

# Martial Arts Center

*Learn Martial Arts for all ages at either of our Toledo area locations*

Maumee/ Monclova  
Shops at Fallen Timbers  
(at the main entrance)

South Toledo  
5055 Glendale Ave  
(at Reynolds)

Sylvania Township  
6540 West Central  
(at 23/475)



Sempai Blanco



Sensei Hurtsellers



## Traditional MMA (Mixed Martial Arts)

The Martial Arts Center has been teaching “Traditional Mixed Martial Arts” in Toledo since 1988. We are a progressive style that teaches technique from Karate, Kickboxing, Judo, Aikido, and Brazillian Jui-Jitsu.. While the physical portion of these techniques are universal worldwide; what makes us unique are the reasons why we practice. At our dojo Martial Arts is about learning about how to discipline both our mind and body; all with the purpose of building a more fit, happier, and more focused you!

Unfortunately; today in America there are few real dojo's. You are left with having to settle for a high pressure sales kids commercial studio, or a highly competitive win-at-all-costs gym. We believe neither of these is the correct model or intention left by the great Masters of the Arts. Instead our goal is to give you real Martial Arts, but in an environment that is safe, friendly, and still serious. We think we've created a dojo that is unique in our atmosphere and approach – we hope you will agree!

## Benefits of Authentic Practice Include:

- \*Fitness increase on all levels
- \*Increased concentration and focus
- \*Better eye hand coordination
- \*Stress relief

- \*Increased energy and vitality
- \*Massive improvement in Self-Control
- \*Classes available six days a week
- \*Self-Confidence and Self-Esteem

Getting started is simple and strait forward. Call us today and we will schedule an introductory course for you for only 20.00. The course includes two lessons and will give you a great opportunity to try out the school and experience it first hand.

If you mention you found out about us via this paper we will also include for you a FREE school T-shirt on your first lesson! **Contact us today!**

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

**419.385.1000**