

INFORMATION PACK

Student Information Pack 2026

Our classes, timetable, fees and policies, and what to expect, all in one place.

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Mantis MMA

4/14 Redcliffe Gardens Drive, Clontarf QLD 4019
0409 729 030 · info@mantismma.com.au · www.mantismma.com.au
Monday to Thursday 4:00pm to 8:00pm, Saturday 8:00am to 9:30am

01

Welcome

Thank you for choosing Mantis MMA. We're more than just a martial arts academy: we're a community built on respect, growth and real skill. Whether you're here for fitness, self-defence, confidence or personal development, you'll find a supportive environment where everyone is welcome.

Founded by Master Aaron Turnbull, a martial artist with over 35 years of experience, Mantis MMA blends the wisdom of traditional martial arts with the effectiveness of modern combat sports. Our training is both technical and holistic, with a strong focus on physical, mental and emotional well-being.

We're also home to Defenda Tag, an award-winning system that helps students of all ages learn movement, timing and self-defence in a fun, safe and highly effective way.

From your first trial to your black belt journey, we're here to help you grow stronger, more focused and more confident, both on and off the mats. Welcome to the tribe.

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The Mantis MMA story

Built on real experience. Backed by heart. Driven by purpose.

Mantis MMA was founded by Master Aaron Turnbull, a certified Kung Fu and Tai Chi master, accomplished boxer and lifelong martial artist. What started as a few adult classes at the Redcliffe Showgrounds has grown into one of Brisbane's most respected full-time martial arts academies.

He launched Mantis MMA with a vision: to blend the depth of traditional martial arts with the power and practicality of modern combat sports like Boxing, Kickboxing, Muay Thai and Brazilian Jiu-Jitsu, all taught in a safe, structured and supportive environment. Along the way, he created Defenda Tag, a tag-based sparring system that teaches real timing, movement and footwork without heavy contact. It went on to win an innovation award and became a key part of the beginner pathway.

Today, Mantis MMA offers a full training journey, from foundational movement to advanced sparring and self-defence. Whether you're a young person building confidence or an adult looking for real skills and real growth, the pathway is clear. You'll build strength, focus and discipline, and earn your way to more advanced training over time, including the rare opportunity to study Southern Praying Mantis Kung Fu.

Aaron is still on the mats every week, coaching students, refining the system and building a legacy he hopes will last generations. His goal is to make Mantis MMA a global name in modern martial arts, known not just for elite skills but for building better humans.

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Meet Master Aaron Turnbull

Founder and Head Instructor of Mantis MMA

Master Aaron Turnbull has spent his life immersed in martial arts. He began training in Karate and Kickboxing at age ten and moved into boxing by fourteen. As a teenager, he progressed rapidly, winning his first two fights in under 90 seconds combined. Within just 10 months of training, he earned a silver medal at the Queensland State Titles, losing only in the final to a five-time Australian champion who was, at the time, considered the best pound-for-pound junior fighter in the country.

That experience left a deep impression. Aaron knew he could compete at a high level, but he also saw that to truly stand out on the world stage, he needed something more.

That search led him to Grandmaster Henry Sue, one of the world's most respected Kung Fu and Tai Chi teachers. After years of disciplined training, Aaron became one of the very few students accepted as a Disciple, and later achieved the rare and prestigious title of Master.

Today, Aaron combines the sharp edge of combat sports with the deeper wisdom of traditional martial arts. His mission is to help people become strong not just in body, but in mind, heart and spirit. Whether you're four years old or forty, Master Aaron is passionate about helping each student build confidence, resilience and character that lasts a lifetime.

A few credentials

- Certified Kung Fu and Tai Chi Master
- Certified Boxing and Kickboxing Coach
- Qualified Personal Trainer (Cert III and IV)
- CHEK Practitioner and Holistic Lifestyle Coach
- First Aid certified and Blue Card approved
- Winner of the Moreton Bay Innovation Award (Defenda Tag)

"When I started Mantis MMA, I wanted to create the kind of place I wish I had growing up: a place that builds real skill, real confidence and real character. That's what we do here, and I'd be honoured to support you or your child on that journey."

Master Aaron

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Classes and age groups

Class	Ages
Mini Mantis	4 to 6 years
Young Mantis	7 to 9 years
Junior Mantis	10 to 13 years
Senior Mantis	14 years and above (Teen / Adult)

Age groups are a guide only. Exceptions can be made within reason based on biological age, individual ability, and keeping siblings together.

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Timetable

Regular timetable

Classes run Monday to Thursday afternoons and Saturday mornings.

Class	Days	Time
Mini Mantis	Monday to Thursday	4:00 to 4:45pm
Mini Mantis	Saturday	8:00 to 8:45am
Young Mantis	Monday to Thursday	4:45 to 5:30pm
Young Mantis	Saturday	8:45 to 9:30am
Junior Mantis	Monday to Thursday	5:30 to 6:15pm
Junior Mantis	Saturday	8:45 to 9:30am
Senior Mantis	Monday to Thursday	6:15 to 7:15pm
Senior Mantis	Saturday	No class

Holiday training

A modified schedule runs over school holidays. Student numbers drop, so classes are consolidated into fewer days so they stay full. There is no training on public holidays; a class that falls on a public holiday can be made up any time in the current term or rolled into the next term.

Class	Days	Time
Mini Mantis	Monday and Thursday	4:00 to 4:45pm
Mini Mantis	Saturday	8:00 to 8:45am
Young Mantis	Monday and Thursday	4:45 to 5:30pm
Young Mantis	Saturday	8:45 to 9:30am
Junior Mantis	Monday and Thursday	5:30 to 6:15pm
Junior Mantis	Saturday	8:45 to 9:30am
Senior Mantis	Monday and Thursday	6:15 to 7:15pm
Senior Mantis	Saturday	No class

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Pricing and memberships

Registration and membership

One sign-up fee when you join, and one small membership fee each year.

