

Discipline.  
Achievement.  
Confidence.



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# FONSECA MARTIAL ARTS

karate

judo

brazilian jiu jitsu

weapons

self defense



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Take a free trial class today!



## TRADITIONAL & SPORT MARTIAL ARTS FOR THE WHOLE FAMILY

**EVERY CHILD CAN BENEFIT** from studying martial arts at Fonseca Martial Arts. The study of karate, judo, and jiu jitsu bring more than just physical rewards; students also develop discipline, focus, respect for others and goal-setting skills. The emphasis on personal achievement also builds confidence: success is within the reach of every student. Unlike team sports, there are no “benchwarmers” in karate classes. Instead, children learn techniques at their own pace. Belt and stripe requirements offer a clear path forward at each step of the training process.

**FOR ADULTS** martial arts classes provide a fun and challenging exercise routine and offer a great alternative to traditional gym workouts. Our classes build strength, endurance, flexibility and coordination, and foster an overall sense of well-being.

**THE ENTIRE FAMILY** can enjoy martial arts classes together in our mixed-age sessions. This program offers classes for students of all ages and levels—from beginners to advanced—while providing a great opportunity for families to get regular exercise and spend time together.



## COMPETITION-WINNING INSTRUCTION

**KARATE INSTRUCTION** at Fonseca Martial Arts places equal emphasis on all aspects of traditional karate training including forms (kata), sparring (kumite), and weapons. All of our instructors hold national and/or international medals and have extensive teaching experience, and our students continue to earn top honors in local, regional and national karate competitions.

**OUR JUDO PROGRAM**, headed by Chief Judo Instructor Sensei Brian Higgins, teaches the ancient art's signature throwing techniques, grappling, special pins, control holds, arm locks, and choking techniques.

**OUR CURRICULUM** and approach are designed to work with people at all levels of skill and fitness—from beginners to advanced students—to bring out the best in each individual. Our programs have now expanded into local schools, park districts and corporate locations.

Sensei Fonseca and Sensei Au-Fonseca have conducted karate seminars around the world, most recently in Japan during the summer of 2007. Fonseca Martial Arts also hosts seminars featuring well-known guest instructors from across the globe.

## 2 OF KARATE'S BEST UNDER ONE ROOF

**Sensei John Fonseca** is the Chief Karate Instructor at our Skokie dojo (school) and owner of Fonseca Martial Arts. Sensei Fonseca has been competing in national and international tournaments since the age of seven and became the first American to medal at the Karate World Championships in almost 20 years. He is the only male karate athlete in the world to win repeat gold medals at the Pan American Games and the only American karate athlete to win the Paris Open. He currently holds a fourth degree black belt in Shotokan karate. His accomplishments are recognized both nationally and internationally and have earned him the U.S. Olympic Athlete of the Year award for three years running.

**Sensei Elisa Au-Fonseca** is Chief Karate Instructor at our Wilmette dojo and co-owner of Fonseca Martial Arts. A three-time World Champion, Sensei Au-Fonseca is the only American female to win the world championship in karate and the only person to win multiple world titles at a single world karate championship event. Sensei Au Fonseca has been competing since the age of 10 and became a member of the USA National Karate Team at the age of 18. She is an experienced instructor with multiple karate and fitness certifications, and has taught karate seminars all over the world. While living in Hawaii, Sensei Elisa taught at the International Karate Federation (IKF) for over 10 years and currently holds a third degree black belt with the organization.

visit our locations

4003 GOLF IN SKOKIE | 1211 WASHINGTON IN WILMETTE

