



FONSECA MARTIAL ARTS

Dear Student,

As a member of Fonseca Martial Arts, you have access to our *secure login* section on our website www.FonsecaMartialArts.com. The username is “skokie” and the password is “fma001”. In this section, you can download the student manual, membership fees, order forms, as well as the complete curriculum to determine if you or your child is on the right track for the next promotion exam.

Promotion Exams are held every eight weeks. Exam dates and times can be found on the *Upcoming Events* page of our website. Most exams are held at the Evanston Dojo on Sundays from 11:30 am – 1pm. A belt exam takes about 45 minutes. A student is eligible to test when they have received 4 stripes on their belt, have attended the minimum number of classes for their next rank, and have written permission from their *Sensei* (instructor). Additionally, children must receive authorization from their parents and one of their teachers at school. *Little Dragons* must receive 8 stripes between belts and generally test about every eight weeks. The testing fee for *Little Dragons* is \$25. White, Yellow, and Orange Belts are required to attend a minimum of 16 classes between belts. Green, Blue, and Purple Belts are required to attend a minimum of 24 classes between belts. Brown Belts are required to attend a minimum of 48 classes between levels of Brown Belt. Black Belts are tested by the TKO board, which holds exams twice per year. One 30-minute private lesson counts, as one class and one hour private lesson is equal to two classes. Testing fees for solid belts start at \$45 for yellow belt and increase \$5 per exam. Students are awarded stripes when they have demonstrated to the instructor proficient knowledge of the skill set for that particular stripe. Stripes may be awarded at any class or private lesson. All registration forms must be submitted the week prior to the exam. These forms can be found on our website in the secure login section. A student must be current with their membership dues in order to promote.

Dojo Tournaments are held about every ten weeks. These events can also be found on the *Upcoming Events* page on our website. All students are welcome to participate in Dojo Tournaments. Most tournaments are held on Sundays at the Evanston Dojo from 11:00 am – 12:30 pm for ages 7 and above. *Little Dragons* participate from 12:30 – 1:00 pm in their own dojo tournament. Students are placed on teams which compete against one another in forms, weapons, basics, and sparring. Every participant leaves with a medal. The atmosphere is very positive and a great way to gain experience for larger events such as AAU competition.

AAU membership is required for all karate students at Fonseca Martial Arts.



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The yearly membership is \$14 for youth under 18 years of age and \$27 for adults. Membership is valid from August 31 for one year. The Amateur Athletic Union is our national federation, which provides us with insurance for classes and enables us to participate in AAU sanctioned events. The AAU holds 5 tournaments per year which our members can participate in. These include the AAU registration tournament, the State Championships, Regional Championships, National Championships and the Junior Olympics. The AAU is a wonderful developmental organization, which has prepared many of America's top athletes for world competition. Placement at the AAU Nationals, guarantees youth athletes 13 years and above an invitation to team trials for international events.

The **USA-NKF** is the other national karate federation that our dojo members support. Membership is only required for those FMA students who wish to compete in NKF events. This organization caters to the elite adult competitors and fields teams to international events recognized by the International Olympic Committee. Although Karate is not yet part of the Olympic Games, it is recognized as a Class A Olympic Sport which allows karate athletes to participate in the Pan American and World Games.

Kumite (Sparring) can be practiced in the dojo as early as yellow belt. Sparring gear can be obtained by submitting an equipment order form to the front desk. These forms can be found online in the *secure login* section. Green belts and higher are required to have the sparring package (\$150) for all classes. This gear includes a headguard with faceshield (\$68), fist guards (\$25), shin and instep guards (\$45), and a mouthpiece (\$12).

The **Booster Club** is a non-profit organization comprised of interested parents and students who actively support their children's interests or their own interests in karate. If you are interested in becoming involved with the Booster Club please contact any one of its members via email on our *Resources* section of our website.

Membership Dues can be paid monthly, semi-annually, or annually for a discounted rate. All pay-in-full's are non-refundable. For rate information, or to upgrade/downgrade your current membership, you can speak to one of our staff members or visit our *member login* section on the website. If membership is paid monthly, you are required to leave a credit card on file. However, you can always choose to pay cash before your billing date matures if you prefer. If you would like to place your membership on hold or cancel, 30-day written notice is required. The account hold and cancellation forms can be found online in the *Resources* section of the website. The minimum time a student can place their membership on hold is for one month. Membership can only be placed on hold twice per year.



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There is a \$15 per month account hold fee, which can be used as a credit towards a private lesson with the instructor of your choice upon your return.