Fee	Amount	When
Sign-up / registration fee	\$99	Due on joining
Yearly membership fee	\$90	Half price for additional family members. Due 1 July every year.

Weekly training

Weekly training is paid weekly by direct debit from a credit card. A rejected payment incurs a \$7.50 late fee.

Plan	Weekly
1 class a week	\$22.50
2 classes a week	\$37.50
Unlimited	\$50.00

Paid-in-full discount

Pay 12 months upfront when you join. There is no sign-up, registration or yearly membership fee, and your uniform and boxing gloves are included.

Plan	12 months upfront
1 class a week	\$936
2 classes a week	\$1,560
Unlimited	\$2,080

Starter pack offer

Join within 24 hours of your free trial and you receive a free starter pack valued at over \$200, including boxing gloves, MMA shorts, rash guard and belt. It is included with the \$99 registration fee.

- Boxing gloves
- MMA shorts
- MMA rash guard
- Martial arts belt

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Policies

How membership works, in plain language.

Cancel, downgrade or pause

30 days' written notice is required to cancel, downgrade or pause a membership. An immediate pause for medical reasons needs a valid doctor's certificate.

Christmas holiday payments

Direct debit continues through the two-week Christmas closure. In return, there is no charge for:

- belt or stripe promotions
- the end-of-year Christmas party
- new belts
- grading certificates
- trophies

Make-up lessons

Make-up classes for sickness or public holidays should ideally be booked within the current term, and can roll into the following term (term one into term two, but not into term three).

Cancelling a membership forfeits all make-up lessons, because a non-financial member is not covered by the academy's insurance policy.

Health, injury and hygiene

- Let us know if you are unwell or unable to attend. Students must not train while sick, especially with anything contagious.
- Speak to an instructor before class about any injury or medical condition, and tell us about ongoing or temporary health issues (asthma, joint injuries, heart concerns) so we can support you safely.
- Mantis MMA is not a nut-free facility.
- Maintain good hygiene: nails trimmed and clean, and any cuts or bleeding treated immediately before training resumes.

Photography and media

By joining, members agree that photos and videos may be taken during training or events for promotional use on the website, social media or printed materials. Anyone who prefers not to have their image used should speak with us before starting membership.

Members must not photograph or film others without permission, especially children.

At public events (Defenda Tag competitions, gradings, promotions) photography is common and consent is generally implied by participation.

Use of technology

Mobile phones and electronic devices are not permitted during class, including breaks.

Physical contact

Some physical contact is a necessary part of martial arts training, to demonstrate techniques, guide form or assist with safety. Instructors ensure any contact is respectful, appropriate and clearly explained. Parents can observe from the designated viewing area. Enrolling acknowledges and consents to this instructional approach.

Facebook and social media

Our public page is Mantis MMA – Redcliffe, and positive reviews are appreciated. Our private group, Mantis MMA – Redcliffe (Private Group), is the main place for announcements, event info and reminders.

Please raise any concerns with us directly. When posting online, members represent Mantis MMA, so please keep it positive.

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Special events

- Junior social nights: one or two themed paid events per term (past examples: fancy dress, disco night, Nerf wars), food and drink included.
- Junior end-of-year Christmas party and awards: run on the last class of the year with games, party food, gift bags and trophies for students who were members from term one, plus occasional special awards.

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Respecting our shared space

Arrival, waiting and safety. The academy shares a private complex, and the body corporate lets us use a clearly marked chain zone.

Arrival and parking

- Use street parking first. On-site bays are for trials, elderly or mobility permits.
- Wait on the front lawn, then walk straight behind the front safety chain (about one and a half car parks wide).
- Never cut through the rear car park or cross the chains.

Supervising children

- Stay with your child in the chained-off area at the front until the door opens.
- Drop them at the door when class is called, then follow the chained walkway to the rear 6m x 3m chained seating zone.
- Keep siblings with you. Restless children can use the front grass area or Hercules Road Park (2 minutes by car, 5 minutes on foot).

Rear seating zone

- Sit, watch and chat quietly inside the chains.
- Leave only to escort a child to the signed accessible toilet directly behind the seating area.
- Do not wander common areas or approach other units.

Inside the dojo

- Parents and siblings do not step onto the mats unless invited.
- Speak to an instructor from the doorway and keep voices low.

Complex rules

- Enter and exit via the front chain gate only.
- No smoking or vaping on site.
- No ball games, pad-work, bikes or scooters outside the chains.
- Leave promptly so the next class can settle in.

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Joining

Joining is done online through our membership system, GymDesk. Choose Member, not Visitor; additional family members are added from the first member's profile.

Starter pack offer

Join within 24 hours of your free trial and you receive a free starter pack valued at over \$200, including boxing gloves, MMA shorts, rash guard and belt. It is included with the \$99 registration fee.

- Boxing gloves
- MMA shorts
- MMA rash guard
- Martial arts belt

Join online: <https://mantis-mma.gymdesk.com/signup/v/IKWMe>

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Contact

Contact	Details
Address	Mantis MMA, 4/14 Redcliffe Gardens Drive, Clontarf QLD 4019
Phone	0409 729 030
Email	info@mantismma.com.au
Website	www.mantismma.com.au
Hours	Monday to Thursday 4:00pm to 8:00pm, Saturday 8:00am to 9:30am