



**FEBRUARY 2026
Calendar Highlights**
(Please see Page 2 for more information.)

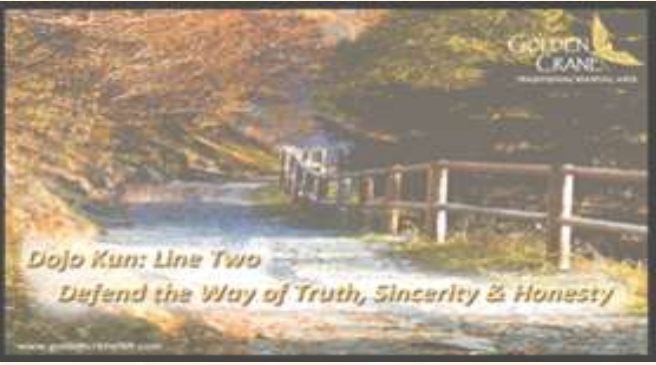
Feb.14—Happy Valentine’s Day

**Feb.17—Chinese New Year:
The year of the Fire Horse.**

Symbolizes: Fire Horse years are often described as energetic and fast-moving. The Horse represents freedom and drive, while Fire adds passion, intensity, and urgency. Together, they point towards a year that rewards initiative and bold decision-making.












Feb.18—Obstacle Course & Challenge Day.
Fun is coming, Don’t be left out!
Students are encouraged to join us for class, and Bring Friends, as we up our training, and provide challenges to test everyone’s skills!

NH School Vacation Week; and, Bring a Friend Week: Feb.24-Mar.1
We are Open during the School Vacation Week, and **Students are encouraged to invite friends & family to train with them!**



Student Activity Calendar - February 2026 -



Sun	Mon	Tue	Wed	Thu	Fri	Sat
It's A New Year! Help Introduce Family & Friends to the Golden Crane  Your personal referral is invited to join us for a Free Trial Class, and then train with us for an additional 2 weeks of Classes—FREE. It's a great way for anyone to experience our school!					Chinese New Year Feb.17, 2026  Year of the Horse	
1 THIS WEEK: Focus on Sparring & Strategies; as well as a study of Body Mechanics & Movement	2 Sparring  Regular Class Schedule	3 Sparring  Regular Class Schedule	4 Competition Team* Practice 4:00 pm Sparring  Regular Class Schedule	5 Sparring  Regular Class Schedule	6 Sparring  Regular Class Schedule	7 Competition Team* Practice 11:45 am Sparring  Ippone Kick-Off Karate Tournament Regular Class Schedule
8 THIS WEEK: Focus on Traditional Kata & Kata Bunkai (Kata Applications)	9 Regular Class Schedule	10 Regular Class Schedule	11 Competition Team* Practice 4:00 pm Sparring  Regular Class Schedule	12 Sparring  Regular Class Schedule	13 Sensei Poitras (Iaido) Filming for NH Chronicle Episode (Details Pending) Dojo Closed—No Regular Classes	14 Competition Team* Practice 11:45 am Happy Valentines Day!  Regular Class Schedule
15 THIS WEEK: Focus on Instructors Choice	16 Sparring  President's Day—2026 Regular Class Schedule	17 Happy New Year!  Regular Class Schedule	18 Competition Team* Practice 4:00 pm Sparring  Obstacle Course & Challenge Day—5:00 pm Class. Regular Class Schedule	19 Regular Class Schedule	20 Regular Class Schedule	21 Competition Team* Practice 11:45 am Sparring  Regular Class Schedule
22 Reminder: School Vacation Week, the Golden Crane is open!	23 Regular Class Schedule	24 Regular Class Schedule	25 Competition Team* Practice 4:00 pm Regular Class Schedule	26 Sparring  Regular Class Schedule	27 Regular Class Schedule	28 Competition Team* Practice 11:45 am Regular Class Schedule
School Vacation Week - Golden Crane is Open Bring-a-Friend Week						

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: February 2026



Saturday, Feb.14, 2026—Happy Valentine's Day!

Friday, Feb.13—Sensei Poitras (Iaido) Filming for NH Chronicle Episode

Please note, there will be No Regular Karate Classes on this Friday. Iaido Students, please watch for an email with more details re: training on 2/13/26. (additional details to be announced)

Tuesday, Feb.17—Chinese New Year (The Year of the Fire Horse)

Wednesday, Feb.18—Obstacle Course & Challenge Day @ 5:00 pm

Fun is coming, Don't be left out! Students are encouraged to join us for class, and Bring Friends, as we up our training, and provide challenges to test everyone's skills!

NH School Vacation Week: Feb.23-Feb.28: Open for Classes! Students! Invite Friends & Family to train with you.

Upcoming Karate Tournaments: (for a complete listing of events, visit goldencraneNH.com, and click on our 'Tournament Bulletin Board' Page)

Sunday, March 9 - AAU NJ District Karate Championships* (Hopatcong, NJ) (*& AAU Nationals Qualifier)

Sat., March 22nd - S.M.A.R.T. Battle of Maine Karate Tournament (Waterville, ME)

Sunday, May 18 - Shidokan USA Invitational Karate Tournament (Londonderry, NH)

June 30-July 5 - AAU National Karate Championships (Ft. Lauderdale, FL)

In February—Competition Team Practice Classes are Open to All Students: Come Try a Free Week of our Competition Classes. Open to students of all ages, and all Rank levels, these classes will help students prepare for upcoming tournaments. Private & Semi-Private coaching is also available. Please inquire in the office for membership requirements, and pricing—thank you.

Kobudo & Iaido: Have an interest in trying any of our optional training programs? Join us for a Free Trial Class! We offer instruction in Kobudo (traditional weapons) and Iaido (Japanese Sword). Please contact the office for details.

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

- ♦ **Sat, Feb. 7:** 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 (Hudson, MA)
- ♦ Visit our Tournament Bulletin Board for more upcoming tournaments...

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

It's a Great Time to Get Active, and Get Fit!
Discover the Benefits of Training in Traditional Martial Arts

A SPECIAL INVITATION FOR YOU AND A FRIEND THIS WINTER.

BOGO: BUY ONE, GIVE ONE, FREE!

Come in out of the cold, and **JOIN US**, for 6 Weeks of Classes in Traditional Martial Arts!




BOGO Offer* Includes 6 Weeks of Classes for Each of You!
Email us for more information, and how to get started... or, visit our website!

*BOGO Offer valid through 2/28/26; May not be combined; For New students only.

Golden Crane Traditional Martial Arts
46 Lowell Rd, Windham NH

www.GoldenCraneNH.com
GoldenCrane04@gmail.com

AAU Karate* provides an opportunity for Karate Students of all ages to compete in Quality Local, Regional, National and International Events, including Tournaments & Educational Seminars.

**GC Competition Team Training—
JOIN US FOR A FREE INTRO CLASS!**