

# Student Activity Calendar: January 2025



*Happy New Year! Wishing  
Peace, Happiness & Health  
to every one in the New*

### Calendar Highlights

(Please see Page 2 for additional details)

**January 2025-Student Activity Sheet: Setting Goals!** Pick up an Activity Sheet today! Students will earn class credit, and be entered to win prizes (Jan.1-Feb.1)

**Week of Jan.13-18: Training-w/-Friends!** This includes all karate classes, all age levels. Please help introduce a Friend or Family member to our School!

**Jan.22nd—Observation Day for Parents & Guests:** Includes both the 5:00 pm, and 6:00 pm, classes.

**Feb.2025—Kids Night Out / Parents Night Off!** Watch for details—An evening of fun for kids, while parents enjoy a night out.

**Karate Tournament(s):** Ippone Kick-Off, Sat, Jan.11 in Boxborough, MA. For more info, visit the student bulletin board or visit our website, and visit our 'Events Page'.

### -Point to Ponder-

**"When your temper rises, lower your fists – when your fists rise, lower your temper."**



*Quote by Chojun Miyagi (1888-1953)  
Founder of Goju-ryu Karate do (one  
of the two styles of karate studied at  
the Golden Crane).*

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
<p><b>New Year—New Goals</b> "Nana Korobi Ya Oki" Fall down seven times, get up eight times!</p>  <p>The Daruma is a symbol of perseverance. Pick up an Activity Sheet, Set Your Goals and Get started! (Activity continues Jan.1 through Feb.1, 2025)</p>			<p><b>1</b> <b>Happy New Year!</b> <b>Welcome 2025!</b></p> <p>New Years Day Closed-No Classes</p>	<p><b>2</b> Regular Class Schedule</p>	<p><b>3</b></p>	<p><b>4</b> Competition Team* Practice <b>11:15 am</b> *Interested? Email us for details</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>			
<p><b>5</b> <b>THIS WEEK:</b> Focus on Sparring &amp; Strategies; as well as a study of Body Mechanics &amp; Movement</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>6</b></p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>7</b> Iaido Class Extension (5:30-6:00 pm)</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>8</b> Competition Team* Practice <b>4:00 pm</b> *Interested? email us for info</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>9</b></p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>10</b></p>	<p><b>11</b> Competition Team* Practice <b>11:15 am</b> *Interested? Email us for details</p> <p>Karate Tournament (Boxborough, MA)</p> <p>Regular Class Schedule</p>			
<p><b>12</b> <b>THIS WEEK:</b> 'Dust Off' Week (Curriculum Review!)</p>	<p><b>13</b></p> <p>Regular Class Schedule</p>	<p><b>14</b> Iaido Class Extension (5:30-6:00 pm)</p> <p>Regular Class Schedule</p>	<p><b>This Week, in All Classes: Training-with-Friends!</b></p>			<p><b>15</b> Competition Team* Practice <b>4:00 pm</b> *Interested? email us for info</p> <p>Regular Class Schedule</p>	<p><b>16</b></p> <p>Regular Class Schedule</p>	<p><b>17</b></p> <p>Regular Class Schedule</p>	<p><b>18</b> Competition Team* Practice <b>11:15 am</b> *Interested? Email us for details</p> <p>Regular Class Schedule</p>
<p><b>19</b> <b>THIS WEEK:</b> Focus on Traditional Kata</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>20</b></p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>21</b> Iaido Class Extension (5:30-6:00 pm)</p> <p>Regular Class Schedule</p>	<p><b>22</b> Competition Team* Practice <b>4:00 pm</b> *Interested? email us for info</p> <p><b>Observation Day @ the 5 PM &amp; 6 PM Classes</b></p> <p>Regular Class Schedule</p>	<p><b>23</b></p> <p>6 PM Class tonight includes a session for Dojo Hierarchy (Teachers)</p> <p>Regular Class Schedule</p>	<p><b>24</b></p>	<p><b>25</b> Competition Team* Practice <b>11:15 am</b> *Interested? Email us for details</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>			
<p><b>26</b> <b>THIS WEEK:</b> Focus on Kata Bunkai &amp; Self Defense</p> <p>Regular Class Schedule</p>	<p><b>27</b></p> <p>Regular Class Schedule</p>	<p><b>28</b> Iaido Class Extension (5:30-6:00 pm)</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>29</b> Competition Team* Practice <b>4:00 pm</b> *Interested? email us for info</p> <p><b>Sparring</b></p> <p>Regular Class Schedule</p>	<p><b>30</b></p> <p>Regular Class Schedule</p>	<p><b>31</b></p>  <p><b>New Year - Time to Set New Goals!</b></p>				

