



GOLDEN CRANE
Traditional Martial Arts
Windham, NH 03087

Wishing you, and your family...
Peace,
Happiness & Good Health
in the New Year!

Calendar Highlights

(Please see Page 2 for additional details)

January 2026-Student Activity Sheet: Setting Goals! Pick up an Activity Sheet today! Students will earn class credit. (Jan.1-Feb.14)

Week of Jan.12-17: Training-w/-Friends!
This includes all Karate Classes, all age levels. Please help introduce a Friend or Family member to our School!

Class Schedule Expands: Enjoy new classes on Wed. mornings & Friday evenings!

Jan.21—Observation Day for Parents & Guests: Includes both the 5:00 pm, and 6:00 pm, classes.

Competition Team Practices: Unless otherwise noted, Team Practices are held every Wed @ 4 PM; and, Sat @ 11:45 AM

See Page 2 for more events!



Student Activity Calendar: January 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		New Year—New Goals "Nana Korobi Ya Oki" Fall down seven times, get up eight times! The Daruma is a symbol of perseverance. Pick up an Activity Sheet, Set Your Goals and Get started! (Activity continues Jan.1 through Feb.14, 2026)		1 Happy New Year! Welcome 2026! New Years Day Closed-No Classes	2 NEW! Classes on Fridays! 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class	3 Sparring
4 THIS WEEK: Focus on Sparring & Strategies; as well as a study of Body Mechanics & Movement	5 Sparring	6 Sparring	7 NEW! 11 AM Adult & Teen Karate Class every Wednesday!	8 Sparring	9 NEW! Classes on Fridays! 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class	10 Sparring
11 THIS WEEK: 'Dust Off' Week (Curriculum Review!)	12 Regular Class Schedule	13 Regular Class Schedule	14 NEW! 11 AM Adult & Teen Karate Class every Wednesday!	15 Regular Class Schedule	16 NEW! Classes on Fridays! 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class	17 Regular Class Schedule
18 THIS WEEK: Focus on Traditional Kata	19 AAU New Jersey State Karate Championships	20	21 NEW! 11 AM Adult & Teen Karate Class every Wednesday! Observation Day @ the 5 PM & 6 PM Classes	22	23 NEW! Classes on Fridays! 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class	24 Sparring
25 THIS WEEK: Focus on Kata Bunkai & Self Defense	26	27 Sparring	28 NEW! 11 AM Adult & Teen Karate Class every Wednesday!	29	30 NEW! Classes on Fridays! 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class	31 Regular Class Schedule

For additional details on activities, please visit our website: www.goldencraneNH.com and click on the 'Events' Page.
GoldenCrane04@gmail.com (603) 437-2020

Student Activity Calendar: January 2026

The Week of Jan. 12th through Jan. 17th: 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. 21st—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.14, 2026

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.14, 2026. Please return all completed sheets to the office by Sat, Feb.14th, to earn extra class credit; Please email us, or speak with an instructor. Thank you!

Tournaments: Details posted on the student bulletin board (and online, at goldencraneNH.com)

- ◊ Sun, Jan.18: AAU New Jersey State Karate Championships (Succasanna, NJ)
- ◊ Sat, Feb. 6: Ippone Kick-Off Karate Tournament (Boxborough, MA)
- ◊ Apr.3-5: WUKF/AAU 3rd Annual North American Open (Las Vegas, NV)
- ◊ Sun, Apr.26: AAU New England Karate Championships (Location:TBD)
- ◊ Visit our Tournament Bulletin Board for more upcoming tournaments...

Iaido Students—Please watch for add'l practice time to be added in preparation for the upcoming Seminars/Testing in Mar.2026.



COMING IN FEBRUARY: Watch for details on activities and challenges to be held in the month of February!

Valentine's Day Fun: (Feb.14, 2026):

Chinese New Year: The Year of the Red Horse! (Feb.17, 2026):

Winter Olympics (Feb.6-Feb.22): To be held this winter in Italy !

Golden Crane's Fundraiser
To Benefit The NH Food Bank:
From Dec.2025

**Thank you for your support!
With your help we were
able to Raise \$1635!**



Thank You!

Your donations will help make a difference! For so many families in need this winter. Thank you!

Karate: Bringing Traditional Values to a Modern Day World!



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



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.*

