

# Task Karate Newsletter November 2003

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## Black Belt Promotion

You are all invited to the first ever Task Karate Black Belt Promotion! The test will be held on Saturday, November 8<sup>th</sup>, at 1:30 pm at the Trinity Lutheran Church, 1010 Sill St. in La Crosse. Come cheer on **Megan Richason, Alli Plath, Ethan Proksch, and Brett Nichols**. They have been training very hard and I am confident that they will do very well.

**No classes after 12 noon that day.**

## Birthdays

Two of the Lil' Dragons are having their 6<sup>th</sup> birthday this month! **Tara Smart**, on the 21<sup>st</sup>, and my own Lil' Dragon, **Mason Thomson**, on the 20<sup>th</sup>. HAPPY BIRTHDAY!!!

## Promotions

The following Lil' Dragons have moved up a belt! **Tara Smart**, to Dragon Gold, **Christian Wilder**, to Dragon Orange, and **Austin Peden**, to Dragon Purple. Great Job kids!

## T-Jo's Pizza Food Drive

T-Jo's Pizza is holding a food drive for the local food pantries. Drop off non-perishable food items, and you help to feed others in the community, and could end up feeding your family too! When you donate, you can enter into the drawing for a pizza a week for a year! Second prize is a pizza a month for a year, and third prize is a 6 pizza party! The drawing will be held on December 22<sup>nd</sup> on 100.1 K-Rock. Help out if you can.

## Membership Special

Buy a Karate suit between November 1<sup>st</sup> and November 29<sup>th</sup>, and get free patches for it! Remember, Beginner level students start out with white uniforms. Intermediate and above can wear black. Advanced can wear the red team uniforms, and Black Belts, the custom Blue!

## School Closings

We will be closed November 27<sup>th</sup> for the Thanksgiving holiday, and November 8<sup>th</sup>, after 12 noon, for the Black Belt test.



# Diamond Nationals/Northern Stars

Congratulations to all the competitors at the **Diamond Nationals!** Task Karate had an excellent showing! **Bradly Judkins, Dan Smart, Brian Smart, Megan Richason, Andy Richason, Alli Plath, Brett Nichols, Pam Kaiser, Eli Smith and NJ Smith.** Special congratulations to **NJ** for winning the **National Championship** in the Weapons division!

Also congratulate the competitors at the **Northern Stars Karate Championships.**  
**Pam Kaiser, Brian Smart and Dan Smart.**

## News from Iraq

I found out that one of my Black Belt students from a few years back is stationed in Iraq. I sent him a letter, and here is a little of his reply. "Yes this is definitely a hot place. It has been around 100 to 110 degrees almost everyday by 1200. Amazingly it rained for the first time in 6 months here, and afterwards there was a heck of a light show (lighting). Otherwise things aren't too bad. We run a lot of mission and pull a lot of guard, but that's cool. I guess were coming home someday, but I couldn't tell you when. I'll make sure I stop by and annoy you for awhile! They are sending me to the promotion board to see if I deserve Sergeant. I have no doubt I will do well. As you know, I know how to lead or take charge of people. I'll give 'em my best cause my best is all I've got. If people would like to write that would be cool. There are a lot of guys here that would be interested in that along with me. I appreciate your support. Take care. Brown Out!" If you would like to write to Mike, his address is SPC Michael Brown B TRP 1/3 ACR Unit #91459 APO AE 09320-1459. You can use the same postage as for a regular letter.

## "Diligence is the Mother of Good Fortune."

In this quote above, Spanish novelist Miguel de Cervantes (1547-1616) was talking about not giving up. Sometimes striving to achieve fitness and weight loss goals can seem like a boxing match. You have the desire to win, but even if you're in a great program and are working hard at it, the ups and downs of daily life can work against you like an adversary. Temptations come at you like body blows. If you miss several sessions and gain a few pounds, it's hard to stay confident and optimistic. Setbacks can sap your strength and drain your resolve. Discouraged, you may even feel like quitting. To give yourself a chance, you need to get up off the mat and start fighting again. Like a fighter, as long as you're still throwing punches, you have a chance. Two things can help get you through tough times.

**First,** expect mistakes, problems and disappointments along the way. You can accept that persistence has to be a key part of your strategy to get in shape and lose weight.

**Second,** decide that you simply won't give up-no matter what. You know you have the inner strength to start again-several times, if necessary-to get back on track. People quit all the time, but you don't have to be one of them. After other people have dropped out, you'll among those who continued to get stronger and lose weight.

(This message is from Dennis E. Coates, Ph.D., author of "Thin from Within.")



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