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Fighting mixed with fun

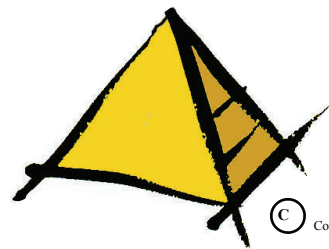
Don't confuse this with kickboxing aerobics; this is a complete fighting system. You will start off with the basics of boxing, then move into the kicking techniques of karate, and finally add the deadly elbow and knee techniques of Muay Thai.

Light Contact- full body workout.

- ◆ Quick-simple-effective self defense
- ◆ Be prepared for hard fast action
- ◆ Great workout to relieve stress
- ◆ Increase your strength and muscle tone
- ◆ For those who want to be able to protect themselves while getting a great workout.



**You will develop the footwork,
hand techniques and strategies
that are necessary to protect
yourself in a fight!**

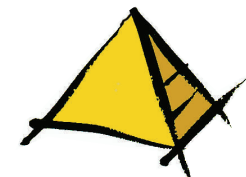


**FOR ADDITIONAL INFORMATION
CALL
216-475-1880**

KICKBOXING for Self Defense



**Get a kick out of our class
while putting a little
punch in your life!**





Announcing:

Kickboxing for self defense! Learn basics of boxing. Jabs, upper cuts, crosses, parries, round kicks, elbows, and knees are all introduced in this beginning program.



Learn to use your arms, legs, elbows, knees, hands, and feet as weapons.

KICKBOXING for SELF DEFENSE— a light-contact martial arts workout teaching boxing, karate, and kickboxing techniques

Wide range of exercise

- ◆ Cardiovascular workout
- ◆ Light contact sparring
- ◆ Stretching exercises
- ◆ Kicking and punching bag workout

Scientific approach to eliminate muscle soreness while increasing workout demand.

Relieve that stress while you learn to protect yourself!



Have fun as you learn to fight



Plenty of sparring



(216) 475-1880

Golden Pyramid Martial Arts Center

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