
Curriculum

Students learn:

break falling,
terminology,
throwing,
grappling
choking techniques.



Sports Ju Jitsu



Fun for both Adults & Children

Minimum age 8 yrs old

SELF DEFENSE

- Those interested in a well rounded self defense will benefit greatly with this course in Ju Jitsu. Ju Jitsu also is a great exercise helping develop power, speed and flexibility.

GOLDEN PYRAMID MARTIAL
ARTS CENTER

JU JITSU & GRAPPLING



216-475-1880

5080 Northfield Road
Maple Hts., OH 44137
www.gpmac.com

FOR ADDITIONAL INFORMATION
CALL
216-475-1880

Ju Jitsu & Grappling



Learn Locks & Holds

"Into a soul absolutely free from thoughts and emotions, even the tiger finds no room to insert its fierce claws">- A
Taoist Priest

JU JITSU

Ju Jitsu is an ancient self defense used by the oriental palace guards. Ju Jitsu literally means "the gentle fighting art". It involves throws, joint locks, chokes, grappling and strikes.

The art of ju jitsu had its beginning around the 1500's in Japan, at this time it was practiced along with the art of the sword. In the 1600's the use of weapons were limited to a select few. Weaponless fighting became a necessary form of self defense; hundreds of forms of ju jitsu flowered during this period.

During the Meiji Restoration, combative martial arts were declared a criminal offense and these arts were taught secretly, usually within the families.

In 1882 Jigoro Kano took the most dangerous techniques out of ju jitsu and created the sport of Judo.



Head Instructor

Shihan Michael Piaser holds a 7th degree black belt in Ju Jitsu. Along with black belts in KwanMuKan Karate-do, Chang Moo Kwan and Kobudo.

Mr. Piaser is former President of the United States Ju Jitsu Federation and Chairman of the USJJF Referees Committee. He has travel all over the world representing Ju Jitsu.

The Golden Pyramid Martial Arts Center is fortunate to have Shihan Piaser as a guest Instructor.



At prices you can afford

Call today for details on enrollment!

216-475-1880

Golden Pyramid Martial Arts Center

**5080 Northfield Road
Maple Hts., OH 44137
www.gpmac.com**