

Timetable



2/30 Bridge Street Eltham
 Ph: (03) 9431 1167
integritymartialartsacademy.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10 - 11am	MMA Afterburner	Closed		MMA Afterburner		The Minions! Muay Thai	Closed	
11 - 12pm						Muay Thai		
12 - 1pm	Brazilian Jiu Jitsu Fundamentals			Brazilian Jiu Jitsu Fundamentals		Open Mat		
1 - 2pm	Street Smart Combatives			Street Smart Combatives				
4 - 4.45pm	The Mini Minions!			The Mini Minions!				
4.45 - 5.45pm	The Minions!			The Minions!				
5 - 6pm				Muay Thai				
6 - 7pm	Women's Self Defence & Fitness			No-Gi Grappling	Street Smart Combatives	No-Gi Grappling		
7 - 8pm	Brazilian Jiu Jitsu Fundamentals			Mixed Martial Arts (MMA)	Brazilian Jiu Jitsu Fundamentals	Mixed Martial Arts (MMA)		
8 - 9pm	Brazilian Jiu Jitsu Advanced			Elite Combatives	Brazilian Jiu Jitsu Advanced	Elite Combatives		

Our Styles



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Street Smart Combatives

Combining elements of Filipino Martial Arts, BJJ, Muay Thai, Aikido and situation awareness drills. Techniques used are developed for street smart self defence, anti-bullying applications and composure in threatening situations.

Elite Combatives

Defensive tactics for multiple attackers, bladed and improvised weapons and techniques that provide control in situations where minimising risks and maximising results are critical. Tactics applied in hostile environments by security, police and military personnel.

Mixed Martial Arts (MMA)

A combination of a variety of styles, bringing together striking, submission wrestling, fitness and conditioning.

The Minions

The next generation of superheroes combining the powers of Brazilian Jiu Jitsu, Combatives and MMA with focus, discipline, and a positive attitude. *The Minions!* and *The Minions! Muay Thai* classes age group: 6-12 year olds. *The Mini Minions!* classes age group: 3-6 year olds.

Women's Self Defence & Fitness

Learn how to protect yourself at home, on public transport and on the street with a practical and effective self defence system. Mixed in with a high energy workout, it gets you fit and equipped to handle any situation.

Brazilian Jiu Jitsu

Highly efficient grappling using position control and leverage to submit opponents wearing a gi. 'The gentle art' is compared to a physical game of chess and allows a smaller or weaker person to successfully defend against a larger, stronger one.

Muay Thai

Known as 'the art of 8 limbs' Muay Thai is a full combat style using hands, elbows, knees and shins for maximum impact and efficiency. Muay Thai is arguably the most effective striking style and techniques are widely used in MMA bouts.

No-Gi Grappling

Submission wrestling without the use of a gi. Techniques, grips, strategies and movement are adapted and streamlined.

MMA Afterburner

An explosive combination of fitness and self defence utilising Tabata interval training. Guaranteed to get you fighting fit in no time!!

Open Mat

Free training time to work on techniques, spar or prepare for competitions.