

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

PROGRAMS

KARATE

Children & Adults

KUNG FU

Children & Adults

Children & Adults

ADULT SELF DEFENSE

Adults

KALI adults

TAI CHI adults

SEMINARS

Cane

Tomahawk & Knife

Self Defense

COMPLETE MARTIAL ARTS SUPPLY STORE



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FOR ADDITIONAL INFORMATION CALL
216-475-1880



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

KARATE



KUNG FU & TAI CHI



ADULT SELF DEFENSE



KALI



SEMINARS



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Announcing:

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.

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. 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 kicks and quick reflexes. A complete system of training in karate, kung fu, kobudo, and adult self defense



INSTRUCTORS

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

Karate-1st-9th 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

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

Golden Pyramid Martial Arts Center

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