

## 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](http://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

Postnet 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

Phone: 419-584-1958  
Website:

[www.ironbearmartialarts.com](http://www.ironbearmartialarts.com)

## The Instructors

Our instructor staff



L-Grandmaster Darrell Etgen  
R- Grandmaster David Weaver  
Teaching at the YMCA

Grandmaster Darrell Etgen began studying martial arts in 1986 and is currently a 7th Dan in Chung Do Kwan Taekwondo and Shorin Ryu, a 6th Dan in Ryukyu Kempo, a 1st Dan in Jodoryu Karate and is a 1st Dan in Shorei Gojo Ryu. Mr. Etgen is a certified Law Enforcement Instructor and is currently a Mercer County, Ohio Sheriff Deputy in Celina, Ohio.

Grandmaster David Weaver began studying martial arts in 1981. Mr. Weaver is currently a 7th Dan Grandmaster in Chung Do Kwan Taekwondo, a 6th Dan in Ryukyu Kempo, and various Dan ranks in Kempo Karate Jitsu and Shorin Ryu. He is a 3rd Dan in Jodoryu Jujitsu and 1st Dan in MooDuk Kwan Taekwondo. Mr. Weaver had been a Domino's Pizza franchisee since 1986 and is currently an Armed Security Guard.

Check out our website:

[www.ironbearmartialarts.com](http://www.ironbearmartialarts.com) or on  
Facebook at [www.facebook.com/Iron](http://www.facebook.com/Iron)

## Benefits of Martial Arts

These are just a few of the many benefits to our program and martial arts in general: a great cardio workout, improves flexibility and agility, builds self confidence, is an excellent stress reducer, increases focus and concentration, promotes calmness, Satisfies the recommended 30 minutes for 3 days a week exercise time, builds stamina, Can lower blood pressure and body weight, usually raises good HDL cholesterol levels, helps to build stronger and more stable core muscles which can help prevent back injuries and back pain.

### Class Dates and Times

Day	Time
Monday (9 and older)	6:00pm—7:15pm
Kids 4-8	5:30pm—6:00pm
Wednesday (9 and older)	6:00pm—7:15pm
Kids 4-8	5:30pm—6:00pm

Qigong pricing

posted on the website (classes available  
only if enough are signed up)

## Prices for the YMCA in Celina

We offer family discounts!

	Per Month	
Member Child YMCA (Ages 9 +)	\$26	M,W
Non-Member Child (Ages 9 +)	\$30	M,W
Member Adult YMCA	\$35	M,W
Non-Member Adult	\$40	M,W
Kids only class Ages 4-8	M= \$17 NM= \$20	M,W

Prices above are for each month. If you join during the month we will pro-rate the fees

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Celina, OH 45822

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