About Us

Quantum Martial Arts helps “Build A Better You” by training your total body – mind – spirit. Our Ju Jitsu is a newer, more evolved approach, which integrates both the modern and traditional elements of Ju Jitsu into a holistic practice of self defence, fitness and mindfulness. Come and train with the reigning World Ju Jitsu Champions, together with our world class team of instructors and the best community around. Beginners are welcome at every class.

Benefits

Defence

At Quantum, you will learn immediate and practical fighting skills. Defensive combinations are taught in all ranges (striking, throws, wrestling and grappling). The syllabus is direct and highly effective.

Physical Benefits

Our classes provide a great workout to increase your fitness, including strength, energy, stamina and flexibility. This is all done while improving your self-defence and fighting skills.

Mental and Social Benefits

Martial arts is an excellent way to de-stress, enhance focus and discipline, increase your confidence and maintain a calm attitude, both inside and outside of the dojo. Build lifelong friendships with the great communities at each location.

Dojo Locations

Balmain Dojo

PCYC Balmain
372 Darling Street, Balmain, 2041

Crows Nest Dojo

Level 1, 38 Willoughby Road,
Crows Nest, 2065

Chatswood Dojo

Dougherty Community Centre 7
Victor St, Chatswood, 2067

Did you know…

We also have **Children’s** Classes!
Enjoy the martial arts experience with the whole family!
Contact us for more information.

FREE TRIAL LESSON

Martial Arts for Adults

Build A Better You!

www.quantummartialarts.com.au

Programs

Japanese Ju Jitsu

At Quantum, you will learn immediate and practical fighting skills. Defensive combinations are taught in all ranges (striking, throws, wrestling and grappling). The syllabus is direct and highly effective, integrating both the modern and traditional Ju Jitsu elements.

Brazilian Jiu Jitsu (BJJ)

Brazilian Jiu Jitsu (BJJ) focuses on grappling, ground fighting and submission holds. You will love the wrestling and competition, all in a safe environment.

MMA/Sparring

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

Green Belt + Class

This class is for the senior belts, focusing on perfecting your Ju Jitsu syllabus, while being able to effectively apply it in self-defence situations.

More Information

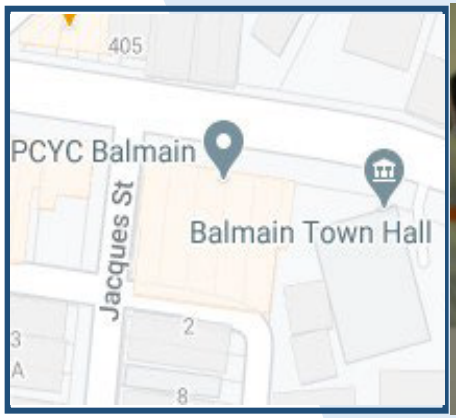
For your FREE Trial lesson:

8007 4100

info@quantummartialarts.com.au

Balmain Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Japanese Ju Jitsu 7:00-8:00am	Japanese Ju Jitsu 9.00-10.00am
Japanese Ju Jitsu 6:30-7:30pm	Japanese Ju Jitsu 6:30-7:30pm	Japanese Ju Jitsu 6:30-7:30pm	Brazilian Jiu Jitsu (BJJ) 6:30-7:30pm	MMA / Sparring 6:30-7:30pm		
Green Belt + Class 7:30-8:30pm	Brazilian Jiu Jitsu (BJJ) 7:30-8:30pm				Brazilian Jiu Jitsu (BJJ) Open Mat 3:30-4:30pm	

Our Location

PCYC Balmain,
Ground Floor, 372 Darling Street, Balmain NSW 2041