



Calendar Highlights:

April School Vacation: The Dojo is OPEN. All Classes will be held as regularly scheduled.

Apr.21-27th: For the school vacation week students are welcome to INVITE FRIENDS to class with them. Applies to all Age Levels!

Ken-jutsu 3.0-A 5 wk Sword Class for All Levels: Our exciting Sword Class returns with new material! No experience required, and non-martial artists may participate. Watch for details coming soon.

Upcoming Tournament(s):

- 4/20-AAU Adirondack Karate Tournament (Troy NY)
- 4/21-AAU Mid-Atlantic Karate Tournament (Bangor PA)
- 5/5-Alliance Karate Tournament (Londonderry NH)
- 5/19-Shidokan USA Karate Tournament (Londonderry NH)

Note: Practice will be available in-class, for those who wish it, to help them prepare.

Kids Parties! Available at the Golden Crane!

Whether it's to Celebrate a Birthday! Or, a Special Event! Look no further... we can put together a party that will be non-stop fun from start to finish!

With various themes & options to select from, we can ensure your party will be memorable!

Golden Crane Families, **SAVE \$50** off the price of our Parties.

Contact the office to schedule your party.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Easter Sunday THIS WEEK: Focus on Instructors Choice Regular Class Schedule	1 Regular Class Schedule	2 Regular Class Schedule	3 Competition Team* Practice 4:00 pm Sparring Regular Class Schedule	4 Regular Class Schedule	5 Regular Class Schedule	6 Competition Team* Practice 11:15 am Sparring Regular Class Schedule
7 THIS WEEK: Focus on Curriculum Review & Kumite [Sparring] Regular Class Schedule	8 Sparring Regular Class Schedule	9 Sparring Regular Class Schedule	10 Competition Team* Practice 4:00 pm Sparring Regular Class Schedule	11 Sparring Regular Class Schedule	12 Regular Class Schedule	13 Competition Team* Practice 11:15 am Sparring Regular Class Schedule
14 THIS WEEK: Focus on Forms (Kata) & Bunkai (Kata Applications) Regular Class Schedule	15 Sparring Patriots' Day Regular Class Schedule	16 Regular Class Schedule	17 Competition Team* Practice 4:00 pm Regular Class Schedule	18 Sparring Regular Class Schedule	19 Regular Class Schedule	20 Competition Team* Practice 11:15 am AAU Adirondack Karate Tournament (Troy NY) Regular Class Schedule
21 AAU Mid-Atlantic Karate Tournament (Bangor PA) Reminder: School Vacation Week, the Golden Crane is open! Invite Friends to train with you!	22 ALL Classes are Open to ALL Rank Levels	23 ALL Classes are Open to ALL Rank Levels	24 Competition Team* Practice 4:00 pm ALL Classes are Open to ALL Rank Levels	25 ALL Classes are Open to ALL Rank Levels	26 ALL Classes are Open to ALL Rank Levels	27 Competition Team* Practice 11:15 am ALL Classes are Open to ALL Rank Levels
28 THIS WEEK: Focus on Self-Defense Regular Class Schedule	29 Regular Class Schedule	30 Sparring Regular Class Schedule	May 1 Competition Team* Practice 4:00 pm Sparring Regular Class Schedule	May 2 Regular Class Schedule	May 3 Newly Updated: Ken-jutsu 3.0 - A 5-Week Sword Class For All Levels Starts May 3rd!	May 4 Competition Team* Practice 11:15 am Regular Class Schedule

School Vacation Week - Golden Crane is Open Bring-a-Friend Week

ALL Classes This Week Are Open To ALL Rank Levels

For additional details on activities, please visit our website: www.goldencraneNH.com and click on the 'Events' Page.
 Email: goldencrane04@gmail.com (603) 437-2020



Student Activity Calendar: April 2024

NH School Vacation Week: Apr.21-Apr.27: Open for Classes! The Golden Crane is OPEN during the school vacation week, and holding classes. For this week only, ALL KARATE CLASSES will be Open to ALL Rank Levels (this includes the Wednesday & Thursday classes).

PLUS, for the school vacation week, Students are invited to BRING FRIENDS!

Coming Soon! Ken-Jutsu-Level I & II Course

Our Exciting 5-Week Sword Course is returning, with classes for BOTH Level I AND Level II



Students.

Watch for additional details on dates & times. **The first class starts MAY 3, 2024!!**

Contact the office, or add your name to the sign up sheet (located on the bulletin board). Questions? Please email the office.

Weekly Themes: This month, watch for "themes" to be added to the weeks of training, in all classes. We believe this extra line of communication, will be helpful. Have ideas on what you would like to see added to classes? Questions? Please email us, or speak with an instructor. Thank you!

Summer Olympics: With the coming this Summer of the 2024 Olympic Games in Paris, in August, we will be bringing back our own 2024 Karate Olympics, right here at the Golden Crane. Watch for details ahead!



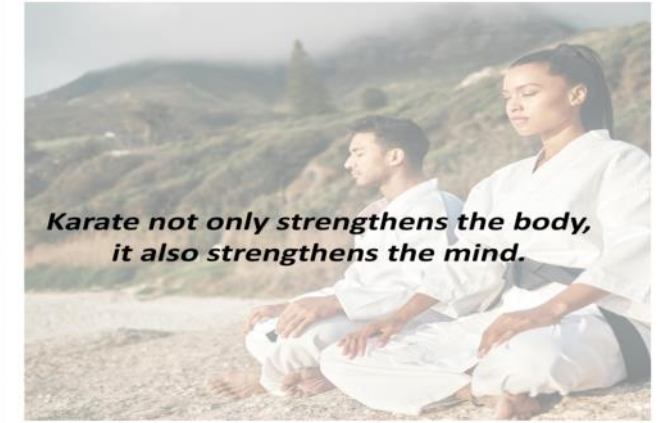
Always fun, and definitely challenging, we'll have our own 'Olympic relay races', 'timed obstacle course', and more. Have an idea for an event? Please let your instructor know. We'll take your suggestions seriously and you may see your idea as an 'official' event.

Upcoming Karate Tournaments: For a complete listing of events, visit goldncraneNH.com, and click on our 'Tournament Bulletin Board' Page.

Note: Practice Time will be available in-class, for those who wish it, to help them prepare... OR, TRY OUR COMPETITION CLASS! Speak with an Instructor, or Contact the Office, to Learn More.

Competition Practice Classes: Open to students who enroll in our Competition Program. These classes offer students of all ages, and all rank levels, the opportunity to prepare for upcoming tournaments. Students will work with dedicated Coaching Staff to improve on their forms, body mechanics and performance in Kata, Kumite & Kobudo. **Please check the front side of this monthly calendar for class dates & times.**

Questions? Please email the office. Thank you.



An Invitation to Join Us!

This is a Great Time to Introduce a Friend to the Benefits of Training at the Golden Crane!

This is a personal invitation to **YOU**, to 'Bring a Friend or Family Member' to join you for class.

Your Guest's First Class, with you, is Free!

Then, they may choose to continue training with one of our Introductory Memberships:

- Select either our;
 - **6-Week Trial Membership**, OR,
 - **3-Month Introductory Membership***..
- (*Includes a FREE Karate Uniform & Belt)



*For New Karate Students, ages 5 years and older, includes Free Uniform & Belt; For New Iaido Students, ages 11 years and older; For New Kobudo Students, must have a minimum Rank of Blue Belt, or above, or previous martial arts experience.



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

