





Modern Martial Arts for Real-World Readiness

Movement with Purpose • Training with Intention • Defense for Life

de Leon
SYSTEMA **LLC**



What is de Leon Systema?



Mission:

We develop calm, capable individuals through martial arts, community learning, and a philosophy of strength without aggression.

Philosophy:

At de Leon Systema, martial arts is self-mastery. We teach awareness, restraint, and protection with clarity. Students learn to stay calm under pressure and lead with humility.

Objective

We develop strong, aware, and ethical individuals through practical self-defense and mindful training. Students learn to protect themselves and others while living with purpose, responsibility, and leadership.



WHO WE SERVE?



In de Leon Systema,

we train students to remain alert without panic, respond without aggression, and sense danger without paranoia. You'll develop the mindset to stay calm under pressure and act decisively with purpose.

**gain strength
find community**

Ages 14+

- **Those seeking personal safety or strength.**
- **Beginners welcome**
- **All fitness levels**

Trial disclaimer: Our sessions are physically and mentally active. Reach out if unsure about readiness.



TRAINING INCLUDES

Self-Defense

striking, grappling, and knife defense for real-world situations

Cardio & Conditioning

functional strength and endurance training

Partner Drills

real-life pressure scenarios to build timing, trust, and control

Boundary & Space Awareness

personal safety, presence, and situational confidence

Emotional Regulation

staying calm and clear-headed under pressure



BELT SYSTEM

6-12MO
between belt levels

○ Civilian

● Operator

● Tactician

● Strategist

● Instructor

● Master Instructor

Testing is scenario-based,
performance over paperwork.



About the Instructor



Mr. de Leon draws influence from Okinawan, Filipino, Korean, and Malaysian martial arts — drawing from each to develop a system rooted in real-world application, cultural respect, and personal growth.

A way of training. A way of thinking. A way of life.

Mr. DeLeon brings decades of experience in Okinawan, Filipino, Korean, and Malaysian martial arts. But his system isn't just about styles — it's about substance.

At the heart of de Leon Systema is a philosophy:

Calm is strength. Awareness is power. Purpose is protection.

Students are trained to move with control, think under pressure, and respond with clarity. Whether in partner drills, situational training, or real-life stress, the goal remains the same: build capable individuals who don't rely on aggression — but on grounded confidence.



TRUST US

WHY YOU CAN

We train **real people** — calmly, clearly, and with care. No pressure. **No ego.** Just **real-world skills** you'll actually use.

Here's what that looks like:

- Step-by-step guidance
- **Progress isn't just about belts** — it's about real skills
- **CPR/First Aid** certified Instructor
- **Waivers + safety** protocols every class

BUSINESS INFO

- Registered LLC (State of Ohio)
- Fully Insured
- Waiver system

Questions? Reach out by email or text:

✉ deleonsystema@gmail.com

📱 (614) 656-6192



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Words from those who've trained with Mr. de Leon

“I have previously trained with Mr. de Leon in Hapkido and Taekwondo, and he always approached each training session with enthusiasm and joy. I found myself laughing during most of the lessons and sparring over a four year period. When he moved out of state, I found that the joy I had in training had also left. His skill in martial arts is dwarfed only by his heart.”

— Anonymous

“I still use much of what you taught me to this day.”

— Anonymous, Trained under Mr. de Leon



**You belong here.
Scan to begin.**

Real Words. Real People.
↓

COOPER'S COLOR CODE

of Awareness

Awareness is where all self-defense begins.

A tool for clarity, calm, and confidence — wherever you are.

Color	Meaning	Mindset
White	Unaware, unprepared	Distracted, relaxed, not paying attention
Yellow	Relaxed awareness	Calm but observant of surroundings
Orange	Focused alert	Noticing a potential threat and preparing response
Red	Action mode	Responding to a confirmed threat (fight, flee, de-escalate)
Black	Overwhelmed	Panic, mental shutdown — not in control

