About us

Modern Training Academy has been serving the Bay Area since 2014 teaching the Olympic sports of Taekwondo and Wrestling and the grappling sport of Brazilian Jiu-Jitsu. We specialize in teaching competition-proven techniques in both arts while also preserving the tradition of the two sports. We offer classes to students of all ages whether they want to find themselves at the top of the podium or simply want to learn self-discipline, self-confidence, and self-defense.

MTA
MODERN TRAINING ACADEMY

Instructors

Coach Mike Kim - *Children, Youth and Teen TKD and BJJ*

Mike Kim has been practicing martial arts for over 35 years, earning his first black belt in Taekwondo at the age of ten. He currently holds the rank of 5th-degree black belt, certified through the Kukkiwon. He also has more than 20 years of experience in Judo, where he holds a 2nd-degree black belt certified by both the USJF and the Kodokan. In addition, he earned his black belt in Brazilian Jiu-Jitsu under Professor Milton Bastos, a six-time world champion. Since beginning his teaching career in 2000, Mike has worked with students of all ages, helping them achieve their goals—whether as competitors or recreational practitioners. He serves as the head instructor for MTA's Taekwondo program and the children's (ages 4-7) Jiu-Jitsu program.

Coach Mike Huang - *Adult BJJ*

Coach Mike has been training in Brazilian Jiu-Jitsu since 2002 and he is currently a second degree Black Belt under Alan 'Gumby' Marques. An active competitor since white belt, Coach Mike has won numerous titles in the sport of Brazilian Jiu-Jitsu. Some of his accomplishments include;

2025 IBJJF San Jose Open Master 3 Black Belt Light-Weight Champion

2023 IBJJF Sacramento Open Master 3 Black Belt Feather-Weight Champion

2023 IBJJF Austin Winter Open Master 3 Black Belt Light-Weight Champion

2023 IBJJF Santa Cruz Open Master 3 Black Belt Feather-Weight Champion

2022 IBJJF San Diego Open Master 3 Black Belt Feather-Weight Champion

2021 American Cup Brazilian Jiu-Jitsu Tournament Master 2 Black Belt Middle-Weight Champion

2020 IBJJF Fresno Open Master 1 Black Belt Light-Weight Champion

2019 All Star Brazilian Jiu-Jitsu Tournament Master 2 Open-Weight Champion

2012 IBJJF San Francisco Open Adult Brown Belt Light-Weight Champion

Website: https://www.moderntrainingacademy.com
Email: mta.martialarts@gmail.com
Instagram: moderntrainingacademy
Facebook: @mtamartialarts

Coach Daniel Meza - *Wrestling*

Coach DanielJ is MTA's head wrestling coach. He has 15 years of competitive wrestling experience and 6 years of coaching experience, working with athletes from 5 to 18 years old. Coach Daniel's goal is to create an environment where wrestlers can develop their skills, build confidence, and learn the value of discipline, hard work, and teamwork.

Membership

As a member, you have access to unlimited classes and discounted camp sessions. Membership is $210 per month which will be billed automatically. Additional family members will receive a 10% discount. Family rates for 3 or more students are capped at $500.

Memberships may be paused but a 30 day advance notice is required.

Competition class will require a separate membership

There are two, 2 hour competition classes. The TKD competition class runs from 10am to 12 pm on Saturday mornings. The grappling competition class which includes BJJ and wrestling runs from 5 to 7 pm on Fridays. Those that pay the membership are welcome to attend both classes.

Competition classes are generally canceled if there are tournaments running that weekend. Cancellations will be announced in class and notifications sent out through email.

TKD and/or BJJ: $79 per student/month

Prepay option

We offer discounts per student to those who would like to pay in advance. These will auto renew, and are non refundable.

3 month contract: $10 off/month (a $30 savings!)
6 month contract: $20 off/month (a $120 savings)
12 month contract: $30 off/month (a $360 savings!)

Drop ins

Drop in fees will be $30 per student for a one-hour class and $50 for any two-hour classes.

Class Description

Tiny Tigers!

Children (Ages 4-7)

Our Tiny Tigers program is appropriate for our youngest (and most ferocious) athletes. The program runs Mondays through Fridays and is 45-minutes per class. We teach the fundamentals of Taekwondo and Brazilian Jiu-Jitsu in a fun and safe environment.

