

*Wishing Peace & Happiness
to Every One in 2018...*



Happy New Year!







*Success is Not Final, Failure is Not
Fatal: It is the Courage to Continue
that Counts ...*

Quote From Sir Winston Churchill

Winston Churchill (1874-1965) served as the prime minister of Great Britain from 1940 to 1945 and again from 1951 to 1955. He led Britain's fight against Nazi Germany in World War II.

Churchill was a talented orator, giving many stirring speeches to boost national morale during the war. He received the Nobel Prize in Literature in 1953.

Student Activity Calendar: January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Student Activity Sheet: The Daruma Doll</p> <ul style="list-style-type: none"> What is a Daruma Doll? What lessons can you learn from it? <p>Answer on page 2!</p>		<p>Spirit Training: Jan.2nd & Jan.3rd Classes held on Tuesday [1/2/18] and Wednesday [1/3/18] will be a traditional spirited "welcome back" workout to begin the new year.</p> <p>Winter Olympics: February 2018 Watch for our own 'Karate Olympics' to be held next month! Let's get practicing!</p>				
	<p>1 2018 HAPPY NEW YEAR! New Years Day Closed-No Classes</p>	<p>2 Spirit Training Golden Crane opens with Regular Class Schedule</p>	<p>3 Spirit Training</p>			<p>6 Sparring & Self Defense Skills (Bring your Sparring Gear!)</p> 
7	8	9	<p>10 Sparring & Self Defense Skills (Bring your Sparring Gear!)</p> 	11	12	13
14	15	<p>16 Sparring & Self Defense Skills (Bring your Sparring Gear!)</p> 	17	18	19	20
21	22	23	<p>24 Regular Class Schedule Bring-a-Friend Class @ 5 PM</p>	<p>25 Sparring & Self Defense Skills (Bring your Sparring Gear!)</p> 	26	27
28	29	30	31	 <p>Watch for additional activities to be added to the calendar throughout the month! Coming in February: Karate Olympics</p>		



Student Activity Calendar: January 2018



Welcome Back—Classes at the Golden Crane resume on Tuesday, January 2, 2018!

Spirit-Forged-In-Sweat: Jan.2nd & Jan.3rd - Classes held on Tuesday [1/2/18] and Wednesday [1/3/18] will be a traditional spirited “welcome back” workout to begin the new year. This is a great time to begin anew, focusing on new goals [or resuming old goals that some how never came to fruition!]

Sparring Classes:

Sparring classes have been added, please refer to the front side of the calendar for the exact dates & times.

STUDENT CHALLENGE—Activity Sheet: Traditions in Martial Arts—The Daruma Doll

A popular talisman of good luck, and often used in setting goals, the armless, legless, and eyeless Daruma Doll, or ‘Tumbling Doll’ is usually made of paper mache, and weighted on the bottom so it always stand up, even when pushed over - symbolic of persistence.

Daruma Doll - ‘Nana korobi yaoki’
(fall down seven times, get up eight.)

The Daruma Doll reminds us to never give up on our dreams (& goals).



Challenge – Learn to Set & Achieve a ‘Short Range’ Goal: Pick up a Student Activity Sheet [located at the student information board]!

Students are invited to accept the challenge, setting & achieving a Goal this month—January 2018. Please return the completed sheets by Wed, Feb.14, 2018.

Students successfully achieving their goals, and turning in their completed sheets by the deadline will receive recognition, and extra class credit for their efforts – Thank you, and Good Luck! Questions? Please speak with an instructor – thank you!

Coming in February 2018—Karate Olympics: Watch for our own “Karate Olympics” to be held next month. Start Practicing your techniques and honing your skills... events will include basics, forms, sparring, self defense & more!

Tournament Season Begins SOON!

Students, if you enjoy pushing yourself a little harder to achieve new goals, then consider competing in a karate tournament.

Competition is not required to excel in karate, but it will improve your overall skills in martial arts. It gives you a chance to set goals, and then work towards achieving them.

- Whether challenging yourself to stand alone in a ring, and perform a kata/form in front of your peers...
- Or gear up for sparring, standing in the competitive ring across from another student your age & level, but whom you’ve never sparred, to match wits & skill with...
- The knowledge & confidence that you will gain from these experiences will have an effect on you. It’s not all about winning & losing, although it’s nice to earn a medal or ribbon... it’s about the experience you will take home, the friends you will meet, and the understanding that you will gain.



Watch for time in classes to be added, specifically designed to improved students in competition areas such as Kumite [sparring], Kata [forms], Kobudo [traditional weapons forms]... and even Synchronized Team events.

Questions? Please do not hesitate to email the office, or speak with an instructor directly!

REFERRALS! SPREAD THE WORD! We are asking for your help in promoting the GOLDEN CRANE to your friends, family, class mates at school & co-workers! ... to any one you think might be interested in trying a class in TRADITIONAL KARATE!

We offer a **Free Trial Class** to anyone interested in trying any of these arts!

**Complete details of our referral program are available through the office.*

