



The Golden Pyrami



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Eastern USA Black Belt Hall of Fame

Congratulations to Marty Kerr, Lou LaJoe, Margaret Hudy, and Chris Grzelewski who have been nominated into the Eastern USA Martial Arts Hall of Fame. Several of these black belts will be accompanying Shihan Kujawinski to Pittsburgh to receive their awards along with attending several seminars in martial arts.

SHIHAN KUJAWINSKI

Congratulations to Shihan Kujawinski who has been promoted to Sigung by the Kajukenbo Association. Sigung is the title given to teachers of teachers in the Chinese martial arts. A belt ceremony was conducted by Professor Torok on September 18, 2009.



Sigung Kujawinski, Professor Torok, Sigung Ray Anderson

Seminars Held at the Golden Pyramid Martial Arts Center

On September 19, 20, and 21, Professor Andrew Torok taught several seminars at our center. These seminars included training in IED, Kali, Knife fighting, and Wing Chun Kung Fu. Black belts from the Cleveland area were in attendance. Several completed level 1 in the IED fighting method and awarded the certificates.

Professor Torok lives in Tennessee and travels all over the United States promoting Kajukenbo and the IED fighting method. He holds a 8th degree black belt in Kajukenbo and black belts in ju jitsu, judo, and tae kwon do. He has been one of Sigung teachers for over 35 years.



More seminars to come.

The Kwanmukan Association will be having a black belt extravaganza and seminar at the Mediterranean Party Center in Bedford on January 9th.

Sibak Hudy recently attended two Kwanmukan seminars at Jeff Ellis' International Karate Center.

BLACK BELT CLASSES

Students with blue belts or higher are invited to attend the black belt classes on Monday nights. They have an opportunity to workout and learn advanced belt techniques. There is no charge for this class. Sibak Kerr, Parnther, Grzelewski, and Hudy are attending this class to prepare for their second degree black belts

HARD WORK IN MARTIAL ARTS PAYS OFF.

Sibak Chris Grzelewski has worked his way up to 1st degree black belt at the Golden Pyramid. Since doing so he has spent much of his time volunteering at the school helping others obtain their ranking in martial arts.

Throughout this time, Chris has kept up on his school work and grades, learned to set long term and short term goals, and developed into a caring hard working individual.

Several months ago Shihan Kujawinski gave him an application from the Adam Charles Ports Foundation for Martial Arts and suggested he apply for a college scholarship through them. This foundation was started to honor a young martial artist (Adam Ports) who passed away early in life.

I am very happy to say that after the Foundation read Chris' essay on his growing up through the martial arts and how it affected his life, how he was able to achieve a high grade point average in high school, and how he repaid his instructors by helping others, Chris was awarded a college scholarship.

Many that take only a few months of martial arts are not aware what benefits it has for an individual. There are many stories like Sibak Grzelewski's, and we hope over the years to be writing more articles about those individuals. Again, congratulations Chris.

Coming Events @ the Golden Pyramid

October 25, 2009 *Little Tigers and Young Dragons' Halloween tournament and party*

February 2010 *Dana Abbott sword seminars and regional chanbara tournament*

April 2010 *Professor Torok IED seminar level 2*

Knowing Your Instructors

Sibak Lou LaJoe has been a student of martial arts since 1979. During that time he has been privileged to study with a number of very talented martial artists.



Mr. LaJoe received his first degree black belt in 1994 from International Tae Kwon Do Federation under the guidance of Sensei Rob Martin.

While living in Findlay, Ohio Sibak LaJoe expanded his martial arts training studying Yang style Tai Chi Chuan for five years with Sifu Nolwhas Caseres.

Over the years he has studied Tae Kwon Do with Master Moon Ku Baek, Wing Chun Kung Fu with Francis Fong, Chinese Kenpo with Joe Barrero and Yang style Tai Chi with Jim Perry.

Since moving to Cleveland, Ohio in 2005 Sibak LaJoe has trained with Sifu Milt Kujawinski in Wu Style Tai Chi Chuan. In 2009 he received his Black Sash Ranking from Sifu Kujawinski. Mr LaJoe continues training with Sifu Kujawinski while teaching Tai Chi classes at Golden Pyramid Martial Arts Center.

MARTIAL ARTS SUPPLIES



A significant amount of time has gone into researching and testing weapons, sparring gear and other items in our martial arts supply line. This is done to ensure safe, reliable

supplies. **To create uniformity in our training gear and maintain our safety standards, we are now requiring all martial arts supplies used at the dojo to be purchased from our supply store.** This will also help defray the rising operating costs the dojo has encountered while curtailing lesson fees. It will also ensure use of correct products in training, reduce our exposure to accidents from inferior products, and enable us to economically offer additional training.

What we do for ourselves dies with us.

What we do for others and the world remains and is immortal.

Albert Pine