

## EQUIPMENT

The Golden Pyramid has spent a great deal of time and care in selecting quality equipment to insure safe kumite (sparring) and kubodo (weapons training).

This equipment has been tested and approved by our instructors.

All equipment that is needed or required is available in our dojo store.

Students must have approval of their instructor before purchasing weapons.

All safety equipment purchased outside the school must be approved by the instructor. This is to protect both the other students as well as the student wearing the equipment..

Visit our website:  
[www.gpmac.com](http://www.gpmac.com)



## VISIT OUR SCHOOL STORE



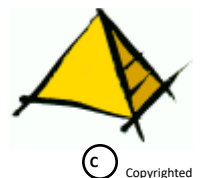
## Specially Designed Programs



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FOR ADDITIONAL INFORMATION  
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216-475-1880  
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# YOUTH KARATE PROGRAM



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**A**nnouncing:

## YOUTH KARATE

The Youth Karate program includes instruction in Karate, Tae Kwon Do, Judo, Ju Jitsu, and Kobudo. Students may receive their certification through either the Kwanmukan Karate Association or Karate Institute of America.

This program is designed for students between the ages of 8-12 years old. Those coming up through the Little Tigers program, continue training at a higher level of difficulty.



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***Replace that "I can't attitude with I can.***

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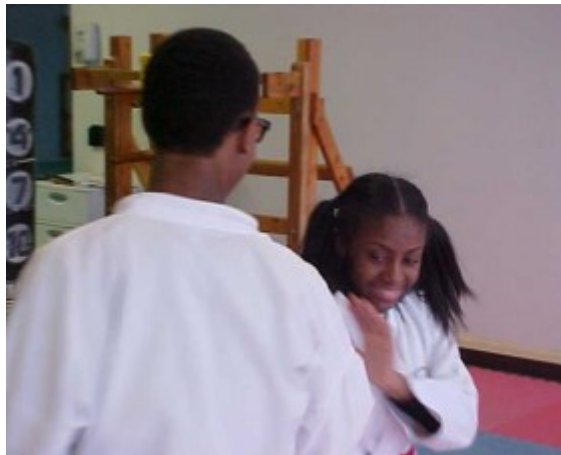
### The Golden Pyramid Approach

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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 Little Tigers and 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 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 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. Modern sports training methods are used to enable high kicks and quick reflexes.



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### HEAD INSTRUCTOR

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The head instructor of the Golden Pyramid's Kwanmukan Martial Arts is Milt Kujawinski. Shihan Kujawinski has a 9th degree black belt in Karate. Having started his training in 1968, he also holds an 8th degree black belt with the Kwanmukan, a 8th degree black belt in Kajukenbo, 5th degree black belt in Ju Jitsu, 4th degree black belt in Tae Kwon Do, 3rd degree black belt in Kobudo and is a certified instructor in Chanbara. Mr. Kujawinski is the head instructor of the Golden Pyramid Martial Arts Center

Shihan Kujawinski spent 10 years teaching elementary school where he was nominated twice as *Outstanding Young Educator*. He has also taught Self Defense courses at Cuyahoga Community College. Today he oversees the operation of the Golden Pyramid Martial Art Center and is on the Executive Board of Eastern USA Martial Arts and Golden Cranes Iai Jutsu Organization.

**(216) 475-1880**

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**Golden Pyramid Martial Arts Center**

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