

KAIZEN MARTIAL ARTS ACADEMY

KIDS KARATE

Black belt coaches teach kids karate, Brazilian jiu-jitsu and Muay Thai on one mat in East Austin.

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



BOOK A TOUR

(512) 555-0142

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

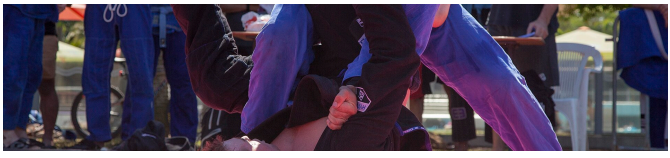
Mon–Fri 4pm–9pm, Sat 9am–1pm

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.

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1801 E 6th St, Austin, TX 78702

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