

GOLDEN CRANE

Traditional Martial Arts
Windham, NH 03087

Happy Birthday
America!



Calendar Highlights:

July 4th Holiday Schedule:

Closed 7/2-7/4/26: The Golden Crane will be Closed Thurs-Sat for the Holiday.

We Wish Everyone a Great 4th of July Holiday!

6/29-7/4: 2026 AAU Karate National Championships (Ft.Lauderdale, FL) !

Good Luck John, Roman and Tara!

7/20-26: 2026 WUKF World Karate Championships (Cluj-Napoca, Romania)

Good Luck John & Roman!

Super Hero Week: 7/13-7/18/26

& Bring Friends & Family Week; & Street Clothes Week

Each Day, Students are encouraged to wear a Super Hero or Villian themed shirt to class (includes Youth, Teen & Adult Classes).

Street Clothes (including shorts & t-shirts) are welcome to be worn all week!

GC's 'Summer Training Uniform' wear continues 6/1 through 9/12/26.

Competition Team Practice:

For the Summer Months of July & August, the Wednesday Competition Class has been paused.

Our Summer Comp.Class schedule will be as follows:

Wednesday—No Competition Class

Saturday—Competition Class @ 11:45 am

Coming Soon: Watch for more activities to be added!



Student Activity Calendar: July 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 28 THIS WEEK: Focus on Traditional Kata, with an eye toward understanding their deeper meaning.	June 29 2026 AAU Karate National Championships Regular Class Schedule	June 30 Regular Class Schedule	1 NO Competition Class Schedule Note: The 11 AM Morning Adult Karate Class is cancelled on July 1—Thank you! Regular Class Schedule	2 July 4th Holiday—Happy Birthday USA! The Golden Crane will be closed 7/2-7/4, In celebration of the July 4th Holiday. All Classes cancelled—wishing everyone a Holiday!! Closed—No Classes	3 Closed—No Classes	4 Closed—No Classes
5 THIS WEEK: Focus on Instructors Choice	6 Regular Class Schedule	7 Sparring Regular Class Schedule	8 NO Competition Class Regular Class Schedule	9 Regular Class Schedule	10 Regular Class Schedule	11 Competition Class 11:45 am Regular Class Schedule
12 THIS WEEK: Super Hero Week; & Bring-a-Friend; & Street Clothes wear all week!	13 Regular Class Schedule	14 Regular Class Schedule	15 NO Competition Class Regular Class Schedule	16 Regular Class Schedule	17 Regular Class Schedule	18 Competition Class 11:45 am Regular Class Schedule
19 THIS WEEK: Focus on Sparring & Strategies.	20 Sparring 2026 WUKF World Karate Championships Regular Class Schedule	21 Sparring Regular Class Schedule	22 NO Competition Class Sparring Regular Class Schedule	23 Sparring Regular Class Schedule	24 Sparring Regular Class Schedule	25 Competition Class 11:45 am Sparring Regular Class Schedule
26 THIS WEEK: Focus on Kata (Forms); and, a look at 'Sanchin' (the Mind, Body, Spirit connection)	27 Sparring Regular Class Schedule	28 Regular Class Schedule	29 NO Competition Class Sparring Regular Class Schedule	30 Regular Class Schedule	31 Regular Class Schedule	Aug.1 Competition Class 11:45 am STAY HYDRATED! STAY HEALTHY!

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: July 2026



Happy 250th Birthday USA!

July 4th Holiday Schedule: The Golden Crane will be Closed in Celebration of the July 4th Holiday from Thurs, July 2 through Sat, July 4th! We wish everyone a Safe & Happy Holiday Celebrating the 250th Birthday of the USA!

'Summer Training Uniform': Golden Crane's 'Summer Training Uniform' wear continues 6/1 through 9/12/26.



What is our Summer Training Uniform? From 6/1-9/7/24, Students may choose to train in their Regular Karate Uniforms, OR Students may wear a Golden Crane T-Shirt (screen printed with the Golden Crane Logo) plus Gi Pants & Rank Belt.

A Limited Supply of Golden Crane T-Shirts are currently in-stock, and available for sale. Please contact the office if you are interested in purchasing a t-shirt, or if you have additional questions.

Good Habits: Stay Hydrated when Training. Bring beverages with you to class, or stop by our beverage cooler and purchase something cool and refreshing!

Eat a Healthy Meal! Your body needs to refuel. Summer is here and fresh vegetables & fruits are plentiful!

STAY
HYDRATED!
STAY
HEALTHY!



June 29th— July 4th: 2026 AAU Karate National Championships in Ft.Lauderdale, FL. Good Luck to the GC Students competing at the AAU National Championships all the Best! We know you will be awesome—Good Luck!



Good Luck Tara, John and Roman!



July 20th-26th: 2026 WUKF World Karate Championships (Cluj-Napoca, Romania)

Good Luck John & Roman! Safe Travels!



**Super Hero Week: 7/13-7/18/26;
Bring Friends & Family Week; & Street Clothes Week!**

Each Day, Students are encouraged to wear a Super Hero or Villian themed shirt to class (includes Youth, Teen & Adult Classes).

Street Clothes (including shorts & t-shirts) are welcome to be worn all week!



An Invitation This Summer!

Summer is a Great Time to Get Started!

This is a personal invitation to **YOU**, to 'Bring a Friend or Family Member' to class with you during the months of July and/or August.

Every Guest Receives Their 1st Class Free!

Then your friend (or family member) may take advantage of our Summer Membership!

6-Week Summer Membership, with flexible start dates. OR, explore our traditional **3-Month Introductory Membership.**



Visit: www.goldencraneNH.com, and follow the links, for complete details!

**For New Karate Students, ages 5 years and older; For New Iaido Students, ages 11 years and older; For New Kobudo (weapons) Students, should have some previous martial arts experience.*



REFERRALS! Please help us promote The GOLDEN CRANE & Traditional Martial Arts!

Our **Referral Program is designed to allow you to share your martial arts experience** with families and friends, as well as to offer a tuition savings to you! Invite Friends & Family to join you for a **FREE Trial Class.**

**Complete details of our referral program are available through the office.*

