

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 SCHOOL STORE



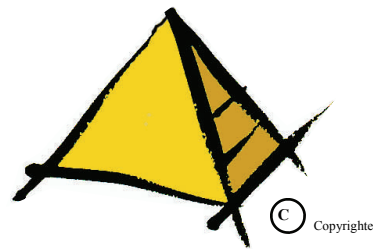
Visit our website:
www.gpmac.com



Karate for Adults



Specially Designed Programs



FOR ADDITIONAL INFORMATION
CALL
216-475-1880



© Copyrighted

Announcing:

GOLDEN PYRAMID KARATE

The Golden Pyramid Karate program includes instruction in Karate, Tae Kwon Do, Judo, Ju Jitsu, Kobudo, and Kick Boxing. Our program is developed to fit your abilities and to help improve upon them. Age is not an issue only the desire to learn is necessary. They wanting self defense, sport karate, or exercise, this is an ideal program for you. It is never too late to learn !



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 and young kicker's 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 high kicks and quick reflexes. A complete system of training in karate, tae kwon do, kobudo, and tai chi develops a well rounded martial artist.



HEAD INSTRUCTOR

The head instructor of the Golden Pyramid's Adult Martial Arts is Milt Kujawinski. Shihan. Kujawinski holds an 8th degree black belt with the Kwannukan. Having started his training in 1968, he also holds a 6th degree black belt in Kajukenbo, 4th 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's Wu Tai Chi program.

Sensei 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.



(216) 475-1880

Golden Pyramid Martial Arts Center

5080 Northfield Road
Maple Hts., OH 44137