



# The Golden Pyramid



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## MARCH 20th GPMAC TOURNAMENT

On March 20th the Golden Pyramid held its first dojo tournament of the year. Events featured at this tournament were Forms, Weapons, Ju Jitsu and Chanbara.

Opening ceremonies included a Lion Dance to welcome in the new year and wish everyone good fortune for 2010.



## FIRST JU JITSU COMPETITION OFFERED AT GPMAC TOURNAMENT

The Golden Pyramid offered its first Ju Jitsu competition. Contestants included the newly formed GPMAC & Piaser Martial Arts Ju Jitsu class and several guest Ju Jitsu schools. Parents and friends enjoyed cheering the exciting competition.



## Kwanmukan Symposium

The Kwanmukan Symposium was held on February 19, 20, and 21st. Shihan Piaser and Shihan Kujawinski were instructors at this event teaching ju jitsu and weapons classes. A special thanks to black belts Margaret Hudy and Sara Stanton for their help in Shihan Kujawinski's synchronized nunchaku class.

### **Congratulations:**

Margaret Hudy was awarded "Best Chinese Forms Competitor" and Sara Stanton was awarded "Best Ju Jitsu Competitor" at this symposium.

## Golden Pyramid Hosts Kwanmukan Shihan Meeting

On January 9, 2010 the Golden Pyramid hosted a Kwanmukan School owners' meeting. Teaching methods and techniques were discussed. Shihan Jeff Ellis led this meeting. Many ideas were shared along with the viewing of training videos and discussions of books available to martial arts school owners. Afterwards the Shihans attended a Black Belt Extravaganza held at the Mediterranean Party Center in Bedford Heights.

## Ju Jitsu Class Promotions

Congratulations to the following Golden Pyramid Martial Arts members who are the first from our school to receive ranking in Kwanmukan Ju Jitsu from Shihan Michael Piaser:

Margaret Hudy - Purple belt  
Eddie Marcus - Green belt  
Brandon McEwen - Yellow belt  
Louis Bernard - Orange belt

## Advanced belt training continues with weapons training



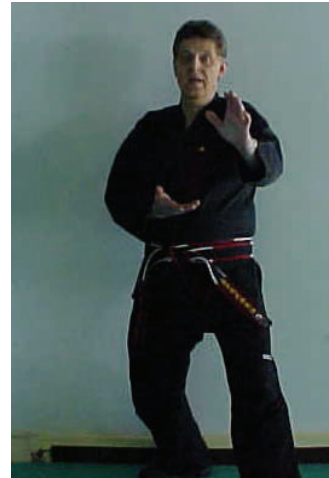
Monday nights continue to have advanced belt classes training students in weapons, sparring, and forms.

Black belts in this class are working towards their 2nd and 3rd degrees. Kyu ranks are continuing their studies during this class to achieve their 1st degree black belts.

## Coming Events @ the Golden Pyramid

*Dana Abbott sword seminars,  
and regional Chanbara tournament  
Professor Torok IED seminar,*

## Knowing Your Instructor



Shihan Milt Kujawinski is the owner of the Golden Pyramid Martial Arts Center. He began his martial arts studies in 1968 in Canton, OH. Shihan Kujawinski holds 8th degree black belts with the Kwanmukan, U.S. Karate Federation, and the Eastern USA International Martial Arts Association. He also holds the title of Sigung and is a 6th degree black belt in Kajukenbo, 4th degree black belt in Ju Jitsu and Kubodo. He is the state representative of the U.S. Chanbara Federation.

Sigung is a member of the International Wu Tai Chi Chuan Federation, a member of the Kwanmukan Shihan board, and is on the Executive Advisory Board of Eastern USA.

**Defeat is not the worst of failures. Not to have tried is the true failure.**

**George Edward Woodberry**