

**Fundraiser to Benefit the NH Food Bank: Dec.1-16, 2023**

*Part of martial arts training, and Black Belt spirit, is the discipline and generosity to help our community.*

Over the last 18 years, Golden Crane has raised food donations for the Food Bank many times to facilitate this understanding and training.

Please consider donating! Please leave a cash, or check donation, in the office (please make checks out to the NH Food Bank). **Last Year We Raised: \$2043!**

**Thank You!**

(please visit [www.goldencraneNH](http://www.goldencraneNH), and click on the Events Page for complete info.)

**Thank you, Hanshi & Sensei**

**Upcoming Events**

For more info, please read the reverse side of the calendar.

**12/13: Parents Observation Day**—At the 5 pm Youth & Junior Classes.

**12/16: Final Day** for our Food Bank Fundraiser: Thank you Everyone, for your generosity!

**12/20: Dojo Party for the Holidays:** We look forward to enjoying an evening of food & socialization with you, and your family! Please watch for details to be posted. Thank you!

**12/30: Final Training Class for 2023:** Join us for a final class, and training with friends. 9:15-10:00 am Youth & Junior  
10:15-11:30 am Adult & Teen

# Student Activity Calendar: December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Fundraiser To Benefit The NH Food Bank: Dec.1-16th, 2023</b> Last year Golden Crane raised <b>\$2043. THANK YOU!</b> This year we would like to beat that Goal!</p> 						
<b>3 THIS WEEK:</b> Focus on Sparring & Strategies; as well as a study of Body Mechanics & Movement Regular Class Schedule	<b>4</b> Regular Class Schedule	<b>5</b> Sparring Regular Class Schedule	<b>6</b> Competition Team* Practice 4:00 pm *Interested? email us for info Sparring Regular Class Schedule	<b>7</b> Regular Class Schedule	<b>8</b> Regular Class Schedule	<b>9</b> Competition Team* Practice 11:15 am *Interested? Email us for details Sparring Regular Class Schedule
<b>10 THIS WEEK:</b> Focus on Traditional Kata Regular Class Schedule	<b>11</b> Sparring Regular Class Schedule	<b>12</b> Regular Class Schedule	<b>13</b> Competition Team* Practice 4:00 pm *Interested? email us for info <b>Parents Welcome Observation Day</b> @ the 5 PM Class Regular Class Schedule	<b>14</b> Sparring Regular Class Schedule	<b>15</b> Regular Class Schedule	<b>16</b> Competition Team* Practice 11:15 am *Interested? Email us for details <b>FINAL DAY!</b> <b>Fundraiser to Benefit the NH Food Bank</b> Regular Class Schedule
<b>17 THIS WEEK:</b> Focus on Kata Bunkai & Self Defense Regular Class Schedule	<b>18</b> Make-up Competition Team* Practice 4:00 pm *Interested? email us for info Regular Class Schedule	<b>19</b> Sparring Regular Class Schedule	<b>20</b> <b>Dojo Party for the Holidays</b> Watch for Details! No Classes	<b>21</b> Regular Class Schedule	<b>22</b> Regular Class Schedule	<b>23</b> Competition Team* Practice 11:15 am *Interested? Email us for details Sparring Regular Class Schedule
<b>24 Christmas Eve</b>	<b>25 Christmas Day</b> Closed—No Classes	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30 Join Us!</b>  We've added a Final Training Class for 2023 9:15-10:00 am for Youth & Junior 10:15-11:30 am for Adult & Teens 
<b>31</b>  New Years Eve Closed-No Classes	<b>Jan.1</b> <b>Happy New Year!</b> <b>Welcome 2024!</b> New Years Day Closed-No Classes	<b>Jan.2</b> Golden Crane reopens for classes Jan.2, 2024, with our regular class schedule	<b>Wishing everyone a Peace Filled and Happy Holiday Season, and a Healthy &amp; Happy 2024!</b>			

For additional details on activities, please refer to the reverse side of the monthly calendar, or visit us our website: [www.goldencraneNH.com](http://www.goldencraneNH.com) and click on the 'Events' Page. GoldenCrane04@gmail.com (603) 437-2020



# Student Activity Calendar: December 2023

## Happy Holidays!



### FUNDRAISER to Benefit the NH Food Bank: Dec.1-16, 2023:

**Part of martial arts training, and Black Belt spirit, is the discipline and generosity to help our community.** This year, Sensei and I would like to extend to you the opportunity to make a monetary donation to the NH Food Bank. Please consider donating! Please leave a cash, or check donation, in the office (*please make checks payable to the NH Food Bank*).  
**Thank you, Hanshi & Sensei**



### Holiday & Special Events:

**Wednesday, 12/13/23 @ 5 PM. PARENTS WELCOME—Observation Day.** Parents & friends are invited to come in and watch their child train.

**Wednesday, 12/20/23: DOJO PARTY for the HOLIDAYS!:** We look forward to enjoying an evening of food & socialization with you, and your family! **Come join us for a night of dojo camaraderie!** Please watch for details to be posted. Thank you!

**Saturday, 12/30/23: JOIN US—FINAL TRAINING CLASS for 2023:** Let's finish the year strong with an end of the year workout! (and, training will help us shed those pounds we gained over the Holiday!)  
Youth & Junior Students: 9:15-10:00 am,  
Adults & Teen Students: 10:15-11:30 am.

**HOLIDAY GIFT SHOPPING? There's still time to place an order!**

**HOLIDAY GIFT MEMBERSHIPS are still available!** Imagine a child's eyes as they unwrap your gift and find inside the box a brand new karate gi & belt, and a gift card for classes in Karate (or Iaido). Contact the office for details! **[BONUS: Purchase a gift membership by 12/16/23, and receive 2 add'l weeks Free—that's 6 weeks of classes!]**

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

**GOLDEN CRANE**  
Honesty  
Courtesy  
Integrity  
Concentration  
Perseverance  
Respect  
Obedience  
Self-Discipline  
Humility

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

www.goldencraneNH.com Gift Memberships Available!

### Winter Holiday Break:

The **Golden Crane** will be closed from Dec.24-29, 2023; Open Dec.30th for a Special 'End of the Year Workout; then Closed Dec.31, 2023-Jan.1, 2023, We will reopen for classes on Tuesday, January 2, 2024.

**We wish everyone a wonderful holiday season, and a Happy New Year!**



For additional details on activities, please visit our website: [www.goldencraneNH.com](http://www.goldencraneNH.com) and click on the 'Events' Page.

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