

EQUIPMENT

The Golden Pyramid has spent a great deal of time and care in selecting quality equipment to insure safe sparring and weapons training. This equipment has been tested and approved by our instructors.

All equipment that is needed or required is available in our school store.

Students must have approval of their instructor before purchasing weapons.

All safety equipment purchased outside the school must be approved by the instructor. This is to protect both the other students as well as the student wearing the equipment.

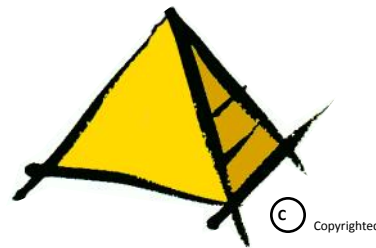
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Specially Designed Programs



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HOUSE OF THE



DRAGON

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KUNG FU

WUSHU

Announcing:

Chinese Martial Arts

The Chinese Martial Arts program includes instruction in both Kung Fu and Wushu. Students will learn basic Chinese weapons such as; the staff, straight sword, broadsword, butterfly sword, spear and fan.

Entrance into this program can only be gained by starting in our basic program and gaining some experience in the martial arts. Opportunities to try out for this program will be offered periodically throughout the year.

Those that accepted into this program will be expected to work very hard attend extra practice sessions and participate in tournaments and demonstrations.



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

The Golden Pyramid Approach

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. Our students are taught to respect themselves and to rely on their abilities. 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 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. Modern sports training methods are used to enable high kicks and quick reflexes.



INSTRUCTOR

The instructor of the Golden Pyramid's Chinese Martial Arts Program is Sibak Hudy.

Sibak Hudy has studied various martial arts, and has A 2nd Degree black belt in Kajukenbo, a 2nd Degree black belt in Kwanmukan and a black sash in the Golden Pyramid's Chinese Martial Arts.

In 2009 she was inducted into the Eastern U.S.A. Martial Arts Hall of Fame as "The Outstanding Female Competitor of the Year". She is a Northcoast Chinese forms and weapons champion, All Japan Karate Academy forms and weapons champion, American Warrior 1st place forms and weapons, Dana Abbott Regional Chanbara 1st place, Karate Institute Points tournament 1st place weapons and forms. She is currently continuing her training in Ju Jitsu, Kali and Wu Tai Chi.



(216) 475-1880

Golden Pyramid Martial Arts Center

5080 Northfield Road
MapleHts., OH 44137
www.gpmac.com