



GOLDEN CRANE

Traditional Martial Arts

46 Lowell Rd Ste.#6 Windham, NH 03087



"A punch should stay like a treasure in the sleeve."

It should not be used indiscriminately."

– Chotoku Kyan (Shorin-ryu Karate)


Calendar Highlights:

FRIDAY, MARCH 16th—Escrima Stick Seminar (no previous experience needed, pre-register to attend)

- **5:00-6:00 PM** Youth Students (all ranks)
- **6:15-7:45 PM** Teen & Adult Students (all ranks)

FRIDAY, MARCH 16th—No Karate Classes will be held, in lieu of Seminar.

HAPPY ST. PARTICK'S DAY— SATURDAY, MARCH 17, 2018






 Wear Green to class! Students may train in street clothes. Bring a Friend with you, and dress to match!

FRIDAY, MARCH 23rd—Welcome Spring 'Treasure Hunt', will be held in conjunction with the 5 pm Karate Classes on Friday, 3/23/18.

Watch for more events to come...

Student Activity Calendar: March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Escrima Stick Seminar [Highly Recommended, No Experience Needed, Pre-Register to Attend]: Modern Arnis [Escrima Stick] is an effective self-defense system. Training covers empty-hand self-defense (striking, locking, throwing, etc.) as well as the trademark single and double stick techniques of the Filipino martial arts. Students quickly learn that the stick is an extension of ones hands, building motor coordination & muscle memory skills that aid in self defense.</p> 						
				1	2	3 Sparring & Self Defense Skills 
4	5	6	7	8 Sparring & Self Defense Skills 	9 Sparring & Self Defense Skills 	10
11 Daylight Savings Time Begins at 2 AM Set Clocks Forward 1 Hour!	12	13 Sparring & Self Defense Skills  5:00 PM Youth Class Open to All Rank Levels	14 5:00 PM Youth Class Open to All Rank Levels	15 Sparring & Self Defense Skills  5:00 PM Youth Class Open to All Rank Levels	16 Escrima Stick Seminar (Pre-registration Required) Golden Crane is Closed [3/16]. No Karate Classes	17  Wear Green to Class. Students may train in street clothes. Bring a Friend with you, and dress to match!
18	19	20  First Day Of Spring!	21 Sparring & Self Defense Skills 	22	23 WELCOME SPRING 'Treasure Hunt' Will be held in conjunction with the 5 pm class. Open to Junior & Youth Aged Students! Regular Class Schedule 	24 Sparring & Self Defense Skills 
25	26	27	28 Sparring & Self Defense Skills 	29	30	31

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



Student Activity Calendar: March 2018



Sparring Classes: All Month Long—Remember to bring your sparring gear!

Students are encouraged to remember to bring their Sparring gear with them to all classes. We will be adding sparring to classes throughout the month, and especially when enough students show an active interest in participating. Questions? Please inquire in the office.

MODERN ARNIS [ESCRIMA STICK] SEMINAR—Friday, March 16, 2018

On Friday, March 16, 2018, Golden Crane Karate is pleased to host Sensei Randy Gelo, an experienced practitioner & teacher, as he conducts a Modern Arnis [Escrima Stick] Seminar. Seminar is OPEN to ALL Rank Levels. Read further for seminar details!

Modern Arnis [Escrima Stick] is an effective self-defense system. Training covers empty-hand self-defense (striking, locking, throwing, etc.) as well as the trademark single and double stick techniques of the Filipino martial arts. Students quickly learn that the stick is an extension of ones hands, building motor coordination & muscle memory skills that aid in self defense.



- **Seminar #1: 5:00 to 6:00 PM This seminar is for YOUTH Students**, and is **Open to ALL Rank Levels** (no experience required)
- **Seminar #2: 6:15 to 7:45 PM This seminar is for TEEN & ADULT Students**, and is **Open to ALL Rank Levels** [no experience required)

The cost for this seminar is \$35 for ADULT & TEEN Students, and \$25 for YOUTH Students. There is a sign up sheet on the student bulletin board, at the Golden Crane. Please sign up by March 9th.

For those students who do not have escrima sticks, the sticks will cost \$15. Please have the sticks and seminar paid for prior to the seminar. There will be a minimum attendance required to have the seminar. Please let us know if you have any questions. Thank you!

Instructor Bio: The instructor for this seminar is Master Randy Gelo. Master Gelo started his training in Kenpo Karate in 1983, and In 1995 he opened his own school in Allenstown, NH [Master Gelo's Family Karate]. After opening his school, Master Gelo started taking lessons in Modern Arnis under Grandmaster Remy Presas, and Tai Chi under Mr. John Toy. In 2000, Grandmaster Presas promoted Master Gelo to Eighth Degree.

Schedule Note: Friday, March 16, 2018 - ALL Karate Classes are cancelled at the Golden Crane, in order to host the seminar. **Additionally, we have opened up the 5 PM Youth Classes from Tuesday [3/13] through Thursday [3/15] to All Rank Levels, including Beginners.**



Saturday, March 17—HAPPY ST. PATRICK'S DAY! Wear Green to class! Students may train in street clothes. Bring a Friend with you, and dress to match!



Welcome Spring 'Treasure / Egg Hunt' - Friday, March 23, 2018

It's time for our **ANNUAL SPRING TREASURE / EGG HUNT**, and this year the event will be held on **Friday, March 23rd, in conjunction with the 5 pm Karate Class.**

This hunt for hidden treasures / eggs is **open to ALL Junior, Youth & Teen Students.**

As we hide our "Treasures" throughout the dojo, we wish to reassure our Parents & Students that any "hidden treasure" will be edible items that are safe for students with food allergies. Students & Treasure Hunters alike may wish to bring a small bag to hold all of their discovered "treasure"!

