

## Our Location

Dougherty Community Centre,  
7 Victor St, Chatswood 2067



## Our Timetable

Tuesday	Thursday	Saturday
Little Stars 4:00 – 4:30pm	Little Stars 4:00 – 4:30pm	Little Stars 9:00 – 9:30am
Bright Stars* 4:30 – 5:00pm	Bright Stars* 4:30 – 5:00pm	Bright Star*^ 9:30 – 10:15am
Bright Stars^ 5:00 – 5:45pm	Bright Stars^ 5:00 – 5:45pm	Super Stars 10:15 – 11:00am
Super Stars 5:45 – 6:30pm	Super Stars 5:45 – 6:30pm	

\* class is for children aged 5 - 6yrs

^ class is for children aged 7 - 8yrs

## More Information

Book your FREE Trial lesson online now:

[www.quantummartialarts.com.au](http://www.quantummartialarts.com.au)

[info@quantummartialarts.com.au](mailto:info@quantummartialarts.com.au)

02 8007 4100



### Physical Benefits

- Self Defence
- Anti-Bullying
- Stranger Danger
- Energy Release
- Good Posture
- Flexibility

### Mental Benefits

- Concentration
- Self-Esteem
- Discipline
- Calmness
- Focus
- Goal Setting

### Social Benefits

- Awareness of Others
- Good Manners
- Leadership
- Friendship
- Respect



### Did you know...

We also have Adults Classes!  
Enjoy the martial arts experience  
with the whole family!  
Contact Us for more information.



**FREE TRIAL LESSON**



## Martial Arts for Children



**Discipline, Defence  
Fitness & Fun**

[www.quantummartialarts.com.au](http://www.quantummartialarts.com.au)

## About Us

Quantum Martial Arts is dedicated to helping our students “build a better you”. We do this by practicing martial arts for self-defence, fitness and personal growth. Our community will ensure your child learns effective self-defence, gets incredibly fit, has fun and makes lifelong friends.

The school is run by founder and head trainer, Darren Higgs, who has over 20 years of experience teaching martial arts to children and adults. Darren is a 4th Dan Black Belt, has won numerous international Ju Jitsu titles, and is a Government accredited Senior Coach through the Australian Ju Jitsu Federation.

Darren and his highly skilled team of children's trainers teach Northstar Ju Jitsu, which is a practical, fun, easy to learn system that instils the fundamentals of self-defence, fitness, confidence, discipline, respect and focus in children. Your child will be learning a combination of techniques developed from Taekwondo, Kickboxing, Judo, Ju Jitsu, Aikido and Systema.

Martial arts benefits span a spectrum of physical, mental and social attributes. Developing these elements early in life contributes to a healthy, happy adulthood. That's why it is important to get your children started today!



## Children's Programs

Quantum Martial Arts has 3 children's programs which are grouped based on your child's age group

### Little Stars (3 - 4 Years Old)

The Little Stars program focuses on all the things that 3 to 4 year old children need to grow physically, mentally and socially.

### Bright Stars (5 - 8 Years Old)

The Bright Stars program has been specifically developed for 5 to 8 year old children as they confront wider social and physical situations in life.

### Super Stars (9 - 14 Years Old)

Super Stars is an outstanding program for children as they develop into young adults and prepares them for the challenges of being older teens.

## Benefits for your children

### Discipline

Our children learn discipline and respect from bowing, listening and executing out the techniques taught by the trainers during classes. This discipline often carries over to home and school life in general.

### Defence

Our children are taught about many aspects of self-defence including stranger danger and various methods of escaping from bad situations.

### Fitness

Our goal is to ensure that our children are fit and healthy and we aim to provide them with the correct fitness skills and techniques to use through life.

### Fun

Most of all the children love training and their confidence grows as they learn new skills! We try to ensure fun, fast paced and action packed classes to always keep them guessing!

