

## SELF DEFENSE



Be able to protect yourself while getting the benefit of exercise and development of graceful movements. Protect yourself against punches, holds, and chokes.

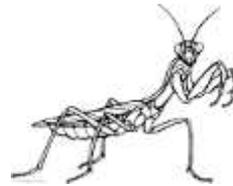
Circular movements add speed and power into your strikes. The strength of the dragon, the quickness of a snake, and the agility of a cat are seen in this martial art. The monks of long ago used this system to not only protect themselves, but also to strengthen their bodies and improve their health.



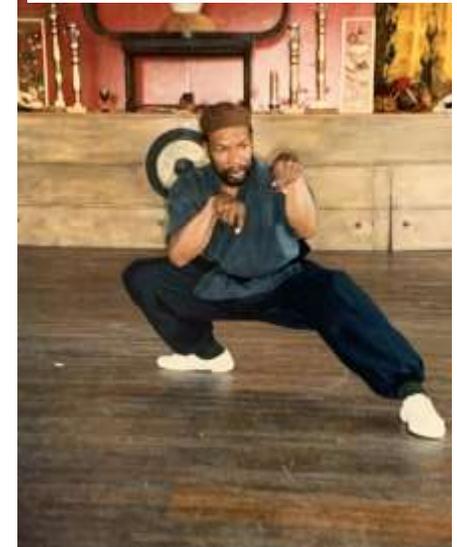
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Although many styles of Kung Fu are incorporated in the class teachings, Mantis Kung Fu is the foundation. It is said to have originated in the Shaolin Temple. The style has movements of the praying mantis with quick, powerful strikes and hooks. The Mantis style is commonly used by the Chinese police because of its effectiveness. Learn this style along with many others



FOR ADDITIONAL INFORMATION  
CALL  
216-475-1880



Classes : Monday 6;00pm to 7;30pm  
Wednesday 6;00pm to 7;30pm

For further information call  
**The Golden Pyramid  
Martial Arts Center**  
**216-475-1880**



**A**nnouncing:

# KUNG FU

## The Road To Physical Strength & Enlightenment

For centuries, Shaolin Kung Fu has been known as the father of all martial arts and the official physical training of Shaolin Monks. The arts has been extremely guarded and passed on to only a few chosen one.



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### Multiple weapons for defense

Through kung fu you will gain balance, coordination and muscle toning. Our system is a complete system. Training involves striking using hands, feet, elbows and knees. To complete this effective fighting system throws, joint holds and grappling are taught.

### A program used throughout The Cleveland Area

A proven program for both youth and adults. Used through out the city of Cleveland in colleges, recreations centers and martial arts schools



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### HEAD INSTRUCTOR

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#### ***About the instructor:***

*Tshaka Brown started his martial arts journey at the age of 13 in boxing. From that beginning he realized there was so much more to learn in martial arts. He chose to continue learning Chinese martial arts; Kung fu, Tai chi, Dragon fist, Shaolin Praying Mantis and many others.*

*With over 40 years experience in martial arts, Qwan Jang Tshaka is a multiple tournament champion in both fighting and forms. He is a weapon expert who has trained members of the Cleveland Swat Team, Cleveland Police and worked with many Cleveland Youth programs.*

**(216) 475-1880**

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**Golden Pyramid Martial Arts Center**

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