

A GUIDE FROM KAIZEN MARTIAL ARTS ACADEMY

START IN THREE STEPS

From choosing a membership to your first class on the mats.

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Kaizen Martial Arts Academy



KIDS KARATE

EVERY CLASS TAUGHT BY A BLACK BELT

Kaizen opened in East Austin so students could see exactly what the next belt requires instead of hoping for it. Every grading is written down, so kids and adults can track their own progress class by class.



01

KIDS KARATE WHERE EVERY BELT IS EARNED

Karate classes for kids in East Austin



KNOW EXACTLY WHAT'S NEXT

At Kaizen, progress isn't a mystery.



Every student trains against written grading criteria, so your child always knows exactly what comes next on the way to their next belt.



02

BRAZILIAN JIU-JITSU BUILT FOR BEGINNERS

Train jiu-jitsu with black belt coaches in East Austin.



JIU-JITSU TRAINING AT KAIZEN

Live rolling, guard work, takedowns and submissions – taught in a structured class, not a free-for-all.



Every student gets a belt curriculum with written grading criteria, so you always know exactly what comes next.



03

TRAIN MUAY THAI WITH REAL STRUCTURE

Learn Muay Thai striking, clinch work and conditioning from black belt instructors in East Austin.



WHAT MUAY THAI TRAINING INVOLVES

Striking fundamentals

Jab, cross, elbows, knees and kicks drilled on pads with a training partner.

Clinch work

Control and off-balance a partner from the clinch, the core of Muay Thai.

Conditioning rounds

Pad combinations, bag work and footwork drills build real fitness round by round.

Written belt curriculum

Grading criteria set out in writing, so you always know exactly what comes next.



WHY TRAIN AT KAIZEN

Black belt instructors

Every class, kids and adults, is taught by a black belt.

Know what's next

A written curriculum sets out exactly what each belt requires.

Beginners welcome

New students start any week and train alongside the whole school.

In East Austin

On E 6th St, open evenings Monday to Friday and Saturday mornings.



GETTING STARTED

START IN THREE STEPS

1 Choose a membership

See the memberships and pick kids program, adult unlimited or family of three.

2 Join online

Sign up in a few minutes and set your start date.

3 Book your first class

Pick a time on the timetable and step onto the mats.



ON THE MATS

INSIDE THE ACADEMY



Jiu-jitsu sparring



Muay Thai pad work



Warm-up

STEP ONTO THE MATS IN EAST AUSTIN

Beginners welcome in kids karate, Brazilian jiu-jitsu and Muay Thai, every class taught by a black belt.

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