



# GOLDEN CRANE


Traditional Martial Arts

46 Lowell Rd Ste.#6 Windham, NH 03087

## Calendar Highlights:

**April 3: Intro to Traditional Weapons**  
@ the 5 pm Karate Class. Sign up sheet located on the bulletin board.

**April 3: Regular class schedule** in effect.

**April 12: Escrima (Stick) Seminar:** Pre-registration required.  Sign up sheet located on the student bulletin board.

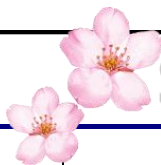
**April 12: No Karate Classes—Closed** (see additional available classes earlier in the week).

**April 16th & 17th: Observation Day.** Parents & Guests are invited to watch their children in class, as they train. Seating will be available, and we ask guests to remove their shoes after entering the dojo—thank you.

**Celebrating 35 Years:** The Karate Kid (1984) is an inspirational movie that tells the story of a bullied teenage boy (Daniel) and how he managed to rise above his teenage problems, with the help of a karate master named Mr. Miyagi.















The movie is full of inspirational lessons, not only for karate, but for life as well.



# Student Activity Calendar: April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>For a Limited Time !</b> Golden Crane <b>Custom Screen Printed GEAR BAGS!</b> Multiple styles, colors &amp; sizes of bags are available for <b>YOU</b> to choose from. Please refer to the Gear Bag Order Form for a complete listing.</p> <p><i>Orders must be received in the office by 8 pm, Wednesday, April 10, 2019. Questions? Please let us know!</i></p>					
	<p><b>1</b> April Fools Day</p>	<p><b>2</b> Sparring &amp; Self Defense Skills </p>	<p><b>3</b> Regular class schedule in effect! <b>Intro to Traditional Weapons @ 5 PM</b> (see listing for info)</p>	<p><b>4</b> Youth &amp; Junior Rank Test @ 5 pm</p>	<p><b>5</b> Sparring &amp; Self Defense Skills </p>	<p><b>6</b> Pioneer Valley Regionals Karate Tournament [Northfield MA]</p>
<b>7</b>	<b>8</b>	<p><b>9</b> Sparring &amp; Self Defense Skills  5 pm Youth Class open to All Ranks</p>	<p><b>10</b> Sparring &amp; Self Defense Skills  5 pm Youth Class open to All Ranks</p>	<p><b>11</b> 5 pm Youth Class open to All Ranks</p>	<p><b>12</b> <b>Closed</b> No Karate Classes <b>Escrima (Stick) Seminar</b> Pre-registration Required</p>	<p><b>13</b> Sparring &amp; Self Defense Skills </p>
<b>14</b>	<p><b>15</b> Patriots' Day </p>	<p><b>16</b> <b>Parents Observation Day</b> 5 PM &amp; 5:50 PM (see listing for info)</p>	<p><b>17</b> <b>Parents Observation Day</b> 5 PM only (see listing for info)</p>	<p><b>18</b> Sparring &amp; Self Defense Skills </p>	<p><b>19</b> Sparring &amp; Self Defense Skills </p>	<p><b>20</b> 2019 AAU Niagara District Karate Tournament [East Syracuse NY]</p>
<p><b>21</b> Easter </p>	<p><b>22</b> </p>	<b>23</b>	<p><b>24</b> Sparring &amp; Self Defense Skills </p>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>School Vacation Week—The Golden Crane is Open. ALL Classes are Open to ALL Rank Levels, Plus an Open Invitation to Bring Friends to class with you.</b></p>						
<b>28</b> Orthodox Easter	<b>29</b>	<b>30</b>	<p><b>Earth Day:</b> "We do not inherit the earth from our ancestors; we borrow it from our children..." <i>Native American Proverb</i></p>			

Please see reverse side of this calendar for details, or visit: [golden-crane.com](http://golden-crane.com) and click on the 'Events' Page. [golden-crane04@gmail.com](mailto:golden-crane04@gmail.com) 437-2020



# Student Activity Calendar: April 2019



**April 3rd: Intro to Traditional Weapons** @ the 5 pm Karate Class, for Youth & Junior students. **All classes will be held as regularly scheduled.**

Several students currently in the Weapons Program will be attending the 5 pm Karate Class to offer a hands on opportunity to students to better understand, and experience what training in traditional weapons has to offer. Material covered will include Etiquette, Forms & Basics!

**Please add your child's name to the sign up sheet**, located on the student bulletin board, so that we may plan ahead for equipment. Thank you. Questions? Please let us know! [We hope to see you there!](#)

## **MODERN ARNIS [ESCRIMA STICK] SEMINAR—Friday, April 12, 2019 (Pre-Registration Required)**



**SEMINARS ARE OPEN TO STUDENTS, FRIENDS & FAMILY—No karate experience needed—ALL ARE WELCOME!**

**On Friday, April 12, 2019, 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—Cost is \$25—This seminar is for YOUTH AGED Students**  
(Appropriate to ALL Rank Levels, No Experience Needed.)
- **Seminar #2: 6:15 to 7:45 PM—Cost is \$35—This seminar is for TEEN & ADULT AGED Students**  
(Appropriate to ALL Rank Levels, No Experience Needed)

### **Instructor Bio: Sensei R. Gelo**

Visit [www.golden-crane.com](http://www.golden-crane.com), and click on our 'Events' Page to view Sensei Gelo's bio, and more!

**A sign up sheet is located on the student bulletin board. Sign up today!**

**No Sticks?** Please speak with the office to purchase a pair of sticks. The cost of the sticks are \$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!

**Schedule Note(s): Friday, April 12, 2019 - ALL Karate Classes are cancelled** at the Golden Crane, in order to host the seminar.

Please take advantage of attending classes on Tuesday [4/9], Wednesday [4/10] & Thursday [4/11] to All Rank Levels. These classes have been opened to ALL Rank levels. Questions? Please let us know! Thank you.

**April 15th: Patriots' Day** - Commemorates the Battle of Lexington and Concord on April 19, 1775. This battle began the American Revolutionary War. It also honors the "Midnight Ride of Paul Revere", that evening when Paul Revere rode through town warning the colonists that "The Red Coats are coming!"

**April 22nd: Earth Day**—Observed annually on April 22nd, Earth Day is a day held to demonstrate and promote environmental awareness and calls for the protection of our planet. Today, Earth Day, 2018 is celebrated in more than 193 countries each year.

### **April School Vacation Week—Bring-a-Friend Week:**

(April 23—April 28, 2018) All classes this week will be held as regularly scheduled. Additionally, all classes will be open to all rank levels. This includes the 5 PM Youth Classes, which all have been opened to All Rank Levels. Questions? Please let us know! Thank you.

**ACTIVITY SHEET— Watch for a New Activity Sheet! Coming Soon....**

