

## Why different programs?

Not everyone is looking for the same thing.

Our tai chi program offer a stress reducing atmosphere. It is excellent for those looking for non impact exercise following surgery. It also is great for challenging balance and co ordination while developing the energy forces within you.

Our karate programs are excellent for both youth and adults that want both physical exercise as well as a well defined program in self defense.

Our kung fu programs adds the gracefulness of dance like movement to self defense.

Want a fast pace physical exercise that's fun and helps develop lighting fast reflexes then chanbara is for you !

**FOR MORE INFORMATION VISIT OUR WEBSITE AT**  
**www.gpmac.com**  
**or call**  
**216-475-1880**

Visit our website:  
[www.gpmac.com](http://www.gpmac.com)

### PROGRAMS

#### KARATE

Children & Adults

#### TAI CHI

Adults

#### KUNG FU

Children & Adults

#### JU JITSU

Children & Adults

#### CHANBARA

Children & Adults

#### 50 & Over

Self Defense Club

#### KALI adults



**5080 Northfield Road**  
**Maple Hts., OH 44137**  
**216-475-1880**

#### KARATE



#### KUNG FU



#### TAI CHI



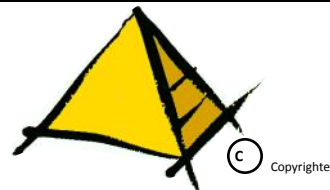
#### JU JITSU



#### KALI



### COMPLETE MARTIAL ARTS SUPPLY STORE



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

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**A**nnouncing:

## **GOLDEN PYRAMID MARTIAL ARTS**

**Interested in Martial Arts ?  
What Questions do I ask?**

**What type of experience does your school have ?**

*Over 40 years in the martial arts?*

**How are your students ranked?**

*All our students are ranked through National organizations.*

**What do the black belt degrees mean?**

*Black belts are ranked in degrees with 1st degree being the lowest and 10 degree in most styles being the highest. We have black belts on our teaching staff from 1st degree to 8th degree.*

**What features does your school have?**

*We are ADA compliant*

*We have safety matting in workout area.*

*We sanitize our mats and restrooms on a regular basis Our instructors are required to sanitize their hands before teaching...dispensers are on our walls for this purpose*

*We have ample seating for parents of our Students*

*We have both male and female locker rooms*

**Are your classes divided into different age groups?**

*Yes. People develop both mentally and physically at different age levels. Using the same exercises for all ages can cause permanent damage to a student. Different age groups need to be challenged differently mentally. We ask our school age students to bring in their report cards for us to view.*

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**Replace that "I can't attitude with I can.**

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### **The Golden Pyramid Approach**

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The goal of the Golden Pyramid is to offer superior training in a small class environment. Many of our techniques use modern training methods to achieve maximum flexibility, speed, and agility. Our instructors teach the individual not the group. In our youth programs the foundation for the pyramid begins; this continues to the very top with our adult programs. Our students are taught to respect themselves and to rely on their abilities. Role playing is done with the younger students to teach values. Short term and long term goals are set to focus on results. Positive reinforcement replaces barking of commands and orders. The "I can't" attitude is replaced with the "I can".

Our adult programs are designed for maximum results in both mental and physical achievements. No two individuals are the same, yet each can achieve the same results by following different paths. Those taking our adult courses can expect to become more agile, limber, and physically fit. Modern sports training methods are used to enable high kicks and quick reflexes. A complete system of training in karate, kung fu, kobudo, kick boxing and tai chi



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### **INSTRUCTORS**

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Our Head Instructors have years of experience being ranked by several National and International organizations.

**Karate**-6 & 8 degree blackbelts in Kwanmukan and Kajukenbo.

**Kung Fu**-Sigung & Sibak ranks

**Tai Chi** -Sifu member of the World Wu Tai Chi Federation. Experiences in both Wu and Yang tai chi

**Ju Jitsu**-8th degree black belt in Ju Jitsu past president of the United States Ju Jitsu Federation.

**Chanbara** -4th degree black belt in Chanbara. State representative for United States Chanbara Federation

Instructors with academic teaching experience from preschool thru college

Instructors with certification in first aid and CPR. Instructors who have been nominated into the Black Belt Hall of Fame.

Instructors with National and International ranking. Guests martial arts instructors from all over the world.

**(216) 475-1880**

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**Golden Pyramid Martial Arts Center**

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