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

## Student Activity Calendar: January 2025

**The Week of Jan. 13th through Jan. 18th: Training-with-Friends.** Students are invited to bring friends with them to class. This includes All Classes (including Iaido, Kobudo and Competition Team).

**HELP US REACH NEW STUDENTS**, and promote the Benefits of Traditional Martial Arts to others.

Your Guests will receive a Free Trial Class, followed by 2 Weeks of Free Training for them to fully experience what the Golden Crane has to offer. Questions? Please contact the office—thank you!

**Wednesday, Jan. 22nd—Observation Day for Parents & Guests:** Includes both the 5:00 pm, and 6:00 pm, classes. Come join us! Seating will be available (*we ask our guests to please remove their shoes after entering, and prior to stepping in to the training area—thank you!*).

### NEW YEAR—NEW GOALS: DARUMA Activity Sheet. Jan.1 through Feb.1, 2025

The Daruma perfectly illustrates the Japanese proverb "nana korobi ya oki" which can be translated as "**fall seven times, get up eight times**". In other words, it is important to remember that, when setting goals, no matter how many times you fall short of your goal, it's important to 'dust yourself off' and keep on trying. (ie. Never Give Up!)



The Daruma is a lucky charm, but above all it is a **powerful symbol of perseverance.**

**Pick up a GC Daruma Activity Sheet** from your instructor. **Set Your Goal, Color Your Daruma, and Get Started!**

Activity runs from Jan.1—Feb.1, 2025. Please return all completed sheets to the office by Wed, Feb.5th, to earn extra class credit; Additionally, students will be entered to win prizes. Questions? Please email us, or speak with an instructor. Thank you!

**Tournament: Jan.11, 2025 Ippone Kick-Off Karate Tournament** (Boxborough, MA) - details posted on the student bulleting board, and online (visit our Events Page). More Tournaments to be posted!

**Iaido Students**—In January, add'l practice time has been added on Tuesday evenings, from 5:30-6:00 pm (in addition to the regular Iaido class from 6-7:15 pm) in preparation for the upcoming Seminars/Testing in Mar.2025.

**Thurs, Jan.23** - At the 6 PM Class, a portion of the class will be dedicated to Dojo Hierarchy (Teachers) Training. Please note the class will also be open to training for All Levels of Adult & Teen students. Both Classes will be held simultaneously. Questions? Please inquire in the office—thank you!

### COMING IN FEBRUARY:

**Kids Night Out/ Parents Night Off!** Watch for details—an evening of fun for kids ages 5-13 years old, while parents enjoy a night out together.



**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.*



**Golden Crane's Fundraiser**  
To Benefit The NH Food Bank:  
From Dec.2024



**Thank you for your support!**  
**We Raised \$865!**  
**Thank You!**

Your donations help make a difference!  
Every dollar donated provides 2 Meals!

**Karate: Bringing Traditional Values  
to a Modern Day World!**

**HOLIDAY SPECIAL**  
**\$49** (Includes Uniform & Belt)  
\*New Students Only

www.goldencraneNH.com Gift Memberships Available!

Values listed on tree: Honesty, Courtesy, Integrity, Concentration, Perseverance, Respect, Obedience, Self-Discipline, Humility.

**Our 6-Week Holiday Special Continues  
through Jan.31st!**