



The Golden Pyramid



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5080 Northfield Road, Maple Heights, OH 216-475-1880

Eastern USA Black Belt Hall of Fame

Congratulations to Sibak Lou LaJoe for receiving "Teacher of the Year Award", Margaret Hudy for receiving "Female Competitor of the Year Award", and Shihan Kujawinski who received "Golden Anniversary Award". Shihan Kujawinski was also appointed to the Executive Advisory Board of Eastern USA.



Black Belt Promotions

Congratulations to Chris Parnter, Marty Kerr, Margret Hudy and Chris Grzelewski who received black belt ranking in Kwanmukan Karate. Currently all four have black belts in Kajukenbo. Chris Parnter and Marty Kerr received their 2nd degree black belts. Chris Grzelewski and Margaret Hudy received their 1st degree black belts.

Shihan Kujawinski Presents Shihan John Darby with 6th Degree Black Belt

Shihan Milt Kujawinski, 8th degree black belt, welcomes Shihan John Darby into Eastern USA with his 6th degree black belt certificate.



Mr. Darby owns the Flying Dragons Martial Arts School in Kentucky. During his visit to the

Golden Pyramid Martial Arts Center on December 8th, we had the pleasure of having Shihan Darby teach some new techniques to our adult karate class.

We look forward to seeing Mr. Darby again at the Golden Pyramid.

Youth Ju Jitsu Classes Begin

Youth classes in Ju Jitsu begin January 16, 2010. The class will be taught by Shihan Mike Paiser from Paiser's Martial Arts. Shihan Paiser currently teaches the adult Ju Jitsu class at the Golden Pyramid. The youth class will be held on Saturdays at 1:30 p.m. Those enrolled may earn ranking in Kwanmukan Ju Jitsu.

Enrollment is limited and currently this class is full. Anyone interested may be placed on a waiting list.

Morning and Afternoon Classes Begin

On Mondays at 10:00 a.m., Tai Chi classes are being held. Those interested in taking Tai Chi for health and stress relief may call the Golden Pyramid to enroll. This is an adults-only class.

Mondays and Wednesdays at 4:30 p.m. there are Kung Fu classes available. These classes are for teens and adults only. This Chinese martial art includes learning forms, weapons, and self defense.

Golden Pyramid students demonstrate technique at Tim Lally Chevrolet

In conjunction with a children's safety program, students from the Golden Pyramid performed self defense demonstrations at Tim Lally Chevrolet. We wish to thank Sibak Hudy, Louis Bernard, Diamond Jay, Donald Schill, Daishawn Richards, and Kenya Gray for generously giving their time and assisting in the demonstrations.

Welcome to John Arnold, 2nd degree black belt with Kwanmukan, who has begun training at the Golden Pyramid Martial Arts Center.

Coming Events @ the Golden Pyramid

*Dana Abbott - sword seminars
and regional chanbara tournament*
*Professor Torok - IED seminar
level 2*

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

Knowing Your Instructor



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 furthered 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.

Guro Martin currently teaches a Kali seminar on Wednesdays at 7:30 p.m. at the Golden Pyramid.

The young do not know enough to be prudent, and therefore they attempt the impossible and achieve it, generation after generation.

- Pearl S. Buck