



# 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:

**School Vacation Week:** Feb.25th through Mar.2nd—Open.



**HAPPY ST. PATRICK'S DAY—**  
Sunday, March 17th, 2019

**FIRST DAY OF SPRING! -**  
Wednesday, March 20th, 2019



**Saturday, March 23rd —** Welcome Spring 'Treasure Hunt', will be held in conjunction with the 10:20 am Karate Classes on Saturday, 3/23/19.

**Watch For More Events To Come...**











**Karate Tournaments—2019**

For information, registration info and a complete list, please visit our website, and click on the 'Events Page'.

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

# Student Activity Calendar: March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Sparring & Self Defense Skills 
February School Vacation Week-The Golden Crane is Open, and <u>ALL</u> Classes will be <u>Open</u> to <u>ALL</u> Rank Levels - Open Invitation to Bring Friends to class with you.						
3	4	5	6	7 Sparring & Self Defense Skills 	8 Sparring & Self Defense Skills 	9 Central Mass Open Karate Tournament [Gardner MA]
10 Daylight Savings Time Set Clocks Forward 1 Hour! 2019 NY Int'l Open Karate Tournament [Flushing NY]	11	12 Sparring & Self Defense Skills 	13 Sparring & Self Defense Skills 	14	15 Youth & Junior Rank Test @ 5 PM <i>Regular class schedule in effect.</i>	16 Sparring & Self Defense Skills 
17 Happy St. Patrick's Day! 	18	19	20 First Day Of Spring! 	21 Sparring & Self Defense Skills 	22	23 <b>WELCOME SPRING 'Treasure Hunt' @ 10:20 am</b> Regular Class Schedule  Green Mtn.Open Karate Tournament [Rutland VT]
24 2019 Kyodai Cup Karate Tournament [West Hampstead NY] 2019 AAU NY Qualifier Karate Tournament [Corona NY]	25	26	27 Sparring & Self Defense Skills 	28	29 Sparring & Self Defense Skills 	30
31 2019 AAU NJ Qualifier Karate Tournament [Morristown NJ]	<u>Students Reminder</u> -Please remember to bring your sparring gear to All Classes! 					

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

# Student Activity Calendar: March 2019

## Sparring & Self-Defense Classes:

Students are reminded 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.

**SPARRING GEAR**— Sparring [Kumite] is an integral part of the curriculum taught, providing an opportunity for students to learn first hand how to combine their techniques, and develop improved coordination and balance, while engaging with a partner in a fun, safe drill. This activity also builds skills that can be applied to self-defense.

Additionally, sparring will be one of the requirements needed to test for the rank level of Orange Belt & Above.

To participate in sparring, each student must have his (or her) own set of sparring gear. Sparring gear may be purchased through the Dojo office, and we encourage students to become involved in sparring early in their training. Students [or their parents] may speak with Kyoshi or Shihan about purchasing their gear at any time.



## Welcome Spring 'Treasure / Egg Hunt' - Saturday, March 23, 2019

It's time for our ANNUAL SPRING TREASURE / EGG HUNT, and this year the event will be held on Saturday, March 23rd, in conjunction with the 10:20 am 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"! Students & Treasure Hunters alike may wish to bring a small bag to hold all of their discovered 'treasure'!

## Upcoming Karate Tournament[s]

Tournament Information Packages & Registration forms are available by visiting [www.golden-crane.com](http://www.golden-crane.com) and 'clicking' on the Events Page. Questions? Have an interest in participating? Please let us know!



### **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!

[\*3 month introductory membership is not considered a regular program membership]

