

I'm not a bot



Beta academy washington dc

At BETA, our success is completely and entirely tied to yours. We depend on our students for honest referrals earned by us delivering real results - it's simply the best way to grow our community. Our singular purpose is to help our students, through martial arts, achieve the very best version of themselves, and we take great pride in seeing this to completion. Martial arts training is even more fun with friends! When you've met your goals, learned proper habits that work for you, and have established a proven path to continued physical and mental well-being, then we've both succeeded. To that end, if you're a prior or current student and wouldn't mind sharing your experience at BETA with others, we'd greatly appreciate it! We're immensely thankful for your support and wish you all the very best in your martial arts journey. Please contact us via community@betaacademy.com to share your story with us! At BETA, our success is completely and entirely tied to yours. We depend on our students for honest referrals earned by us delivering real results - it's simply the best way to grow our community. Our singular purpose is to help our students, through martial arts, achieve the very best version of themselves, and we take great pride in seeing this to completion. Martial arts training is even more fun with friends! When you've met your goals, learned proper habits that work for you, and have established a proven path to continued physical and mental well-being, then we've both succeeded. To that end, if you're a prior or current student and wouldn't mind sharing your experience at BETA with others, we'd greatly appreciate it! We're immensely thankful for your support and wish you all the very best in your martial arts journey. Please contact us via community@betaacademy.com to share your story with us! Which class is right for me? At BETA Academy, we have many different classes to fit a variety of needs. Do you want to get in shape? Fight competitively? Learn to defend yourself better? Join a community? We can help you do any or all of those things. Visit our Programs section to learn more about the different classes we offer. Still unsure about which classes to try? Come in today to try a FREE class. One of our team members will meet with you to figure out which classes best suit your needs. What should I wear on my first day? Wear clothes that you can work out in and that are comfortable. If you are trying our Muay Thai program we can provide you with boxing gloves on your first day. What should I bring with me to class? You can bring a refillable water bottle and fill it up at one of BETA's water fountains. We also have bottled water for sale. Although BETA provides lockers, you should bring a combination lock to ensure that your stuff is protected. Make sure you bring your belongings home with you after class. If you sweat a lot, like most of us do during class, it's not a bad idea to bring a small towel to wipe up with afterward. To make sure that you are fully prepared, BETA's pro shop is always stocked with professional equipment for your convenience. PRO TIP: A lot of martial arts gear looks very similar, so it's a good idea to write your name on your personal equipment and shirts/gis. Is there parking? There is plenty of street parking available around the Academy. How many times a week should I train? If you are a beginner, we recommend attending classes two times a week. How much does it cost? We offer a wide variety of classes and can work with you to find the best schedule that fits your needs and budget. What is Muay Thai? Muay Thai is a martial art from Thailand that uses stand-up striking along with various clinching techniques. This combat sport is also known as "the art of eight limbs" because it uses fists, elbows, knees, and feet. What is the difference between Muay Thai, Thai Kickboxing and Thai Boxing? There is no difference between Muay Thai, Thai Kickboxing and Thai Boxing. Thai Boxing is the English translation for Muay Thai, and both terms are used interchangeably. Does Thai Boxing require a uniform? Our uniform consists of shorts and a BETA T-shirt. It's important to wear your uniform to class so that instructors can identify your level and track your progress. If you need additional uniforms, they can be purchased at the pro shop. If I become a member of the Muay Thai Competition Team, do I need to fight? Members of the Muay Thai Competition Team are not required to fight. You do not have to enter the Muay Thai ring in order to train like a fighter. Do I need to buy my own Thai Boxing equipment? Equipment including punching bags, focus mitts, and Thai pads are all supplied at BETA Academy. Students are required to purchase their own boxing gloves. Once you have a green belt or higher, you are expected to have your own shin guards, mouth piece, and protective cup (if applicable). To purchase Thai Boxing equipment, visit the pro shop. Does Muay Thai have a belt system? Traditionally, Muay Thai does not have belt ranks. At BETA Academy, we have developed a unique progression system that allows students to track their advancement in the art. Our curriculum is designed to take a student with no knowledge of Thai Boxing to a level where he or she can proficiently execute techniques in all aspects of Muay Thai. What if I have trained Thai Boxing before? All students are encouraged to start at the beginner level where one of instructors will assess your skill level. Students with prior experience in Thai Boxing will be placed in the appropriate class level. How often should I train Thai Boxing? Thai Boxing is a complex art and students are encouraged to train a minimum of two hours per week. Do I need a uniform to learn Brazilian Jiu-Jitsu? For your first few classes, you'll only need to wear comfortable clothes such as a T-shirt and sweatpants. Eventually you will need to