

Our Programs

The Golden Pyramid has spent a great deal of time and care in developing our programs. In each of our martial arts programs we have set goals to achieve.

Our classes are divided into different age groups. Mental and physical abilities develop at different ages, therefore, it is not practical to teach a four year old the same way you would teach a twelve year old or an adult.

We offer many different types of programs depending on what you are interested in achieving.

We offer youth programs in Kung Fu, Karate and Ju Jitsu. Adult self defense programs in Kickboxing, Kali, Karate, Ju Jitsu, and Kung Fu are offered as well. Adults can learn to relax and relieve stress through our Tai Chi Program.

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For
SUPPLIES**



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www.gpmac.com



Specially Designed Programs



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**FOR ADDITIONAL INFORMATION
CALL
216-475-1880
www.gpmac.com**

TINY DRAGONS



**From Golden Pyramid's
The House of the Dragon**

**A Martial Arts
Program for
4 year olds !**



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Announcing:

Tiny Dragons Martial Arts Program

When your child talks to a stranger, do they look down at the ground?

Do they speak softly to others and twitch and turn?

Are they overly shy?

Do they have trouble sitting still or focusing?

Learning to overcome these traits are not only life skills, but the front line to self defense. Bullies look for the shy quiet person to pick on. Not having self confidence leaves your child open to being influenced by the wrong people.

Our problem is designed to eliminate these weaknesses while also teaching our students the physical skills needed to develop their martial arts. All this is wrapped into a fun and positive learning environment.



It's never too early to learn life skills.

**Don't let your child sleep through
their formative years.**



GOALS OF OUR PROGRAM

- Self Confidence
- Learning to Focus
- Self Discipline
- Learning Chinese words
- Balance and Coordination
- Basic Foundation to Martial Arts
- Setting Short Term and Long Term Goals
- Learning to work within a group
- Safety program through role playing
- "I can do anything if I practice and work hard"
- Learning can be fun



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

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