Taekwondo

Youth (Ages 7-12)

Our youth training program is our taekwondo class for kids and children ages 7 to 12. The children and kids participating in this martial arts class will get an awesome workout while learning the value of hard work and determination. Students will be introduced to the sport aspects of Taekwondo along with the art's self-defense applications in a safe and fun manner.

Seniors (Ages 12+)

Taekwondo is a martial art for all ages! The senior class is for older children, adults and teens. This martial arts class will put a heavy emphasis on physical fitness and will push every student both physically and mentally. With some very light-contact sparring, a whole lot of plyometrics, kicking, punching and high-level Olympic-taekwondo training. It's impossible to make it through the senior class without a good sweat!

Competition Class (All Ages, membership required)

Competition Class is a fun and exciting way to get in shape for local, state, and national-level Taekwondo and BJJ tournaments! All experience levels are welcome but be forewarned: the intensity level of this class is high. The class is one hour of technique followed by one hour of sparring. Sparring gear is required for TKD competition class. Coaching fees are $25 per student for local tournaments. Any coaching expenses that require overnight travel will be covered by those students participating in the tournament.

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is a martial art and sport designed to use takedowns, pins, and submissions to render an opponent harmless. The art and sport is practiced worldwide by people interested in self-defense, competition, MMA, and fitness. It is an art dedicated to using superior technique to subdue an aggressor of any size.

Website: https://www.moderntrainingacademy.com
Email: mta.martialarts@gmail.com
Instagram: moderntrainingacademy
Facebook: @mtamartialarts

NOGI

Nogi is Brazilian Jiu-Jitsu, without the uniform (gi).

Wrestling

Wrestling is one of the oldest sports on the planet dating back to ancient times. It's also one of the most widely practiced martial arts on the entire planet. Our wrestling program focuses on the fundamentals required to help our students score in the disciplines of freestyle, folkstyle, and greco-roman wrestling. Not to mention, those same skills translate nearly one-to-one to scoring takedowns in the sport of Brazilian Jiu-Jitsu. The program is led by coach RJ Cho.

Private lessons

We also offer private lessons! Call or email us to make an appt.

Merchandise

Proudly represent team MTA by buying our merchandise at
https://modern-training-academy.myshopify.com/
We offer shirts, sweaters, water bottles, stickers, and more!

Website: https://www.moderntrainingacademy.com
Email: mta.martialarts@gmail.com
Instagram: moderntrainingacademy
Facebook: @mtamartialarts

MODERN TRAINING ACADEMY

Equipment

Taekwondo

1. Uniform
2. Belt

Sparring Equipment

1. Helmet
2. Gloves
3. Chest Protector
4. Forearm Guards
5. Groin Protector
6. Shin and Instep Guards
7. Mouth Guard

For the Saturday competition class, electronic foot guards are required.

Taekwondo equipment for sparring and training can be separately purchased at:
http://www.mykick.com

We can order a set for you with two different Pricing tiers:
Basic set:$265
Premium set:$340

Brazilian Jiu-Jitsu

A gi, belt and rashguard are required for BJJ class. Gis can be found on Amazon or directly from the brand's website.

NOGI

A gi is not required for NOGI class but sportswear or compression clothes are recommended

Website: https://www.moderntrainingacademy.com
Email: mta.martialarts@gmail.com
Instagram: moderntrainingacademy
Facebook: @mtamartialarts

MODERN TRAINING ACADEMY

Class Schedule

Effective July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-930 am						BJJ Sparring	
10 am						BJJ/Wrestling fundamentals	Wrestling
12 pm						Belt Testing (by appointment only)	
1 - 4 pm	Private Lessons						
4 pm	Tiny Tigers (Children 4-7 years old)						
5 pm	Youth BJJ	Youth TKD	Youth Wrestling	Youth TKD (sparring)	Youth TKD		
6 pm	Youth TKD	Youth BJJ	Youth TKD (sparring)	Youth BJJ	Youth BJJ		
7 pm	BJJ fundamentals	Adult & Teen BJJ	Adult & Teen TKD	Adult & Teen BJJ	Teen & Adult TKD		
8 pm							

Children: 4-7 **Youth: 7-12** **Teen: 12-17** **Adult: 18+**

Website: https://www.moderntrainingacademy.com
Email: mta.martialarts@gmail.com
Instagram: moderntrainingacademy
Facebook: @mtamartialarts