Lafayette

Youngsville

STOP BULLYING NOW!

Acadiana Karate is now certified to teach VERBAL SELF DEFENSE
By the Verbal Judo Institute
Click on our Anti Bullying link below
Martial Arts training at Acadiana Karate

The focus of our **martial arts schools in Lafayette and Youngsville** is on physical fitness, character development and self defense -- rather than fighting. Our overarching goal is in building our student's self-esteem.
As soon as you become a martial arts student, you join a community that works together toward improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and, most increased self-confidence.

For us at Acadiana Karate, the practice of martial arts means respecting each other, encouraging and supporting each other and celebrating each other's successes. These values are especially important in working with children and families – the primary focus of our martial art schools in Lafayette and Youngsville, LA.

Self-defense is also emphasized but it's always tempered with the training on how to seek alternatives to conflict. Each of our martial arts instructors is committed to teaching the physical skills while applying attitude-shaping exercises aimed at bringing out the best character and physical potential in each student.

We hope you become a martial arts student at Acadiana Karate.