

Martial Arts

As well as being a form of self defense, martial arts are also a great way to improve fitness, coordination and self-esteem. There are many disciplines of martial arts including judo, karate, taekwondo and ju-jitsu. Most martial arts clubs welcome recreational and competitive participants.

Your local club can provide information about come and try opportunities and membership.

The following organisations can provide a list of martial arts clubs in your area:

- Queensland Judo
- Sports Taekwondo Queensland
- Queensland Karate Association
- Martial Arts Queensland

Development

Coaching and development opportunities are provided through local martial arts clubs and governing bodies for the sport.

Competition opportunities and pathways

Judo is the only martial arts discipline that currently offers opportunities for participants with a disability to compete at state, national and international competition. Judo is a Paralympic sport for people with a vision impairment. Judo participants need to be classified to compete national and international level.

Equipment

Each discipline of martial arts has its own equipment requirements.

Other roles

You don't have to participate in martial arts to be involved. You can make a contribution as a volunteer, coach, team manager, official, administrator of the sport or as an enthusiastic supporter. For more information on volunteer opportunities, contact your local martial arts club.

For more information, contact:

Sports Taekwondo Queensland on (07) 3367 3552 or email: contact@qldtkd.com.au

Queensland Karate Association on email: secretary@karatequeensland.com.au

Martial Arts Queensland on 1300 766 634 or email: info@maql.com

Queensland Judo on (07) 3162 8390 or email: office@jfaq.com.au

