



**Wishing Peace & Happiness
to Every One in 2019...**



Happy New Year!

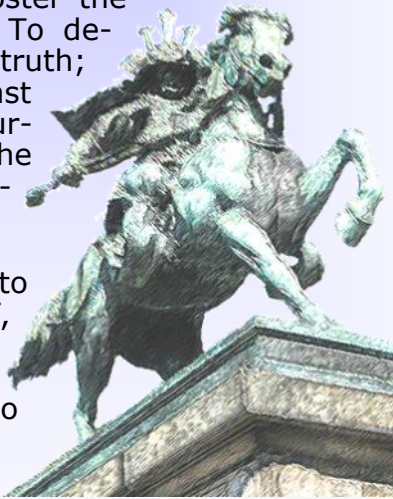
Point to Ponder:

**“The ultimate aim of martial arts
is not having to use them.”**









*Quote by Miyamoto Musashi (1584-1645), a famous
Japanese swordsman, philosopher and writer.*

Dojo Kun: 'To strive for the perfection of
character; To foster the
spirit of effort; To de-
fend the path of truth;
To guard against
impetuous cour-
age; To honor the
principles of eti-
quette'.

Have the skills to
defend yourself,
but the wisdom
to walk through
life not needing to
use them.



Student Activity Calendar: January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Student Activity Sheet: Daruma Doll</p> <ul style="list-style-type: none"> What is a Daruma Doll? What lessons can you learn from it? <p>Answers on page 2!</p>			<p>Spirit Training: The First Week of January 2019 Classes held this week will be a traditional spirited "welcome back" workout to begin the new year.</p> <p>Watch for additional activities to be added this month!</p>			
		<p>1 2019 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>4 Spirit Training</p>	<p>5 Spirit Training Sparring & Self Defense Skills </p>
6	7	8	<p>9  Sparring & Self Defense Skills</p>	10	11	12
13	14	<p>15  Sparring & Self Defense Skills</p>	<p>16 Training-with-Friends! Invite Friends to train with you. Includes All Classes on 1/16/19 & 1/17/19</p>	17	18	19
20	21	22	23	<p>24  Sparring & Self Defense Skills</p>	<p>25  Sparring & Self Defense Skills</p>	26
27	28	<p>29  Sparring & Self Defense Skills</p>	30	31	<p>Student Reminder-Please remember to bring your sparring gear to All Classes! </p>	

For additional details on activities, please refer to the reverse side of the monthly calendar, or visit our website: www.golden-crane.com
and click on the 'Events' Page. goldencrane04@gmail.com (603) 437-2020



Student Activity Calendar: January 2019



Welcome Back! – Classes at the Golden Crane resume on Tuesday, January 2, 2019

Spirit “Forged in Sweat”: Jan.2nd / Jan.3rd / Jan.4th / Jan.5th - Portions of classes held this week 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!]

Training with Friends!: Wednesday, Jan.16th & Thursday, Jan.17th (all classes). Students are invited to bring their friends with them to class on these two days. Friends (& students) can wear comfortable street clothing, as we explore partner training, and self defense skills. Open to all ages. Questions? Please let us know!

Sparring & Self Defense Skills: Students are requested to bring their sparring gear to all classes! This permits students to use their gear for drills, as well as for us to add sparring when enough students are interested in additional practice time.

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

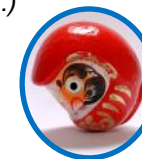
A popular talisman of good luck, and often used in setting goals, the Daruma Doll, or ‘Tumbling Doll’ as it is often called, is usually made of paper mache, and weighted on the bottom so it always stand up, even when pushed over - symbolic of persistence. “Fall Down Seven Times, Get Up Eight!”

Challenge – Learn to Set & Achieve a ‘Short Range’ Goal: Pick up a Student Activity Sheet [coming soon] Students are invited to accept the challenge, setting & achieving a Goal this month—January 2019. Please return the completed sheets by Saturday, Feb.23, 2019.

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!

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).



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.

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.*

