

FC KAIZEN MARTIAL ARTS ACADEMY

BLACK BELT INSTRUCTION FOR KIDS AND ADULTS

Kids karate, Brazilian jiu-jitsu and Muay Thai taught by black belts, with a written belt curriculum so every student always knows what's next.

- **Mon–Fri 4–9pm, Sat 9am–1pm**
- **East Austin location**



BOOK A TOUR

(512) 555-0142

kaizen-martial-arts-academy.sitepages.app

Mon–Fri 4pm–9pm, Sat 9am–1pm

OUR CLASSES

KAIZEN MARTIAL ARTS ACADEMY

THREE WAYS TO TRAIN

Pick one class or train them all. See days and times on the full timetable.



Kids karate

Discipline, focus and self-defense through a structured belt curriculum.

Brazilian jiu-jitsu

Ground technique and live rolling for adults, from white belt up.

Muay Thai

Striking, pad work and conditioning for adults at any experience level.

GETTING STARTED

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.

BOOK A TOUR

(512) 555-0142

kaizen-martial-arts-academy.sitepages.app

kevin@kaizenaustin.com

1801 E 6th St, Austin, TX 78702

Mon–Fri 4pm–9pm,
Sat 9am–1pm