



### **ADVANCED/BLACK BELT Class at Austin Karate Academy**

This class is dedicated to advanced Color Belts and Black Belts. Center of attention at the Black Belt Class is on perfecting basic knowledge and understanding of forms, basics, and sparring. Focus for this class is on dynamic breathing, inner calm, and internal/external body energy.

These classes are designed to prepare students to become Certified Instructors. These classes cover the many advanced training areas of the martial arts including specialty technique and weapons training.