



BTC

BTC is a new direction in health, fitness and self defence with a holistic spin. Proud to operate the largest facility of its kind in Queensland, BTC is the household name of:

- Taekwondo
- Martial Arts Training
- Brazilian Jiu-Jitsu
- Classes for women, men, children and beginners
- Excellent fitness and self-defence

**FREE LESSON!
CALL US NOW
1300 303 583
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Taekwondo

As our name, Brisbane Taekwondo Centre indicates, BTC is the home of Brisbane Taekwondo. We offer over 90 classes each week, including Taekwondo classes for children from 4 years old, through to Taekwondo for teenagers and adults. Classes are split by age, then by experience level so you always have just the right mix of fun and challenge.

Brazilian Jiu-Jitsu

BTC Brazilian Jiu-Jitsu (BJJ) is a second martial art offered by BTC. BJJ is considered one of the fastest growing martial arts in the world with its prowess on the ground made famous by the UFC. In comparison to other forms of martial arts which involve kicking, punching and striking, BJJ is a ground based martial art which seeks to take an attacker to the ground where techniques can be used to overpower the attacker. With special beginners classes available, it doesn't matter what age you are or if you have never tried BJJ before. Our sessions are fun, challenging and engaging!

Whether Taekwondo or Brazilian Jiu-Jitsu is your preferred martial arts style, if you're in Brisbane and looking to start martial arts training, or take your training to the next level, there's only one place to come, the home of martial arts in Brisbane, BTC!

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Children's Taekwondo:

Age/experience specific classes

Give your children's confidence a kick start with BTC Taekwondo classes. At Brisbane Taekwondo Centre, classes are split by age and experience level to ensure a safe and fun learning environment. We understand that every child is unique, and depending on their age their abilities will differ.

From having this understanding, BTC has been able to develop programs especially for children where focus, confidence, self-defence and Taekwondo are combined in just the right measure.

Our Instructors

Teaching martial arts to young children is a unique and special gift. This is something that we have recognized and is why our BTC instructor team is second to none. Our children's Taekwondo instructors are specially selected and trained, making them renowned for their enjoyable and innovative teaching style, the individual attention they give every member, their professionalism, and infectious enthusiasm.

And of course, they all have the "Working with Children" Blue Card, adding to the professionalism that BTC strives to uphold.

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4 -6 year old Little Samurai Program

Our little Samurai Program is taught under an entirely separate syllabus just for 4-6 year olds, ensuring each child participates at their own level in a safe, fun, and challenging learning environment.

- Is specific for 4-6 year olds with classes separated by experience level.
- Rewards the children's progress with a new coloured belt or stripe each term.
- Will develop gross motor skills, coordination, balance, basic self-defence & Taekwondo skills.
- Teaches confidence, respect, focus, listening skills, and discipline.
- All in a fun, friendly and rewarding atmosphere.

7 to 12 yr olds Black Samurai

BTC's Black Samurai Program for 7-12 year olds is the start of many children's path to black belt. Our specially designed program will guide children into developing black belt habits and attitudes, which include honesty, integrity, commitment, self-discipline, focus, respect, loyalty, and confidence. Of course, these habits will coincide with learning Taekwondo and practical self-defence skills that may one day save their life.

- Is specific for 7-12 year olds with classes separated by experience level.
- Progress measured through gradings held each term.
- Teaches good character including honesty, integrity, commitment, self-discipline, focus, respect, confidence, self-esteem, and a positive attitude.
- Will develop motor skills, coordination, and balance.
- Includes school safe (anti bullying) and street safe components.



Adults Taekwondo

BTC offers WTF Taekwondo as its core product. (World Taekwondo Federation) WTF Taekwondo is the same style as seen in the Olympics and is a great way to get fit, lose weight, improve flexibility, increase confidence, improve focus and have fun!

BTC does not limit itself to Taekwondo though and during regular classes elements of other Martial Arts are incorporated to provide members with some powerful yet easy to learn self-defence techniques.

Taekwondo is generally the choice for people looking for a more stimulating and challenging form of exercise than the gym. It is also the choice of sports people in addition to their usual workout to keep their fitness and agility up.

Our state of the art centre is home to:

- Experienced instructors
- Beginner classes
- Group training sessions
- A fun yet engaging atmosphere
- All the latest facilities
- Flexible timetable

And that's not all! As a full time centre, open 6 days a week, Brisbane Taekwondo Centre (BTC) also offers multiple taekwondo sessions at varying times throughout the week, this gives you the freedom to work in classes around your schedule and decide which classes are the ideal ones for you.

Our state of the art centre is also fully equipped with the latest equipment that's needed for each class, allowing you to attend a taekwondo session straight from school, college or from work. So whether you're looking for Taekwondo for fun, fitness, focus, self-defence, or competition, we are sure to have a class and a time to suit you.

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Age/experience specific classes

Whether you're looking for a new way to get in shape, to improve your flexibility, learn self defence, re-energise or de-stress and balance your mind and body, BTC Taekwondo is your answer. Because we understand that everyone is different, and that at different ages their skills differ, BTC offers separate classes for different age levels.

This means you'll be training with other adults (not stuck with kids!) as well as separate classes for different experience levels, including beginner specific classes, so that everyone has fun, whilst being challenged to strive for their best.

Introductory Program

In our introductory program, our highly experienced and trained instructors will give you a private lesson so you can try BTC in a relaxed and comfortable atmosphere at your own pace and it doesn't stop there; our very special introductory program also includes a uniform so you'll feel part of the action right from the start as well as your very own personal assessment and much more.

