



GOLDEN CRANE

Traditional Martial Arts

46 Lowell Rd Ste.#6 Windham, NH 03087



Happy Mothers Day!

Extending a heartfelt 'THANK YOU!' to all Mothers, for all that you do!

Calendar Highlights:

5/18/19: 'Parents as Partners' Class @ 10:20 am. Parents! Come train with your Child(ren)!

5/25/19: Golden Crane is Closed on this Saturday of the Memorial Day Weekend. No classes will be held.

5/27/19: Memorial Day is a US holiday to honor and remember those who died while serving in the military. It is a day to raise our awareness about the Nation's freedom and the price for this freedom.

6/ 1/19: Golden Crane's "Summer Training Uniform" wear begins. Golden Crane T-shirts are available for sale, through the office.

Move in May — Watch for our Fitness Activity Sheet!



Student Activity Calendar: May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Memorial Day: MONDAY, May 27, 2019 Golden Crane would like to send thoughts of appreciation to those who fought for our freedom and died. There are no words which can fully express our gratitude. Thank you as well to those who serve our country everyday. Thank you to the families who have lost their loved one to the service of our country, or who live daily without those who are serving far from home. Your gift does not go unnoticed.						
			1 Sparring & Self Defense Skills	2	3 Sparring & Self Defense Skills	4 All Classes will be held as regularly scheduled. Worcester Classic Karate Tournament Uxbridge MA
5	6	7	8	9 Sparring & Self Defense Skills	10 Youth & Junior Rank Test @ 5 pm	11 Sparring & Self Defense Skills
12 <i>Happy Mother's Day Mom</i> 	13	14 Sparring & Self Defense Skills	15	16	17 Sparring & Self Defense Skills	18 "Parents as Partners" 10:20 am (see listing for details) KICKS USA Karate Tournament Gardner ME
19	20	21	22 Sparring & Self Defense Skills	23 Sparring & Self Defense Skills	24	25 Memorial Day Weekend Golden Crane is Closed -No Classes-
26 Memorial Day Weekend 	27	28 Sparring & Self Defense Skills	29	30	31	June 1 Summer Training Uniform Begins JUNE 1, 2019

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.
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Student Activity Calendar: May 2019



Memorial Day Holiday: Monday, May 27, 2019

We wish to take a moment to remember, and thank, the men & women who have served their country, and given their lives in service to their Country... Thank you!

Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.

– President Harry S Truman

Sparring Classes: All Month Long—Remember to bring your sparring gear! Students are encouraged to bring their Sparring gear with them to all classes. [Not Yet Sparring? Talk to the Office about the required gear!] 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.

IMPORTANT—SPARRING GEAR: Due to increased liability issues, torn sparring gear may no longer be taped (or glued), but must be replaced. Please refer to the 'Golden Crane Sparring Guidelines' for complete information, or speak with an instructor. Thank you.

Saturday, May 18th : "Parents as Partners" Class @ 10:20 AM. We invite students to bring their parents with them, to train. This includes the Youth and Junior Classes.

Saturday, May 25th: Closed for the Memorial Day Weekend. No classes will be held on Saturday [5/25/19].

"Summer Training Uniform" starts June 1, 2019: Students are welcome to train in our 'Summer Training Uniform' [as of 6/1/19], which consists of our school's BLACK T-Shirt, w/ the Golden Crane logo screen-printed on it, plus regular Gi Bottoms and Rank Belt. Students may also elect to continue training with their regular student uniform/gi [ie.jacket, pants and rank belt].

This year, the 'Summer Training Uniform' will run from June 1, 2019 thru August 31, 2019.

GOLDEN CRANE T-SHIRTS ARE AVAILABLE FOR SALE, THROUGH THE OFFICE. Please inquire in the Office!

Upcoming Karate Tournament[s] See a more complete listing of upcoming tournaments by visiting our website [www.golden-crane.com] and clicking on the 'Events' Page. Scroll down the page, to the section marked 'Karate Tournaments'.

- ◇ Worcester Classis Karate Tournament - Saturday, May 4, 2019 [Uxbridge, MA]
- ◇ KICKS USA Karate Tournament—Saturday, May 18, 2019 [Gardner, ME]
- ◇ 22nd Annual Friendship Karate Tournament— Saturday, June 15, 2019 [Gorham, ME]
- ◇ 13th Annual Summer Spectacular—Saturday, June 29, 2019 [Saco, ME]

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...** Please consider reaching out to family & friends, classmates at school, and co-workers, and spread the word about training in traditional martial arts. Please inquire in the office, for complete details about our referral program, and the benefits—thank you!

