

BE PREPARED



Low kicks are used to break holds and get your attacker off balance.

BASIC RULES:

**NEVER BREAK A HOLD
LEARN TO COVER UP
ALWAYS ATTACK
GO FOR THE PRIMARY
TARGET AREAS**



LEARN TO USE YOUR KNEE AT DIFFERENT ANGLES.



Defense against :

Chokes
Arm grabs
Holds
Punches
When knocked to ground
More than one attacker
Using pepper sprays and their dangers.
Is conceal carry right for you?
Using household items to protect yourself.

**FOR ADDITIONAL INFORMATION
CALL
216-475-1880**

**Adult
Self Defense Club**



***A SELF DEFENSE SYSTEM
WITH YOU IN MIND***

**CALL US TODAY AT
216-475-1880**

And receive one free lesson!

**GOLDEN PYRAMID MARTIAL ARTS
5080 Northfield Road
Maple Hts., OH 44137
www.gpmac.com**

LEARN TO STRIKE EFFECTIVELY



Great way to get some exercise while learning to protect yourself.

Don't be fooled into thinking you're too old to learn to protect yourself and family.

SELF DEFENSE

What to expect:

- Learn how to punch and strike
- Standing self defense
- Protecting yourself on the ground
- Elbow and knee strikes
- Low kicking drills and strikes
- Escaping from holds
- Defenses against weapons
- Primary target points



Training

Hand and foot techniques:

- Standing
- Ground fighting
- Multi person attacks

Weapons you might want to carry

- Weapons you might want to carry or have in your home.
- How to use basic everyday items as weapons

Testing of your skills

- Every class period you will be fighting.
- Every class period you will be placed in situations that require you to defend yourself.



216-475-1880

Golden Pyramid Martial Arts Center

**5080 Northfield Road
Maple Hts., OH 44137
www.gpmac.com**