

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



GET IN SHAPE



Course Includes :

- Boxing
- Karate
- Kali
- Take down
- Ground fighting
- Locks and chokes
- Long stick or cane fighting
- Hand drill to improve coordination
- Cardio exercise

BECOME AN INSTRUCTOR IN

FOR ADDITIONAL INFORMATION
CALL
216-475-1880

SELF DEFENSE

The Multi Defense System for adults



A great course for college students, business owners or anyone wanting to learn self defense and fighting skills.

CALL US TODAY AT



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

The best defense is
Knowledge
&
Hard Training



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



Why not learn to protect yourself while getting in shape?

Course for those wanting to get in shape, learn basic fighting skills and earn a black belt in self defense,

You will learn the 10 basic stepping patterns in fighting, basic boxing, kicking, take downs, ground fighting, gun and knife defenses, and fighting with long stick, cane , and short stick.

Anyone from 16 up is welcome to enroll in this course, Once taught the techniques you work at your own pace towards your own goals. Flexible hours to train, both supervised and unsupervised.



Training



216-475-1880

Golden Pyramid Martial Arts Center

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