



ADULT ONLY classes at Austin Karate Academy

- ◆ Learn traditional Martial Arts in a family oriented, fun & safe environment
- ◆ Build confidence, improve concentration & discipline
- ◆ Learn and master Self-defense techniques
- ◆ Build Self-esteem and strengthening Self-Confidence
- ◆ Improve mental and physical coordination
- ◆ Improve academic performance by raising the level of energy, focus & concentration
- ◆ Learn powerful & accurate hand & feet techniques
- ◆ Weapons training (staff, daggers and swords)
- ◆ Increase endurance while getting in shape
- ◆ Increase flexibility and muscle tone
- ◆ Positive outlet of energy
- ◆ Develop the habit of goal setting
- ◆ More able to handle pressure/stress in everyday life
- ◆ Able to be calm in the face of conflict
- ◆ Improved blood pressure, blood sugar, and cholesterol
- ◆ Develop a more positive attitude about everything
- ◆ Be able to protect yourself and your loved ones
- ◆ Become a Black Belt in Martial arts and a Black Belt in life – we are a BLACK BELT school!!

Just give us a call at 335-KICK, or drop by before class starts. We encourage all prospective students to watch or try our intro classes to see if they are interested in joining.