

infinity

martial arts

Self Defence

Once you start training in Brazilian Jiu Jitsu (BJJ) or Mixed Martial Arts (MMA), you will realise how little self defence most of us really know. BJJ and MMA incorporate all the fundamentals of self defence. Not only does it teach you how to control your opponent or attacker, it helps you to develop the confidence and knowledge to diffuse violent or dangerous situations.

Exercise – Physical Benefits and Weight Loss

You work every muscle in your body. Unlike a boring gym workout, you will notice how easy it is to lose weight, improve your health, strength and agility while you have fun learning great self defence techniques and life skills.

Exercise - Psychological Benefits

Another advantage of training in BJJ and MMA is the release of feel-good endorphins in the brain which increase mental focus and cognitive skills. This also reduces the symptoms of anxiety and depression by increasing levels of serotonin. The increased blood flow delivers more oxygen and essential nutrients which in turn makes you feeling better during the day. Training stabilizes mood swings and fosters feelings of happiness, makes you forget daily problems by focusing on the task at hand and gives you an opportunity to let off steam in a controlled environment. There is something very primal and appealing about practicing BJJ.

Social Life

You can't help but make great friends when you train in BJJ and MMA. There will always be an opportunity to socialise and some of these friendships will become lifelong. You will meet a variety of people with a common interest and getting to know each other is just as much fun as learning new techniques. BJJ and MMA doesn't discriminate, and you will find people varying in age, size, ethnicity, education and employment all training together. It's also about helping each other progress and socialising off the mats as well. Even though BJJ is a very individual sport, you are always part of a bigger team and essentially a family.

Beginners welcome to all classes



infinity

martial arts



**WELCOME TO
INFINITY MARTIAL ARTS**

**Let's get you
started today!**

7 DAY FREE TRIAL
0490 049 319

 [InfinitySpringfieldMA](#)

INSTRUCTORS



Head Instructor
Jay Jay Te Huia

Hi, I'm Jay Jay. I'm currently the head instructor at Springfield Infinity Martial Arts. I started training BJJ and MMA in 2011 as a 22-year-old I am now a BJJ Black Belt under Tyrone Coppedge and a Pro MMA fighter. I have gained so much knowledge and experience as a coach and a competitor. I am honoured to be able to teach people something that I love and passionate about. I am a proud father and partner & coach and we are loving the life as first time business owners.

Hi, I'm Sabbath. In 2011, I started Brazilian Jiu Jitsu at Springfield Infinity and within 6 months, I began competing. Since then, I have competed at state, national and international events as well as part of invitational promotions. I first taught as part of our junior Leadership Program in 2015 and I am now one of our qualified coaches. In 2022, at 18 years of age, I received my Brown belt after over 10 years of training at Springfield.



Assistant Instructor
Sabbath Smrecnik



Assistant Instructor
Shelly De Visser

Hi, I'm Shelly. After losing 65 kilos, I needed something to help me tone up, get fit and set a good example for my kids. I signed up for my first session of MMA and BJJ in 2017 and did not look back, I continue to compete in BJJ comps to help me improve on my skills and I love teaching to help others improve as well. I am currently a purple belt in BJJ and an instructor teaching fundamental Classes at Springfield Infinity Martial Arts.

Hi, I'm Jeff. I started training BJJ in 2017 after a lifelong dedication to martial arts that began at the age of 6. I compete and regularly travel the world seeking out knowledge in the impossible pursuit of perfection. I relish the opportunity to pass this knowledge on and watch people grow and become the best they can be despite their age or physical limitations. I am currently an assistance coach and a Brazilian Jiu Jitsu Brown belt at Springfield Infinity Martial Arts.



Assistant Instructor
Jeff Hawkins

ADULT CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE LESSONS AVAILABLE	6AM - 7AM BJJ	PRIVATE LESSONS AVAILABLE	6AM - 7AM BJJ	PRIVATE LESSONS AVAILABLE	7AM- 8:30AM OPEN MAT
12:30 - 1:30PM BJJ	PRIVATE LESSONS AVAILABLE	12:30 - 1:30PM NO-GI BJJ	PRIVATE LESSONS AVAILABLE	12:30 - 1:30PM BJJ	11:00 - 12:00pm NO-GI BJJ
5:30 - 6:30PM MMA WRESTLING	5:30 - 6:30PM MMA PAD WORK	5:30 - 6:30PM MMA STRIKING	5:30 - 6:30PM MMA GROUND FIGHTING	6:00 - 7:00PM FUNDAMENTALS	12:00 - 1:00PM OPEN MAT
6:30 - 7:30PM BJJ HYBRID	6:30 - 7:30PM BJJ	6:30 - 7:30PM NO-GI BJJ	6:30 - 7:30PM BJJ	7:00 - 8:30PM OPEN MAT	
7:30 - 8:30PM OPEN MAT	7:30 - 8:30PM OPEN MAT	7:30 - 8:30PM OPEN MAT	7:30 - 8:30PM OPEN MAT		

26 Commercial Drive Springfield

BJJ

You will learn fundamental techniques. You will be able to improve your overall Jiu Jitsu knowledge, improve your movement and coordination, and receive an introduction to more advanced Jiu Jitsu techniques. The uniform for this class is 'Gi' and is a vital part of any grappler's development.

NO-GI BJJ

You will have the opportunity to learn the same Jiu Jitsu being taught in Gi classes but learn how to adapt them to No-Gi situations. No-Gi grappling tends to be a lot faster due to the lack of grips and handles used in the Gi. The uniform for this class is grappling shorts and rash guard.

HYBRID (GI & NO GI)

This class is catered for both Gi and No Gi players all levels. Giving everyone the experience to play within both worlds of BJJ.

MMA

We focus on developing students' striking and defensive skills with Boxing and Muay Thai techniques, as well as takedowns and grappling skills from Judo, Wrestling and BJJ. Students will require a mouth guard and boxing gloves. The uniform for this class is grappling shorts and rash guard.

BJJ Fundamentals

This is a great class for beginners and anyone who needs to brush up on their fundamentals, you will learn core movements, basic positions and techniques that will help kick start your journey of learning BJJ. The uniform for the class is Gi.

OPEN MAT

You can use the open mat to continue training your skills by drilling techniques, free rolling, positional sparring, stretching, or socialising with teammates.

All classes taught in a safe and structured environment

NO LOCK IN CONTRACT
NO JOINING FEE
NO CANCELLATION FEE



ADULTS WEEKLY MEMBERSHIP

Adults Unlimited Classes - \$55
One Day - \$30

We have family discounts available