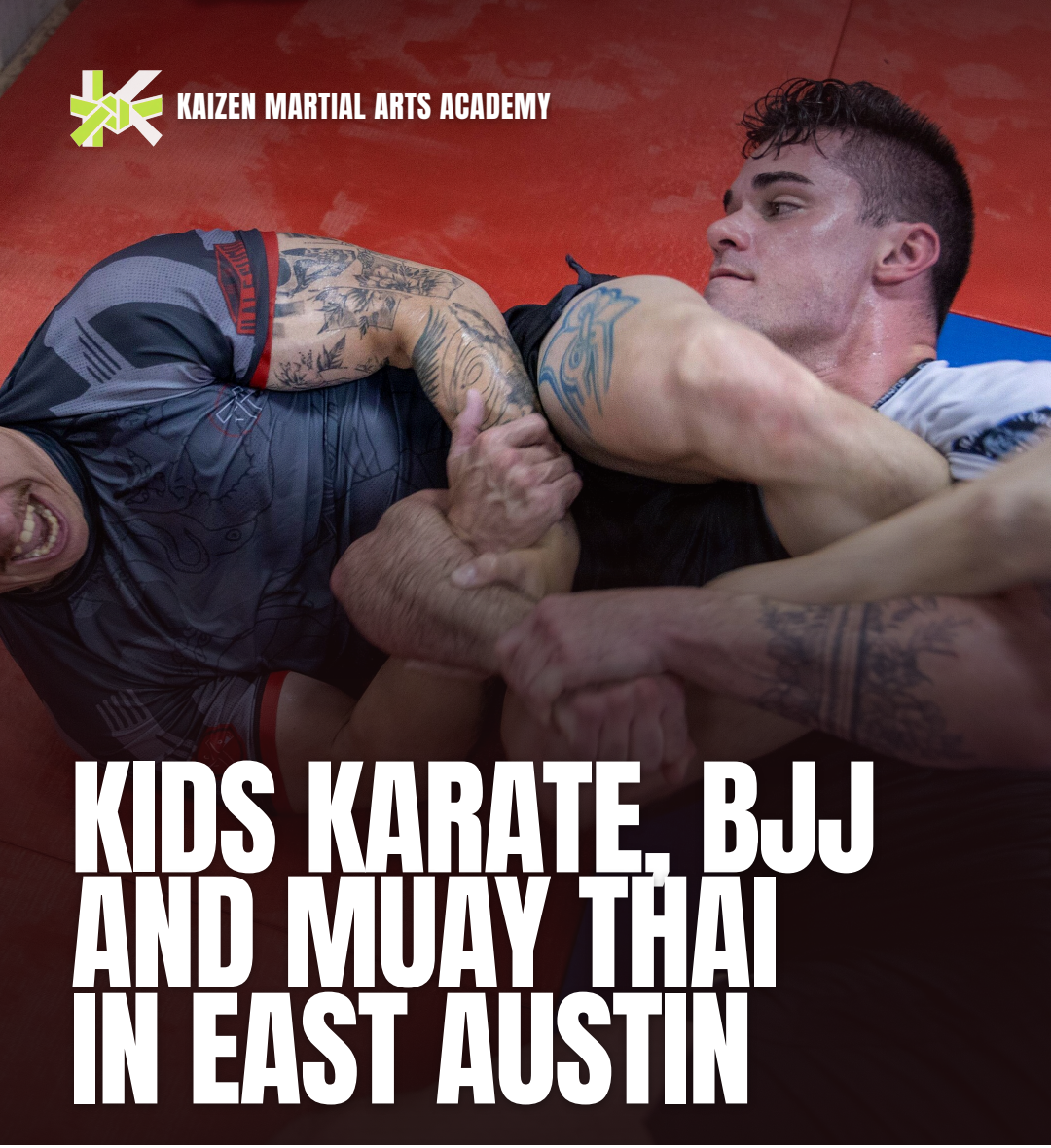
KAIZEN MARTIAL ARTS ACADEMY



KIDS KARATE, BJJ AND MUAY THAI IN EAST AUSTIN

Black belt coaches teach kids karate, Brazilian jiu-jitsu and Muay Thai on one mat in East Austin. Walk in, meet the team, and see if Kaizen is the right fit for your family.

- **Written grading criteria**
- **Open evenings and Saturdays**

Book a tour (512) 555-0142

kaizen-martial-arts-academy-eopkw.sitepages.app

OUR CLASSES

KAIZEN MARTIAL ARTS ACADEMY

THREE WAYS TO TRAIN

Pick one class or train across all three — the timetable shows every day and time.







Kids karate
Discipline, focus and self-defense, taught against a written belt curriculum.

Brazilian jiu-jitsu
Ground technique and live rolling, from white belt to blue and beyond.

Muay Thai
Pad work, clinch and conditioning, coached by a black belt instructor.

GETTING STARTED

1

Choose a membership

Compare the kids program, adult unlimited and family memberships online.

2

Join online

Sign up in a few minutes from your phone or computer.

3

Book your first class

Pick a day on the timetable and step on the mat.

BOOK A TOUR

(512) 555-0142

kaizen-martial-arts-academy-eopkw.sitepages.app
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Mon–Fri 4pm–9pm, Sat 9am–1pm