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 / Bright Stars 9:00 - 9:30am
Bright Stars* 4:30 – 5:00pm	Bright Stars* 4:30 – 5:00pm	Bright Stars^ 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	MMA | Kids 10:15 – 11:00am
		BJJ | Kids 11:00 -11:40am

* class is for children aged 5 yrs
^ class is for children aged 6 - 8yrs

More Information

For your FREE trial lesson, book at:

www.quantummartialarts.com.au
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

QUANTUM MARTIAL ARTS

Did you know...

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

APPROVED PROVIDER ACTIVE KIDS
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FREE TRIAL LESSON

QUANTUM MARTIAL ARTS

Martial Arts for Children

Discipline, Defence Fitness & Fun

www.quantummartialarts.com.au

About Us

Quantum Martial Arts is dedicated to helping our students “Build A Better You”. Our Ju Jitsu is a practical, fun, easy to learn system that instils the fundamentals of self-defence, fitness, confidence, discipline, respect and focus in children.

Come and train with the current World Ju Jitsu Champions, together with our world class instructors and wonderful community.

Beginners are welcome at every class!

Brazilian Jiu-Jitsu / BJJ (5 - 15 Years Old)

Brazilian Jiu Jitsu is a program focusing on grappling, ground fighting and submission holds. Your child will love the wrestling and competition, all in a safe environment.

MMA | Sparring (5 - 15 Years Old)

Mixed Martial Arts / MMA Sparring integrates the best aspects of all martial arts, including striking, throws, grappling and ground fighting. Your child will love sparring in a controlled environment.

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)

Easy to learn martial arts and massive fun, this program instils the values of self defence, stranger danger, concentration, self control and teamwork in young children.

Bright Stars (5 - 8 Years Old)

Practical and easy to learn martial arts for 5-8 year olds, this program instils the values of self defence, confidence, discipline, respect and focus in young children.

Super Stars (9 - 15 Years Old)

This is a robust class that teaches dynamic martial arts moves and challenges fitness. We teach valuable virtues such as spirit, courage, leadership, focus, commitment and building character.

All Stars (12 - 15 Years Old)

For our high achieving students, this program blends the dynamic techniques of the "Super Stars" course with the practical fighting skills of the Adult Ju Jitsu syllabus. The "All Stars" program develops elite martial artists into confident leaders as they transition to adulthood.

Benefits for your children

Discipline

Discipline is taught by coming to attention, focus, listening, showing respect, being ready to take action, and committing to executing techniques taught by the trainers during classes.

Defence

Children are taught practical self-defence in all ranges (striking, throws and wrestling), including stranger danger and escaping bad situations.

Fitness

We run challenging, yet fun, classes to ensure your child is fit and active, which has many body-mind-spirit benefits.

Fun

Our classes are varied, fun, fast paced and action packed so your child is always interested.

The children love training and their confidence grows as they learn new skills!