

## 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.

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[www.gpmac.com](http://www.gpmac.com)



# Golden Pyramid Presents

## Cleveland Kali Adult Self Defense Classes



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### Specially Designed Programs

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

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

5080 Northfield Road  
Maple Hts., OH 44137

# 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.

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

## 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**

## Guro Martin Johnson

20 years in martial arts studying Shaolin Gung Fu, Tae Kwon Do, knife fighting and Kali.

Guro Johnson has studied Kali with Punong Guro Tony Marcial in the Marcial Tirada method of Kali. He has also studied with Edgar Sultie founder of Lameco Eskrima and well known martial arts author .

Under the tutelage of Master of Arms James Keating, Mr. Johnson further his skills in knife fighting. Holding both black belts and black sashes , Guro Johnson is able to teach the art of Kali so that it can be applied and blended into your own martial arts style.

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