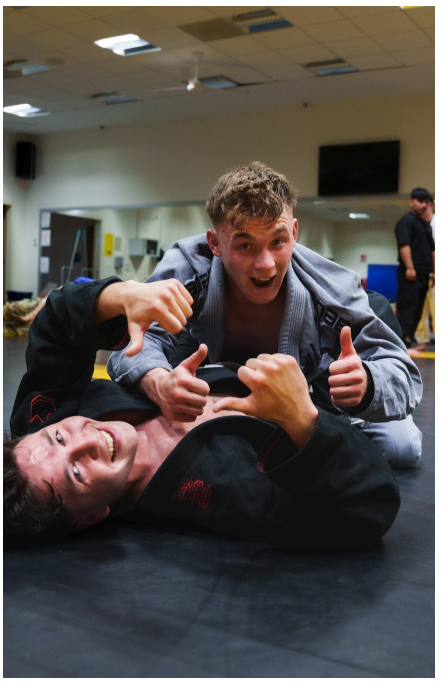


A GUIDE FROM KAIZEN MARTIAL ARTS ACADEMY

THREE STEPS TO YOUR FIRST CLASS

See the memberships, join online in a few minutes, then book your tour.

Kaizen Martial Arts Academy



MEET THE BLACK BELTS WHO TEACH EVERY CLASS

Kids karate, Brazilian jiu-jitsu and Muay Thai, taught by black belt coaches who build a clear belt curriculum so every student knows what comes next.



BUILT AROUND THE BELT CURRICULUM



Every class, from kids karate to adult Muay Thai, follows a written grading path, so students and parents always know what's next.

Our black belt coaches teach kids and adults on the same East Austin mat.



01

KIDS KARATE CLASSES IN EAST AUSTIN

A beginner-friendly karate class for kids, taught by black belt instructors in East Austin.



02

BRAZILIAN JIU-JITSU CLASSES IN EAST AUSTIN

Adult grappling classes taught by black belts, with a written curriculum so you always know what comes next.



WHAT JIU-JITSU LOOKS LIKE AT KAIZEN

Belt curriculum

Every stripe and belt comes with written grading criteria, so you always know exactly what to work on next.

Beginners welcome

Classes start with stance, grips and escapes before you ever roll live, so new grapplers are never left behind.

Black belt instruction

Every class is taught by a black belt, not just overseen by one.



03

MUAY THAI CLASSES FOR ADULTS IN EAST AUSTIN

Pads, clinch and conditioning, coached by black belts on E 6th St. No experience needed.



BUILT ON PADS, CLINCH AND ROUNDS

Pad work

Jabs, crosses, elbows and kicks, drilled on pads with a partner or coach.

Clinch work

Knees, off-balancing and control at close range, taught with control and safety.

Conditioning rounds

Timed rounds that build the wind and work rate real sparring demands.

Written curriculum

A belt curriculum with written grading criteria, so you know exactly what's next.



WHY FAMILIES CHOOSE KAIZEN

A clear path forward

A belt curriculum with written grading criteria, so every student knows exactly what comes next.

Coached by black belts

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

One academy, three arts

Train kids karate, Brazilian jiu-jitsu or Muay Thai in the same East Austin space.



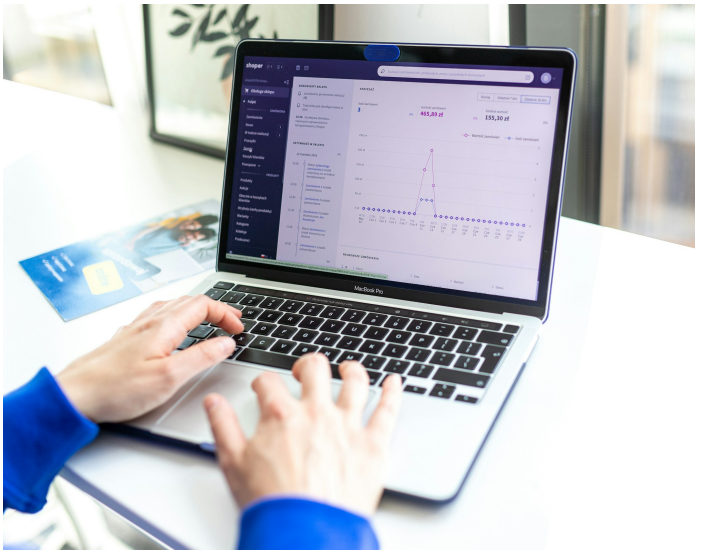
GETTING STARTED

THREE STEPS TO YOUR FIRST CLASS



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.

ON THE MAT

A LOOK AT TRAINING IN EAST AUSTIN



BJJ sparring



Muay Thai pads



The academy floor

STEP ONTO THE MAT

Years of experience or none at all — there's a class for you in East Austin.

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