

Calendar Highlights:

Oct.1—Youth & Junior Rank Testing @ 5 pm:
Sunday in October: GC Dojo Outing—Spooky World / Nightmare New England (Litchfield, NH): Tentative Date (10/12). Watch for more Details & a Sign up Sheet.

Oct.13—Columbus Day: The Golden Crane is open, and holding classes

Oct.18—Harvest Festival @ Griffin Park, Trick or Treat from 1-4 PM!

Oct.25—Adult & Teen Rank Testing; & Black Belt Testing @ 10:45 am: All Classes will run as scheduled.

Oct.29—Kids Halloween Festival @ 5 pm. For Youth & Junior ages, Friends are welcome to attend (see page #2 for details)

Oct.31—Happy Halloween! Dojo Closed—No Classes on Halloween. We wish everyone a great night of Trick-or-Treating!

Coming Soon:

New Date! Nov.1—GC Special Event: Shiai (Tournament): Join us for a Practice Class on understanding (and improving performance) at a Tournament; Includes our own 'In-House Tournament). See page 2 for details; Registration Forms are now available.

Nov.16—Alliance Karate Tournament: (@ LHS, Londonderry, NH). This Event is highly recommended to Golden Crane Students of All Ages & All Rank Levels.

Interested? Pick up a registration form today!

Coming Soon: GC Jackets, Sweatshirts, and more!
 Order forms coming soon...



 Student Activity Calendar: October 2025 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sept.28 	Sept.29 Sparring  Regular Class Schedule!	Sept.30 Regular Class Schedule!	1 Competition Team* Practice 4:00 pm *Interested? email us for info Youth & Junior Rank Test @ 5 pm Regular Class Schedule!	2 Regular Class Schedule!	3 Iaido Seminar: NY (10/3-10/5) NEW: October Classes 6:00 PM Adult & Teen Karate Class Note: NO Iaido Class on 10/3, due to NY Seminar (see above)	4 Iaido Seminar: NY (10/3-10/5) Competition Team* Practice 11:45 am *Interested? Email us for details Sparring  Regular Class Schedule!
5 Iaido Seminar: NY (10/3-10/5)	6 Regular Class Schedule!	7 Sparring  Regular Class Schedule!	8 Competition Team* Practice 4:00 pm *Interested? email us for info Sparring  Regular Class Schedule!	9 Regular Class Schedule!	10 NEW: October Classes 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class Regular Class Schedule!	11 Competition Team* Practice 11:45 am *Interested? Email us for details Regular Class Schedule!
12 Tentative Date: GC Dojo Outing to Spooky World / Nightmare New England (Litchfield, NH) Watch for Details - Including a Sign up sheet on the bulletin board.	13 Columbus Day  Sparring  Regular Class Schedule!	14 Sparring  Regular Class Schedule!	15 Competition Team* Practice 4:00 pm *Interested? email us for info Sparring  Regular Class Schedule!	16 Sparring  Regular Class Schedule!	17 NEW: October Classes 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class Sparring  Regular Class Schedule!	18 Competition Team 11:45 am –12:15 pm Only 2025 Harvest Festival @ Griffin Park 'Spooky Spectacular' Karate Tourn (So.Portland, ME) Regular Class Schedule!
19 	20 Sparring  Regular Class Schedule!	21 Regular Class Schedule!	22 Competition Team* Practice 4:00 pm *Interested? email us for info Sparring  Regular Class Schedule!	23 Regular Class Schedule!	24 NEW: October Classes 6:00 PM Adult & Teen Karate Class 7:00 PM Iaido Class Regular Class Schedule!	25 Competition Team* Practice 11:45 am *Interested? email us for details Adult & Teen Rank Testing @ 10:45 am Regular Class Schedule!
26 	27 Sparring  Regular Class Schedule!	28  Regular Class Schedule!	29 NO Competition Team Practice Today (10/29)! 5 PM Kids Halloween Festival Dress Up as your 'Favorite' Characters! Bring Friends! Regular Class Schedule!	30 Sparring  Regular Class Schedule!	31 Happy Halloween  Dojo Closed—NO Classes! Happy Halloween! Have a 'Hauntingly' Great Time Everyone!	Nov. GC Special Event Shiai (Tournament) Everyone is Invited! Join us for a Practice Class on understanding Tournaments, including our own In-house Tournament! Sign Up Today! Pick up a registration form... Regular Class Schedule!

