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

Balmain Dojo

PCYC Balmain
Ground Floor, 372 Darling Street,
Balmain 2041

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

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

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.

- **Junior Grapplers (5 - 8 Years Old)**
- **Elite Grapplers (9 - 15 Years Old)**

MMA | Sparring

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.

- **Junior Warriors (5 - 8 Years Old)**
- **Elite Warriors (9 - 15 Years Old)**

Our Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Little Stars 4:00 – 4:30pm	Little Stars 9:45 - 10:15am	Little Stars 4:00 – 4:30pm	Little Stars 9:45 - 10:15am	Little Stars 4:00 - 4:30pm
Bright Stars* 4:00 – 4:30pm		Bright Stars* 4:00 – 4:30pm		Bright Stars* 4:00 - 4:30pm
Junior Grapplers BJJ 4:30 – 5:10pm		Junior Warriors MMA 4:30-5:10pm		Junior Grapplers BJJ 4:30 - 5:10pm
Bright Stars^ 5:10 – 5:50pm		Bright Stars^ 5:10 – 5:50pm		Bright Stars^ 5:10 - 5:50pm
Super Stars 5:10 – 5:50pm		Super Stars 5:10 – 5:50pm		Super Stars 5:10 – 5:50pm
Elite Grapplers BJJ 5:50 – 6:30pm		Elite Warriors MMA 5:50–6:30pm		Elite Grapplers BJJ 5:50 - 6:30pm
Saturday				
Little Stars 9:00 – 9:30am	Bright Stars* 9:00 – 9:30am	Bright Stars^ 9:30 – 10:10pm	Elite|Junior Grapplers 10:10 - 10:50am	Super Stars 10:50 - 11:30am
Little Stars 11:30 – 12:00pm	Bright Stars* 11:30 – 12:00am		Elite|Junior Warriors 11:30 - 12:00pm	
Little Stars 1:00 – 1:30pm	Bright Stars* 1:00 – 1:30pm	Bright Stars^ 1:30 – 2:10pm	Competition Team BJJ MMA 1:15-1:50pm	Super Stars 2:00 – 2:45pm

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

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

info@quantummartialarts.com.au
02 8007 4100

Our Location:

Level 1, 38 Willoughby Road,
Crows Nest, 2065