




**Student Activity Sheet**  
 "Daruma: Learning to set and achieve goals"  
*Daruma Doll - Fall down seven times, get up eight.*



Reminder: Activity Sheet Deadline—2/28/19. Questions? Please let us know!

**Karate Tournaments—2019**  
 Competition is optional, but this aspect of sport karate can be exciting, as well as assist students to improve their overall skills.

Interested in learning more? Please sign up for more information today—thank you!

**Bring-a-Friend Week, PLUS+**  
 The week of Tuesday, 2/5—Saturday, 2/9 All Karate Classes are Open to All Rank Levels.




Plus, an open invitation to Friends & Guests to join us for class to experience training in Traditional Karate.



This Includes Classes for ADULTS, TEENS, YOUTH &/OR JUNIORS [ages 5 years & up].

**PLUS+,**  
 Friends & Guests joining us may continue to train for an additional two weeks —FREE! As our Guest!

# Student Activity Calendar: February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><b>"I 'HEART' KARATE" ...</b>            Help us reach out to potential new students, by inviting a <b>Friend or Family Member to our Bring-a-Friend Week</b> (Feb.5 through Feb.9), <b>PLUS+</b>: [PLUS+ Friends &amp; Family Members may continue to train for an additional two weeks—FREE]. Includes Classes for ADULTS, TEENS, YOUTH &amp; JUNIORS [Ages 5 years &amp; up].</p> </div>  </div>						
Watch for additional activities to be added to the calendar throughout the month!						
					1	2 Sparring & Self Defense Skills
3	4	5	6	7 Sparring & Self Defense Skills	8	9
Bring-a-Friend Week, PLUS+2: <b>This week, ALL Classes are Open to ALL Rank Levels</b> , Plus an Open Invitation to Friends & Guests to join us for class to experience training in Traditional Karate.						
10	11	12 Sparring & Self Defense Skills	13	14 Happy Valentines Day! 	15 Sparring & Self Defense Skills	16
17	18	19	20 Sparring & Self Defense Skills	21	22	23 Sparring & Self Defense Skills
24	25	26	27	28	<b>School Vacation Week-</b> The Golden Crane is Open. <b>This week, ALL Classes are Open to ALL Rank Levels</b> , Plus an Open Invitation to Bring Friends to class with you.	

For additional details on activities, please visit our website: [www.golden-crane.com](http://www.golden-crane.com) and click on the 'Events' Page.  
 Email: [goldenCrane04@gmail.com](mailto:goldenCrane04@gmail.com) (603) 437-2020



# Student Activity Calendar: February 2019



## Bring-A-Friend Week, PLUS+: Tuesday, Feb.5 through Saturday, Feb.9, in All Karate Classes.

This week **ALL Karate Classes are Open to ALL Rank Levels.** Plus+ an open invitation to Friends & Guests to join us for class to experience training in Traditional Karate. [This includes Classes for ADULTS, TEENS, YOUTH &/or JUNIORS [ages 5 years & up].]

**PLUS+,** Friends & Guests joining us during this week, may continue to train for an additional two weeks—**FREE !**

## Thursday, February 14—HAPPY VALENTINE’S DAY!

## School Vacation Week: Tuesday, Feb.26 through Saturday, March 2, in All Karate Classes.

This week **ALL Karate Classes are Open to ALL Rank Levels,** Plus an Open Invitation to Bring Friends to class with you.



## 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:** Students are invited to accept the challenge, setting & achieving a Goal. Pick up a Student Activity Sheet [available on the student bulletin board], and return the completed sheets by Thursday, Feb.28, 2019. We will include discussion time in classes as well.

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!



### Golden Crane Referral Program:

Be an Ambassador for the Golden Crane! We value your family’s friendship, and we are sincerely grateful and honored that you have chosen our school.

We want to attract more families like yours too. This is why we launched the Golden Crane Ambassador Program. A referral program designed to attract quality people, like you to our school. It also allows our valued students to share their martial arts experience with their families and friends, as well as a tuition savings for you!

Here’s how it works: Every person [or family] you refer will receive a Two-Week Trial Membership at absolutely no cost! After your referral enrolls in one of our regular program memberships\*, and in appreciation for your support, we will take **\$10 off your monthly tuition** for the entire 1st year of your friend’s membership! For every new family referred [2 or more family members] who enrolls, we’ll take **\$10 off your monthly tuition for EACH of the family members** for the entire 1st year of your referrals membership.

Questions? Please let us know. Complete details of this referral program are available through the office. Thank you!

