

Calendar Highlights:

NH School Vacation Week; and, Bring a Friend Week: Feb.24-Mar.1

We are Open during the School Vacation Week, and Students are encouraged to invite friends & family to train with them!

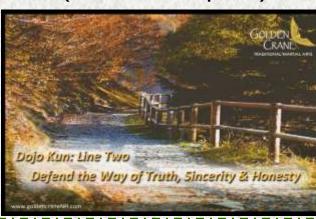
New GC Class Schedule begins 3/1/25.

Please note: The only change is to the Saturday AM classes, which will be starting 30 minutes later.

come Join Us for a FREE Trial Class in any of our other programs, including: IAIDO (Sword) or KOBUDO (Weapons) or COMPETITION/DEMO TEAM.

Please see the calendar for class dates & times. Questions? Please email the office. Thank you.

Monday, March 17—Happy St. Patrick's Day! Wear Green Day! Students may wish to celebrate by wearing Green to Class (Karate Uniforms optional).



Student Activity Calendar: March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb.23 Reminder:	Feb.24	Feb.25	Feb.26 Competition Team* Practice 4:00 pm	Feb.27	Feb.28	1 Competition Team* Practice 11:45 am
School Vacation Week, the Golden Crane is open!	Sch		on Week - ring-a-Frie		ane is Opei	New GC Class Schedule Begins March 1st!
Invite Friends to train with you!	ALL Classes are Open to ALL Rank Levels	ALL Classes are Open to ALL Rank Levels	ALL Classes are Open to ALL Rank Levels	ALL Classes are Open to ALL Rank Levels		ALL Classes are Open to ALL Rank Levels
2 THIS WEEK:	3 Sparring	4	5 Competition Team* Practice 4:00 pm		7	8 Competition Team* Practice 11:45 am
Focus on Forms (Kata)		IAIDO—Free Trial Class today @ 6 PM!	Observation Class Kids @ 5 pm Adult & Teen & 6 pm	KOBUDO—Free Trial Class today @ 4:15 PM!		Free Trial Class COMP.TEAM @ 11:45 am
	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule		IAIDO Shinsa (NJ) Regular Class Schedule
9 Daylight Savings Time Begins! (Set Clocks Forward)	10 Sparring	11 Sparring	Competition Team* Practice 4:00 pm	13 Sparring	14	Competition Team* Practice 11:45 am
THIS WEEK: Focus on Sparring & Body Movement			Sparring			Sparring
IAIDO Shinsa (NJ)	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule		Regular Class Schedule
16	Happy St. Patrick's Day!	18	Competition Team* Practice 4:00 pm	20 Sparring	21	22 Competition Team* Practice 11:45 am
THIS WEEK: Focus on Self Defense Skills	Wear Green Day! At the 5 pm & 6 pm Classes.			First Day of Spring!		Battle of Maine Karate Tournament (Waterville, ME)
& Kata Application	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule		Regular Class Schedule
23 THIS WEEK:	24	25 Sparring	26 Competition Team* Practice 4:00 pm	27	28	29 Competition Team* Practice 11:45 am
Focus on Curriculum Review			Sparring Sparring		7	Sparring
			Rank Test (Adult/Teen)			
20	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule	Regular Class Schedule	100	Regular Class Schedule
30	31					
THIS WEEK: Focus on Instructors Choice			Kids Night Out I March Activity S	Coming in March: Event—Date TBD: (Mo Sheet	ovie, Pizza & Games)	
	Regular Class Schedule					
	+	1	<u> </u>			

For additional details on activities, please refer to the reverse side of the monthly calendar; or visit our website, www.goldencraneNH.com and click on the 'Events' Page. goldencrane04@gmail.com (603) 437-2020



Student Activity Calendar: March 2025



DISCOVER the Many Faces of Traditional Martial Arts!

Come Join Us for a FREE Trial Class in any of our other programs, including: IAIDO (Japanese Sword) or KOBUDO (Traditional Weapons Forms) or COMPETITION/DEMO TEAM.

No experience needed. Come explore a martial arts that you may have heard about but never tried.

Iaido—Tuesday, March 4 @ 6:00 PM; **Kobudo**—Wednesday, March 5 @ 7:10 pm & Thursday, March 6 @ 4:15 pm; **Competition/Demo Team**—Wednesday, March 5 @ 4:00 pm & Saturday, March 8 @ 11:45 am.

Reminder: Our New Class Schedule Begins Saturday, March 1, 2025.

Only the Saturday Class times have been adjusted to start 30 minutes later. Please pick up a copy of the New Class Schedule, or visit our website (www.goldencraneNH.com), and click on the Schedule Page.

COMING IN MARCH 2025—Watch for a KIDS NIGHT OUT Event to be scheduled. Details coming soon!

COMING IN APRIL 2025: SPRING 'EGG HUNT' for Youth and Junior Students, their siblings & Friends!

Upcoming Karate Tournaments;

- Saturday, March 22nd: Battle of Maine Karate Tournament (Waterville, ME)
- Sunday, May 4th: Alliance Karate Tournament (@ Londonderry High School, Londonderry, NH)
- Sunday, May 18th: Shidokan USA Tournament (@ Londonderry High School, Londonderry, NH)

NOTE: AAU (American Athletic Union) Karate Tournaments: The AAU Provides <u>great</u> competition opportunities for students interested in participating in Tournaments that may lead to competition at the Regional, and National Levels; as well as the chance to join the AAU-USA Karate National Team.

- Sunday, March 9th: AAU NJ District Karate Championships (Hopatcong, NJ)
- Saturday, May 3rd: AAU Adirondack District Karate Championships (Troy, NY)
- Saturday, June 1st: AAU Mid-Atlantic District Karate Championships (Bangor, PA)

GOLDEN CRANE **Traditional Martial Arts** Offering Classes in: Karate - Kobudo - Iaido - Competition Team Traditional Martial A Join us for 6 WEEKS -For Ages 4 1/2 years, and older. GOLDEN CRANE Traditional Martial Arts Classes both In-Person & Online **New! Competitive Karate Program** 46 Lowell Rd, Windham NH **FREE Introductory Class**

www.goldencraneNH.com



REFERRALS! Help us to Spread The Word!

Do you know someone who might benefit from Training? Please help us promote The GOLDEN CRANE & Traditional Martial Arts! Invite them to join you for a FREE Trial Class. *Complete details of our referral program are available through the office.



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