Free Session:

During the lesson, our instructors will guide you through a variety of Taekwondo skills in a fast, enthusiastic, fun and challenging way!

They will also make the time to sit down with you to work out the best classes for you based on your goals, confidence, attitude, balance, and coordination as well as answer any questions you may have. All BTC instructors undertake special training to assist in helping you achieve your goals, making your time with us a friendly, professional and rewarding experience.



Brazilian Jiu-Jitsu (BJJ)

BTC is also the home of Brazilian Jiu-Jitsu in Brisbane, where we welcome a wide variety of skill levels including special beginner classes. Made famous by the UFC for its on-the-ground prowess, BJJ is considered one of the fastest growing martial arts in the world.

In comparison to other martial arts, such as the Taekwondo that BTC offers which involves mostly kicking, punching and striking, BJJ places emphasis on overpowering an opponent and seeks to take an attacker to the ground. BJJ is a ground based martial art and in our regular sessions you'll learn:

- Takedowns, ground control, chokes, joint-locks and takedown defence.
- How to quickly pin an opponent to the ground.
- How to gain an upper hand using different positions.

Our Brazilian Jiu-Jitsu is an excellent choice of martial art if you are wanting to learn a mild combat sport, learn techniques suitable for real life situations, get fit, de-stress and gain confidence to protect yourself.

At BTC, we have the most experience Brazilian Jiu-Jitsu teachers and you train at a level that's ideal for you, so it doesn't matter what age you are or if you have never tried a martial art before, our sessions are fun and engaging!

Our Instructors:

Our Instructors also bring a wealth of Jiu-Jitsu experience and knowledge, and will guide you toward achieving your goals in a friendly, safe and professional environment. In the academy, there are various types of students; those who love competition, those who train for weight loss, exercise and character development and others who like the martial art of Brazilian Jiu-Jitsu.

At BTC, our instructors respect and support everyone's reasons for training and encourage peers to help each other out. Our classes include both gi and no-gi so that you can access the benefits from both styles as well as offering the most effective way to learn Jiu-Jitsu while having fun in a safe and friendly atmosphere.

Our classes include students from 15-55 years old, males and females. No prior fitness, flexibility, or experience is needed, so what are you waiting for?

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Schools

At your school or ours, BTC offers self-defence programs in Brisbane suitable for children as young as four through to teenagers, college, and university students. If you're looking for something new and exciting for your students, then BTC is sure to exceed your expectations with our wide variety of programs, which we tailor to suit the students at your school or college. Our programs include:

- Traditional Taekwondo
- General Self Defence
- Personal Safety & Protective Behaviours
- Active After School Care/ School Sport (e.g. Friday/Wednesday afternoon sport programs)
- School Curricula (included as part of Health and Physical Education subjects)
- Vacation/Holiday Care
- Hapkido
- Fitness

Our programs can be conducted in a variety of different formats, to suit your needs. These formats include:

- Workshop style – a presentation by the instructor combined with hands on activities by the students
- Seminar style – a presentation by the instructor with handouts including helpful hints and tips
- Sports class style – hands on activities by the students

A format can be tailored to suit your program requirements, space, time, students numbers and other needs. Our purpose built, fully air-conditioned and safety matted centre can cater for group sizes from 10 – 100+ people and our programs can be conducted over any length of time from as little as 1 week or as long as 12 months with classes going from 30 – 90+ minutes. You decide what works best for you!

It doesn't stop there either. For your peace of mind, our BTC instructors are fully certified professionals and are qualified with:

- Working with Children blue card
- Sports first aid accredited
- Australian Coaching Council – NCAS coach
- National Referee accredited (TKD)
- Most importantly though, you'll find that your instructor loves teaching, is easy going, and really wants to help students achieve their best.

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Birthday Parties

Looking for a fun and unique birthday party to help celebrate your child's birthday with their friends? Then BTC is your first port of call to ensure a fun and active party! At BTC birthday parties we want kids to have a great time and have a birthday party to remember! At our parties, we provide a group martial arts lesson for all kids who attend the party.

The lesson is a safe, active and fun-filled class with the birthday boy or girl being the star of the show. Our enthusiastic instructors will structure the games during the lesson based on the age of kids attending, so whether the birthday child is 5 or 12, we have just the right games.

We provide:

- The party room (a safety matted training hall with party decorations)
- Fun games for everyone to join in
- Enthusiastic instructors (all with first aide and working with children card)
- Show bags and gifts to take home
- Colourful certificates for all the guest
- The birthday boy or girl gets to break a board! (Special birthday timber)
- A sword to cut the cake

You provide:

- We recommend you bring a tablecloth large enough to accommodate all the children to sit around and eat.
- The drinks that are recommended are the juice drinks that are in a box (poppas) with the plastic straws or pop top drinks. (Cups and soft drink may spill and make a mess, holding up the party)
- If you wish to provide food for your guests we recommend something easy to transport and clean up such as pizza.
- Paper towel and garbage bags for a quick and easy clean up at the end.
- Any special decorations you might like (we will have basic birthday decorations)

Private Training

If you're looking for extra one on one attention throughout the class, or you need extra flexibility with the class times, then BTC Private Training is your answer. Our Private Training sessions cater to people of all ages, body types, and levels of fitness and it is proven that people learn faster and better with private classes.

At BTC, our private classes are available from 5:30am through 10pm, 7 days a week. So if early mornings are your thing, or if you prefer day time classes or any other time, we are sure to have a time that suits you!

Not only do you choose a time and day that suits you, but you get to decide what to learn. Looking to learn Taekwondo, self-defence, restraints, grappling or a combination of everything? It's up to you!

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