

## SELF DEFENSE



Be able to protect yourself while getting the benefit of exercise and development of graceful movements. Protect yourself against punches, holds, and chokes. Circular movements add speed and power into

your strikes. The strength of the dragon, the quickness of a snake, and the agility of a cat are seen in this martial art. The monks of long ago used this system to not only protect themselves, but also to strengthen their bodies and improve their health.

Visit our website:  
[www.gpmac.com](http://www.gpmac.com)



# SHAO LIN JING-GANG CHUEN KUNG-FU



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Students will learn the basic training and discipline of Shao Lin Kung Fu of Song San.

This includes :

**Chen Zuo** -Chan/Zen Meditation

**Chin Na Fen Chin Shou** -Locking & Grappling

**Sse Erl Lian Huan Pu** -Ten Steps of Foot Work

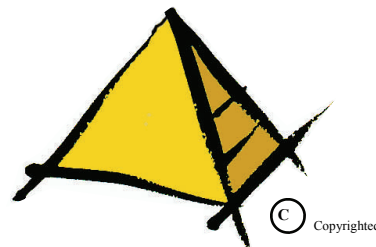
**Ta Li Ching Gang Shou** -The Powerful Hands of Vajra)

**Sse Erl Lian Huan Shou** -Blocking

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**Specially Designed Programs in  
Martial Arts**

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**FOR ADDITIONAL INFORMATION  
CALL  
440-232-4694**

**For further information call  
The Golden Pyramid  
Martial Arts Center  
216-475-1880**



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**A**nnouncing:

# KUNG FU

## The Road To Physical Strength & Mindfulness.

For centuries, Shao Lin Kung Fu has been known as the father of all martial arts and the official physical training of Shao Lin Monks. The arts has been extremely guarded and passed on to only a few chosen one.



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### Approach of the peaceful warrior

Through kung fu you will gain balance, coordination and muscle toning. Our system is a complete system. Training involves striking using hands, feet, elbows and knees. To complete this effective fighting system throws, joint holds and grappling are taught.

### Meditation and Health



One of the few martial arts systems to still practice mediation, kung fu clears the mind, brings peace to the body relieving the stress of everyday life. Just as this system helped bring health and protection to the monks of hundreds of years ago, kung fu can bring benefits to the modern student.



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### HEAD INSTRUCTOR

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*About the instructor:*

*The class is taught by Master Donald Permadi . Mr. Permadi has studied the martial arts for more than 30 years. He is a disciple of the Grand Zen Master Satyadharma. He has trained under the Grand Master Satyadharma's direct supervision since 1997 in Indonesia. Sifu Permadi is only the 2nd person to achieve the red belt or sash from Grand Master Satyadharma. Grand Master Satyadharma is the 96<sup>th</sup> Patriarch of Shao Lin Sze. His teacher was the 95<sup>th</sup> Zen Patriarch Pen Wu Ch'an Shi (1883-1964), who was the third disciple of the 94<sup>th</sup> Zen Patriarch Dong Ch'an Ch'an Shi (1837-1910) from a direct line of the First Zen Patriarch, Bodhidharma.*

**(216) 475-1880**

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**Golden Pyramid Martial Arts Center**

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