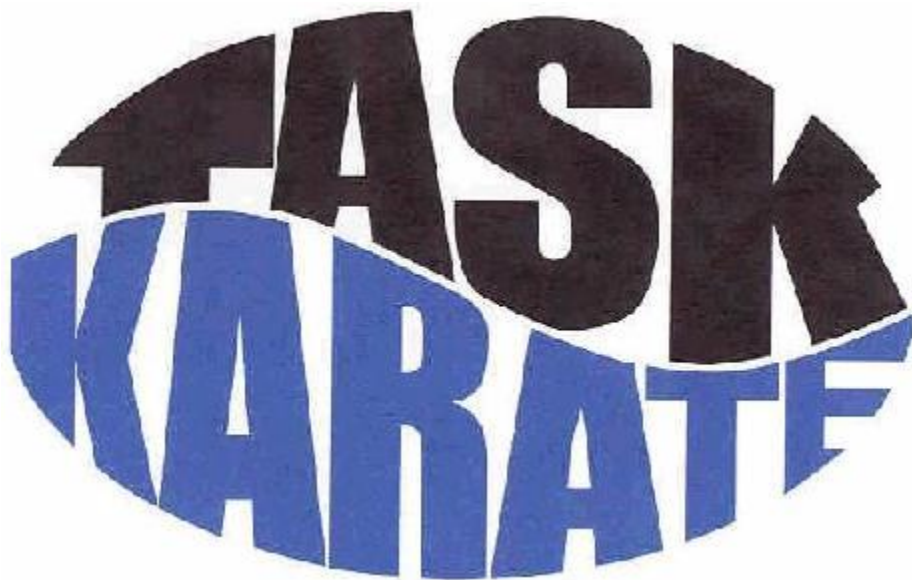
Parker Botcher

Yusef Akbar

Blue Belt

Tristan Hodson

Grace Loizzi



Task Karate, May, 2003 to May 2021~ 18 years!