

Kicking together, and sticking together

More and more parents are looking to martial arts to empower their children. It's an environment in which kids are able to learn invaluable self-defence skills through a combination of discipline, fun and fitness. At Martial Journey academy of martial arts, we are also finding that more parents are choosing to reap the benefits first hand.

Meet our members

Chadstone | Chaim Avinu & son Joel

After several years of absence from martial arts, Chaim longed to return to training. "I missed the training, but I had to find a way to fit it in between my family and work commitments."

When chaim found out that his former sensei's new school (Martial Journey academy of martial arts) has begun offering day time classes, he wasted no time to check it out. "I work from home, so it's convenient to duck out during the day to train."

"The style (Issei Ryu Bujutsu) is practical and diverse."

"I enjoy being able to progress at my own pace."

"I've definitely regained much of my core strength, flexibility, and overall fitness."

Chaim always intended to introduce martial arts into his son's life. "I brought Joel (6yrs), as soon as he was old enough to follow instruction. I wanted Joel to have a sense of commitment, develop his co-ordination and confidence, have pride in himself and his accomplishments, and build a friendship network outside of school."

"The instructor is very patient when it comes to breaking the techniques down for the kids, and he never forgets to make the classes fun for them as well."

Joel, who will be going for his first grading in August, claims that "I will do it forever. I'm going to get to Black Belt 10th Dan, then start from white belt again."

Chaim believes "It's great having something that we do together. It allows us to connect on a different level; something we have that is special between us. It has definitely brought us closer."

Martial Journey academy of martial arts

"We focus on practical self-defence, and cultivating well-rounded and effective martial artists. We cater for children and adults of all fitness levels and abilities."

For more information please visit www.MartialJourney.com or call **1300 ONE TRY**.