



Happy Fathers Day!
 'Thank You' to all the Fathers,
 for all that you do!



Calendar Highlights:

Friday, 6/1/18: "Summer Training Uniform" wear begins. See page 2 for details.




Friday, 6/1/18: Summer Youth Karate Class Schedule begins. See page 2 for details.

FRIDAY, 6/29/18: 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, 6/29/18: No Karate Classes will be held, in lieu of Seminar.

Student Activity Calendar: JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6/29/18: Escrima Stick Seminar -Highly Recommended, No Experience Needed, Pre-Register to Attend]: An effective self-defense system. Training covers empty-hand self-defense (striking, locking, throwing, etc.). Students quickly learn that the stick is an extension of ones hands, building motor coordination & muscle memory skills that aid in self defense. Additional Details are available on page 2; or visit our website, & click on the Events Page.					1 Summer Training Uniform Begins 6/1/18  Summer Youth Class Schedule Begins 6/1/18	2
3	4	5	6 Sparring & Self Defense Skills 	7	8 Sparring & Self Defense Skills 	9
<div style="border: 2px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> Watch for MORE activities to be added, throughout the month. Visit our website, and click on the 'Events' Page! </div>						
10	11	12	13	14 Flag Day  Sparring & Self Defense Skills 	15	16 Sparring & Self Defense Skills 
17 	18	19 	20 Sparring & Self Defense Skills 	21	22	23
24	25	26 Sparring & Self Defense Skills 	27	28	29 Escrima Stick Seminar (Pre-registration Required) Golden Crane is Closed [6/29]. No Karate Classes	30

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. goldencrane04@gmail.com (603) 437-2020

Student Activity Calendar: JUNE 2018

"Summer Training Uniform": June 1, 2018 thru August 31, 2018.

Students are welcome to train in our 'Summer Training Uniform' [as of 6/1/18], which consists of: Golden Crane T-shirt [Black] with our school logo screen-printed on it, gi bottoms and rank belt.

OR, Students may elect to continue training with their regular student uniform/gi [ie.jacket, pants and rank belt].



Please contact the office if you are interested in purchasing a t-shirt, or if you have additional questions.

YOUTH Summer Class Schedule: June 1, 2018 thru August 31, 2018.

From **June 1, 2018 thru August 31, 2018**, ALL of the 5 PM Youth Karate Classes are opened to ALL Youth Karate Rank Levels [ie. Youth students from White Belt thru Black Belt are welcome to train in any of our scheduled 5 pm Youth Classes]. Pick up a copy of the schedule on our website, or at the school.

Escrima Stick Seminar—6/29/18 [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.). 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. Sign up Today!

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!

Sparring: Please refer to the calendar for days & times dedicated to sparring. Students are encouraged to bring their sparring gear to all classes, as we do use the gear for drills, as well as adding sparring when enough students are interested in practicing.

Rank Testing ... Date[s] to be announced.

Upcoming Karate Tournament[s] See the 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'.

- ◇ June 1-2, 2018: New England Open Karate Tournament. Radisson Hotel [Manchester, NH]
- ◇ August 11, 2018: Martial Arts Summer Open [Claremont, NH]

SUMMER! A great time for Karate

Know a friend, or family member, interested in KARATE?



School is out, and it's a great time to start a new adventure:

Adults, Teen & Youth Classes—
First class FREE.

Then choose:

A] 6-week summer membership offers a flexible start date...

or,

B] 3-month introductory membership.

Questions? Please email us, or inquire in the office —thank you!

*Summer Membership offer redeemable by new students only. May not be combined together, or with any other offers.