purchase a BJJ uniform, also known as a gi. BETA Academy offers uniforms for sale at the pro shop and can help you find the right one. Do you teach no-gi grappling? We do teach no-gi grappling (aka submission grappling) and encourage our students to learn techniques both with and without the gi. Once our students learn the basics using the BJJ gi, we transition to techniques that do not require the use of a uniform. Are there belt ranks in Brazilian Jiu-Jitsu? We follow the traditional BJJ ranking system that has five belt ranks: white, blue, purple, brown, and black. How long does it take to earn a black belt in Brazilian Jiu-Jitsu? Earning a black belt in Brazilian Jiu-Jitsu is not easy and the length of time depends on the student. Although achieving the rank of black belt is a great accomplishment, we really encourage students to focus on learning the art. What if I have practiced Brazilian Jiu-Jitsu before? Brazilian Jiu-Jitsu practitioners and students of all martial arts backgrounds are welcome to join our academy. If you have prior grappling experience, an instructor will assess your level and place you in the appropriate class. How often should I practice Brazilian Jiu-Jitsu? Brazilian Jiu-Jitsu is a challenging art and students are encouraged to train a minimum of two hours per week. Sparring is key to effectively applying the techniques learned in class so it is recommended that our students spar as much as possible and are welcome to practice what they've learned during our open mat sessions. What are the Mixed Martial Arts (MMA) classes? Before our students start training in MMA we make sure that they have a strong foundation built on effective striking, through Muay Thai, as well as grappling, through BJJ. A thorough understanding of both styles is necessary to become a complete martial artist. This may take a few months depending on the student but once this milestone has been achieved, students can begin to train in our Mixed Martial Arts classes. How do I join the BETA Academy MMA Competition Team? Students are given invitations to tryout for the MMA Competition Team by the Head Instructor, Khun Kru Nakapan. When do you hold MMA training sessions? MMA training schedules are distributed directly to competition team members. Training sessions are generally held in the late evenings. How do I sign my child up for the BETA Academy Kids Program? Schedule a free trial class for your child today! This will allow you to assess if the Kids Martial Arts Program is right for your child and your family. There is no cost or obligation during this trial. A parent or legal guardian is required to be at the academy during classes throughout this trial period so that our instructors can get to know you and your child. This will also provide you the chance to tour our facility, meet our instructors, learn about our programs, and ask any questions that you may have. When can my child start classes? Whenever is best for you! We offer open enrollment so kids can join our program year-round. Our rotating curriculum is designed so that your child is able to learn the material easily no matter when he or she starts. At BETA, our success is completely and entirely tied to yours. We depend on our students for honest referrals earned by us delivering real results - it's simply the best way to grow our community. Our singular purpose is to help our students, through martial arts, achieve the very best version of themselves, and we take great pride in seeing this to completion. Martial arts training is even more fun with friends! When you've met your goals, learned proper habits that work for you, and have established a proven path to continued physical and mental well-being, then we've both succeeded. To that end, if you're a prior or current student and wouldn't mind sharing your experience at BETA with others, we'd greatly appreciate it! We're immensely thankful for your support and wish you all the very best in your martial arts journey. Please contact us via community@betaacademy.com to share your story with us! As Washington DC's largest, and most trusted martial arts academy, we strive to take an active role in the well-being of our community. BETA Academy's focus is centered wholly on helping our members grow physically, mentally and spiritually stronger through martial arts practice. We strive to accomplish this by providing a friendly, professional, world-class martial arts training experience that challenges our students in a safe, clean environment. Our aim is to encourage all our students to make martial arts an integral and healthy part of their lives through the exploration of the art, history, and culture of Brazilian Jiu-Jitsu and Muay Thai. BETA Academy is the largest martial arts school in Washington DC. Our 10,000 square foot facility features three unique mat areas dedicated to martial arts, fitness, and Strength & Conditioning instruction. The training areas are fully equipped with an MMA cage, boxing ring, premium punching bags, speed bags, Muay Thai pads, focus mitts and other tools to help our members become skilled martial artists. Ditch your gym membership and get martial arts and fitness all-in-one location! For the convenience of our members, BETA offers access to our state-of-the-art fitness studio as part of our premium membership packages. Our gym is stocked with all the latest equipment you need to increase strength, improve conditioning, and lose weight. In the studio, you'll find barbells, squat rack, bench press, weights, kettlebells, yoga mats, resistance bands, and more to help meet your strength and conditioning goals. What's like to train martial arts at BETA Academy. Learn effective self-defense in our Brazilian Jiu-Jitsu (BJJ) program in Washington DC and grapple on the finest mats. Jump into a Muay Thai class and burn up to 1,000 calories to get into the best fighting shape of your life. Become a complete martial