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.

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!

Other Dojo Locations

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 **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

Children's Programs

Japanese Ju Jitsu

A modern adaptation of traditional samurai principles, Northstar Ju Jitsu blends self-defence, fitness, and mindfulness. It's a full body workout that boosts confidence, awareness, and well-being.

- **Little Stars (3 - 4 Years Old)**
- **Bright Stars (5 - 8 Years Old)**
- **Super Stars (9 - 15 Years Old)**
- **All Stars (13 - 15 Years Old)**

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.

More Information

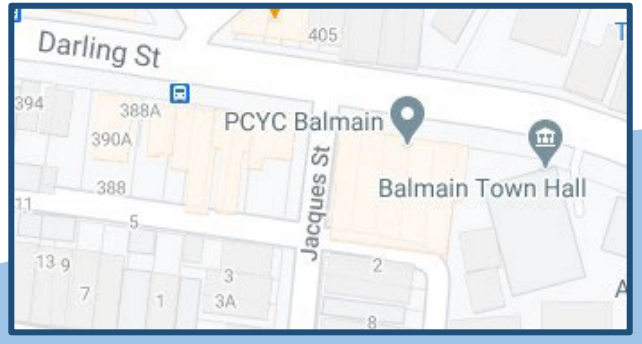
For your FREE trial lesson, book at:
quantummartialarts.com.au

info@quantummartialarts.com.au
02 8007 4100

Our Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
				Little Stars 9:30 – 10:00am
Little Stars 4:00 – 4:30pm	Little Stars 4:00 – 4:30pm	Little Stars 4:00 – 4:30pm	Little Stars 4:00 – 4:30pm	Little Stars 10:00 – 10:30am
Bright Stars* 4:00 – 4:30pm	Bright Stars* 4:00 – 4:30pm	Bright Stars* 4:00 – 4:30pm	Bright Stars* 4:00 – 4:30pm	Little / Bright Stars 4:00 - 4:30pm
Bright Stars^ 4:30 – 5:10pm	Bright Stars^ 4:30 – 5:10pm	Bright Stars^ 4:30 – 5:10pm	Bright Stars^ 4:30 – 5:10pm	Bright Stars^ 4:30 – 5:10pm
Super Stars 5:10 – 5:50pm	Super Stars 5:10 – 5:50pm	Super Stars 5:10 – 5:50pm	Super Stars 5:10 – 5:50pm	Super Stars 5:10 – 5:50pm
MMA | Kids✓ 5:50 – 6:30pm	BJJ | Kids ✓ 5:50 – 6:30pm	MMA | Kids✓ 5:50 – 6:30pm	BJJ| Kids ✓ 5:50 – 6:30pm	All Stars 5:50 – 6:30pm
Saturday				
Little Stars 9:00 – 9:30am	Bright Stars* 9:30 – 10:00pm	Bright Stars^ 10:00 – 10:40pm	Super Stars 10:40 – 11:30am	
Little Stars 11:30 – 12:00pm	Bright Stars* 11:30 – 12:00pm			
Little Stars 1:00 – 1:30pm	Bright Stars* 1:00 – 1:30pm	Bright Stars^ 1:30 – 2:10pm	Super Stars 2:10 – 2:50pm	BJJ | MMA ✓ 2:50 – 3:30pm

*** Class is for children aged 5 yrs**
^ Class is for children aged 6 - 8yrs
✓Class is for children aged 5 – 15yrs

Our Location

PCYC Balmain
Ground Floor, 372 Darling St, Balmain 2041