

Self Defense

You know the feeling

It's the one you get deep down inside when...

- You wonder what you would do if you were ever attacked
- You think about how much you want to lose weight and get in shape
- You wish you had something in your life that you did "just for you"

You should know that a properly instructed martial arts program will help you get in shape, lose weight and relieve stress, all while learning valuable self-defense skills so you can be secure in your ability to protect yourself and your loved ones.

**VISIT OUR SCHOOL STORE
FOR
YOUR KALI SUPPLIES**



Visit our websites:
www.gpmac.com
Or
www.tmaclevelandkali.com



Specially Designed Programs

TMA



© Copyrighted

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

TMA



Cleveland Kali



**Contact Us at
Golden Pyramid Martial
Arts Center
216-475-1880**

5080 Northfield Road
Maple Hts., OH 44137

TMA CLEVELAND KALI

Why should I learn Kali?

- You learn practical self-defense.
- Your upper body, arms and legs will become toned
- You will increase your fitness and aerobic capacity
- Parts of your body, such as your forearms, elbows and hands will benefit from conditioning, making them more resistant to pain and injury.
- You will become more flexible.
- You will benefit from increased manual dexterity and
- co-ordination. This is derived from performing exercises with two weapons and weapons of different sizes. .
- You will be able use any weapon , even one you have not used before.
- It complements and enhances any martial art. It can be learned independently from other martial arts or grafted seamlessly into any form of exercise you do already.
- Many of the techniques do not require strength or power, since most of the power is derived from body movement and economy of motion.
- Because there is no need for strength, *anyone* can learn . 12 year old children can learn Kali as well as retired women.

Exercise while gaining peace of mind.

Martial Arts Training Has The Power To Change Your Life

Through the power of martial arts training, you will learn how to overcome your fears, smash through the barriers that are holding you back, and take charge of your life. Finally, you have an opportunity to become...

- Fit
- Lean
- Fearless
- Confident
- Stress-free



HEAD INSTRUCTOR

TY MORGAN

Mr. Morgan has over 30 years in martial arts. He has a broad background in martial arts, having studied Nihon Ju Jitsu, Longfist Kung Fu, Praying Mantis Kung Fu, Brazilian Ju Jitsu, Capoeira, and Kali.

Under the tutelage of Guro Martin, Mr. Morgan received his instructor's certification. With his extensive martial arts background, Mr. Morgan is able to teach you the many practical applications of Kali.

(216) 475-1880

Golden Pyramid Martial Arts Center

5080 Northfield Road
Maple Hts., OH 44137