artist and train MMA. As the city's largest, and most popular martial arts academy, we strive to take an active role in the well-being of our community. BETA Academy's focus is centered wholly on helping our members grow physically, mentally and spiritually stronger through martial arts practice. We strive to accomplish this by providing a friendly, professional, world-class martial arts training experience that challenges our students in a safe, clean environment. Our specific aim is to encourage all our students to make martial arts an integral and healthy part of their lives through the exploration of the art, history, and culture of Brazilian Jiu-Jitsu and Muay Thai. BETA Academy is the largest martial arts school in Washington DC. Our 10,000 square foot facility features three unique mat areas dedicated to martial arts, fitness, and Strength & Conditioning instruction. The training areas are fully equipped with an MMA cage, boxing ring, premium punching bags, speed bags, Muay Thai pads, focus mitts and other tools to help our members become skilled martial artists. Ditch your gym membership and get martial arts and fitness all-in-one location! For the convenience of our members, BETA offers access to our state-of-the-art fitness studio as part of our premium membership packages. Our gym is stocked with all the latest equipment you need to increase strength, improve conditioning, and lose weight. In the studio, you'll find barbells, squat rack, bench press, weights, kettlebells, yoga mats, resistance bands, and more to help meet your strength and conditioning goals. At BETA, our success is completely and entirely tied to yours. We depend on our students for honest referrals earned by us delivering real results - it's simply the best way to grow our community. Our singular purpose is to help our students, through martial arts, achieve the very best version of themselves, and we take great pride in seeing this to completion. Martial arts training is even more fun with friends! When you've met your goals, learned proper habits that work for you, and have established a proven path to continued physical and mental well-being, then we've both succeeded. To that end, if you're a prior or current student and wouldn't mind sharing your experience at BETA with others, we'd greatly appreciate it! We're immensely thankful for your support and wish you all the very best in your martial arts journey. Please contact us via community@betaacademy.com to share your story with us! In a world where kids are increasingly drawn to screens and sedentary activities, martial arts offer a much-needed counterbalance. But beyond physical fitness, disciplines like Brazilian Jiu-Jitsu (BJJ) and Muay Thai offer children life-changing benefits—mentally, emotionally, and socially. Building Confidence from the Ground Up Brazilian Jiu-Jitsu teaches kids how to handle themselves with control and...In the world of Brazilian Jiu-Jitsu, competition is the ultimate test — a place where skills are sharpened, mindsets are toughened, and athletes forge their legacy. Recently, a new arena has captured the attention of the BJJ community: The Pit. Known for its intense energy and raw atmosphere, competition in The Pit is quickly becoming... The mats are your battlefield, the gi your armor. You push your limits, hone your skills, and build camaraderie with your training partners. But lurking beneath the surface, unseen and potentially harmful, is a common foe in close-contact sports: Staphylococcus aureus (staph) bacteria. While martial arts and Jiu-Jitsu offer incredible physical and mental...When it comes to martial arts, the question of effectiveness is always paramount. You want to know if the time and effort you invest will translate into real-world skills. And when it comes to striking arts, Muay Thai, the "Art of Eight Limbs," consistently earns a place in the conversation. So, is Muay Thai an...Brazilian Jiu-Jitsu (BJJ) has exploded in popularity, becoming a global phenomenon. But where did this grappling art come from? It's a fascinating journey that spans continents and generations, transforming a traditional martial art into the dynamic sport we know today. The Roots: Kodokan Judo in Japan The story begins in Japan with Jigoro Kano, the...Muay Thai, often referred to as the "Art of Eight Limbs," is a combat sport and martial art originating from Thailand. Known for its brutal efficiency and elegant simplicity, Muay Thai has evolved over centuries from ancient military training to become one of the most respected and popular martial arts globally. Let's take a quick...Gordon Ryan is, without a doubt, the most dominant no-gi grappler of his era. His systematic approach to Brazilian Jiu-Jitsu, suffocating top control, and relentless pressure have made him nearly unbeatable in competition. But no athlete is invincible. If someone were to dethrone the king, how could they do it? This post explores a theoretical...The question of whether Brazilian Jiu-Jitsu (BJJ) is the "best" martial art has sparked countless debates in the martial arts community. With its rising popularity and dominance in mixed martial arts (MMA) and self-defense, BJJ often stands out as one of the most effective and adaptable systems. However, defining the "best" martial art depends on...The results of the 2024 No-Gi World Championships are in and BETA Academy has much to celebrate. We took 5 competitors and came back with 7 medals! John Hamlett runs through his weight class and is crowned the Masters 2 Brown Belt Heavyweight Champion. Finishing Day 1 with a Silver Medal in the...Promotional Testing is coming up in December! Here is the schedule: Adult White belt Jiu-Jitsu Testing: Wednesday, December 4th at 7:30pm. Click to Register Here Adult Muay Thai Testing: Thursday, December 5th at 7:30pm Kids Jiu-Jitsu Testing: Monday, December 9th at 4:30pm Kids Muay Thai Testing: Tuesday, December 10th at...