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: October 2025

New Date: SATURDAY, NOVEMBER 1—GC Special Event: Shiai (Practice In-House Tournament & "Prep" Class):

Everyone is Invited! On **Saturday, Nov.1**, our Competition Class will be formatted towards understanding what a tournament is, **helping students to 'train' for competition, and then the students will participate in an actual 'Karate Tournament'**. Medals will be awarded to everyone! Parents & Guests are welcome to attend, and watch. Registration Forms are available. Sign-up Today.

Please note: **This event is also a Competition Team Fundraiser.** GC Students who wish to participate—\$5 (for 2 or more family members participating, the maximum Cost is \$10 per family). For more information, please check out the Tournament Registration Form, or speak with an instructor.

SUNDAY in OCTOBER: GC Dojo Outing—Spooky World / Nightmare New England (Litchfield, NH): Tentative Date (10/12). Watch for more Details & a Sign up Sheet.

WEDNESDAY, OCTOBER, 29th_KIDS HALLOWEEN FESTIVAL @ 5 pm; INVITE YOUR FRIENDS!

For Junior, Youth and Teen Students; Invite Your Friends! Join us for a Celebration of Fall & Halloween in the Dojo. Dress up as your favorite character, superhero, or wear street clothes!

THIS IS DESIGNED TO BE A FUN EVENT! Activities include: OBSTACLE COURSE, & SKILLS DRILLS! Schedule Note: The 4 pm competition class is cancelled* on 10/29, all other classes will be held as scheduled.



Highly Recommended!

Sunday, Nov.16th—Alliance Karate Tournament (@ LHS, Londonderry, NH). This Local Event is highly recommended to Golden Crane Students of All Ages & All Rank Levels.



Never competed before, but have an interest? We will be adding additional time in all classes to help students learn more about competition, and get their techniques prepared.

Interested? To attend, please add your name to Our Sign Up

Sheet (located on the student bulletin board) as part of our GC TEAM!

To Compete, Students will need to register online. Visit: www.alliancetournaments.com , selecting from different events to compete in (Kata, Kumite, Kobudo, Musical Forms... and more)

Questions? Please speak with an Instructor, or email the office—thank you!



Referrals! Please Help Us Promote The GOLDEN CRANE & Traditional Martial Arts

Invite Friends & Family to join you for a FREE Trial Class. Your referral will also receive 2 add'l weeks of Free! (*Complete details of our referral program are available through the office.)

About the AAU (Amateur Athletic Union), and it's Karate Program.



The AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs.

Since 1888, the AAU has raised tomorrow's leaders on today's playgrounds. The AAU is not just about sports. For every athlete who attains professional status after AAU, there are hundreds more who apply their AAU experience elsewhere. What they gain is much more valuable than athletic glory.

"Sports for All, Forever" has been our focus and drive for more than 130 years and counting. It's more than a motto – it's our vision for sports in the United States and beyond. Join the nearly 800,000 AAU members and compete in one of our 50+ sport programs across the nation today.

Contact the Golden Crane Office for more details on participating in AAU Tournaments.

GOLDEN CRANE TRADITIONAL MARTIAL ARTS

Could YOUR CHILD Benefit From Being:

- 1) Healthy, Fit and Active!
- 2) Respectful!
- 3) Confident!
- 4) Focused and Organized!

What If YOUR CHILD Could Learn:

- 1) How to Stay Safe Against Bullying!
- 2) The Importance of Goal Setting!
- 3) Good Social Skills!
- 4) How to Relax, and Relieve Stress & Anxiety!



New Student Enrollment Offer Available!
Visit: www.goldencraneNH.com for Details.

Join us Today for a **Free Trial Class!**

Email: GoldenCrane04@gmail.com
www.GoldenCraneNH.com