



Dear Parent:

We'd like to introduce you to a four-hour program entitled *Self-Defense for College-Bound Students*. The goal of the program is to provide young adults, particularly women, with the basic skills they need to respond appropriately to a threat to their personal safety while attending college and/or engaging in everyday activities. Although most students spend a great deal of time (and resources) during their senior year deciding which college to attend, they generally give little thought to developing the skills they need to increase their personal safety.

This program, taught by John Fonseca—World Karate Confederation World Champion and two-time Pan American Games Gold Medal Winner—and other black-belt instructors, will focus on the basic self-defense skills that all young people should learn before leaving for college. The program meets on two consecutive Sundays for a total of four hours (see enclosed enrollment form with class times).

Sensei Fonseca is co-owner (along with Sensei Elisa Au-Fonseca) and Chief Instructor at Fonseca Martial Arts (formerly Elite Martial Arts) in Skokie, which he established in 2003. He has been competing in national and international karate tournaments since the age of seven. Sensei Fonseca has won numerous competitions and awards and was featured on Channel 2 News (WBBM-TV) in 2003. In addition to his impressive martial arts credentials, Sensei Fonseca also has extensive teaching experience in the martial arts. Sensei Au-Fonseca is a three-time World Karate Federation Champion and also holds multiple karate and fitness certifications.

Please take a few minutes to look over the enclosed program information. While the current academic year will no doubt be a busy and exciting one for you and your family, I hope you will consider finding time for our program, which will provide your son or daughter with the necessary self-defense skills that will help maintain his or her personal safety while attending college.

If you have any questions or would like additional information about the *Self-Defense for College-Bound Students* program or Fonseca Martial Arts, please do not hesitate to call.

Sincerely,

*Brian Green*

Brian Green  
Program Coordinator

BG/kp  
enclosures



## SELF-DEFENSE FOR COLLEGE-BOUND STUDENTS

Are you the parent of a college-bound student? Helping your young adult get ready to attend the college or university of their choice is an exciting and busy time, but more than anything else, you want their experience to be positive and fulfilling. *Most importantly, you want your son or daughter to be safe while attending college and away from home.* One of the best ways to help ensure their personal safety is to have your son or daughter enroll in Fonseca Martial Arts' self-defense program for college-bound students. (Younger high-school students and students already attending a local college or university are also welcome.) The program is approximately four hours in length (two classes that meet on consecutive Sundays at 12:00 noon) and costs \$165. Students will learn how to kick, punch, and block, how to defend against various punches, chokes, grabs, and take-downs, and how to deal with multiple attackers. The program will also focus on how to recognize potentially dangerous situations and respond appropriately. Class size will be limited to 20 students. *No previous martial arts experience is required.* Upon successful completion of the program, students will be awarded a certificate.

Classes are taught by John Fonseca, a fourth-degree black belt in karate who has won numerous gold medals in both national and international tournaments, along with other black-belt instructors. In addition to his impressive martial arts credentials, Sensei Fonseca has extensive teaching experience in the martial arts. For more information about the *Self-Defense for College-Bound Students* program, please call Fonseca Martial Arts (847/866-0200) or send an e-mail to [john@fonsecamartialarts.com](mailto:john@fonsecamartialarts.com). For more information about Fonseca Martial Arts, please visit our website at [www.fonsecamartialarts.com](http://www.fonsecamartialarts.com).



**ENROLLMENT FORM  
SELF-DEFENSE FOR COLLEGE-BOUND STUDENTS**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

High school (or college) attended: \_\_\_\_\_

Please tell us what you hope to gain from the program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have previous experience in the martial arts?      Yes      No

Are you in good health?      Yes      No

If no, please explain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

All classes begin at 12:00 noon and end at 2:00 PM. Please wear loose fitting clothing to class.  
Please fax this page to Fonseca Martial Arts at 847.556-6551.

Please circle method of payment:    Check    Cash    Credit Card

Credit Card user (circle one):    American Express    Discover Card  
   Mastercard                                    Visa

Name as it appears on credit card: \_\_\_\_\_

Card # \_\_\_\_\_      Expiration date: \_\_\_\_\_