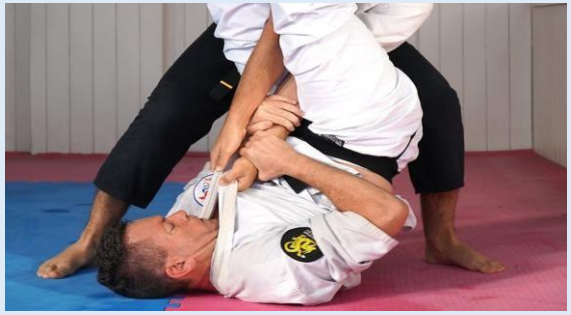
About Us

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)

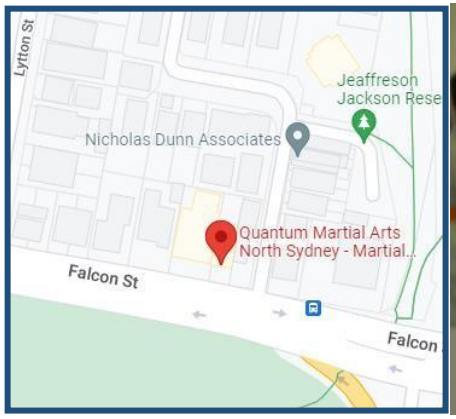
Brazilian Jiu Jitsu (BJJ) focuses on grappling, ground fighting and submission holds. You will love the wrestling and competition, all in a safe environment. These classes are at our North Sydney and Balmain locations.

Chatswood Timetable

Tuesday	Thursday
Japanese Ju Jitsu **6:30-7:30pm**	**Japanese Ju Jitsu** **6:30-7:30pm**
Brazilian Jiu Jitsu (BJJ) **7:30-8:30pm**	**Brazilian Jiu Jitsu (BJJ)** **7:30-8:30pm**

Our Location

Dougherty Community Centre
7 Victor Ave, Chatswood NSW 2067



More Information

For your FREE Trial lesson:
8007 4100
info@quantummartialarts.com.au