

WHY KAIZEN

WHY TRAIN AT KAIZEN

What a parent or a new adult student finds on the mats in East Austin.

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.



Kaizen Martial Arts Academy

EAST AUSTIN

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.

BOOK A TOUR

(512) 555-0142

kevin@kaizenaustin.com

1801 E 6th St, Austin, TX 78702

Mon–Fri 4pm–9pm, Sat 9am–1pm

kaizen-martial-arts-academy.sitepages.app



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.



BOOK A TOUR

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WHY WE STARTED

A CURRICULUM, NOT A GUESSING GAME

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.



OUR CLASSES

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

START IN THREE STEPS

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

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

