

What Will We Teach?

At Ironbear Martial Arts we have developed a program that initially teaches Chung Do Kwan Taekwondo. We have incorporated advanced self defense, utilizing pressure point strikes and techniques. We teach some basic ground defense and some basic judo techniques. Additionally, we have incorporated Jodoryu Jujitsu that is dedicated to ground work, joint locks and other aspects of Jujitsu. It has been documented that one hour of a rigorous taekwondo workout burns up to 600 calories. Please check out our website at



YMCA North Branch at 7690
State Route 703 in Celina, OH

www.ironbearmartialarts.com for a detailed look at our program. We are located in Celina, OH at the YMCA North on State Route 703. We offer **one week of free lessons**, so that you can try our program and see what we are all about. We provide a safe and respectful environment and promote respect for others. **We honor most belt ranks from other styles of martial arts**, you simply need to supply your rank certificates.

Ironbear Martial Arts LLC
1205 Yorkshire Ct
Celina, OH 45822

Presort Std
US Postage Pd
Permit #76
Celina, OH 45822



Ironbear Martial Arts

태권도

*Taekwondo
/ Kempo /
Jujitsu and
Self
Defense /
Oriental
Health and
Fitness*

Ironbear Martial Arts
LLC

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