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The Fonseca Martial Arts Mission

Fonseca Martial Art's provides children and adults with the highest quality of martial arts training. Our instructors strive to provide the most innovative and modern fitness training techniques while reinforcing respect for oneself and for others.

Welcome to Fonseca Martial Arts

Dear Parents and Students,

Welcome to Fonseca Martial Arts. We offer you the very best karate training that will be challenging yet fun. The curriculum and approach at Fonseca Martial Arts are designed to work with children and adults of all levels of skill and fitness from beginning to advance to bring out the best in every individual. Your senseis (teachers) are highly qualified and experienced instructors as well as world-class athletes. You can expect from us the highest level of professionalism, courtesy and commitment from us.

Owners and chief instructors of Fonseca Marital Arts, Sensei John Fonseca and Elisa Au have extensive teaching experience in the martial arts, enriching hundreds of children with lifelong values through karate instruction. Their passion for the martial arts shows through their many championship accolades and more than 40 years of combined experience between them.

We believe that karate combines the best aspects of fitness training and enforcement of values. The Fonseca Martial Arts karate program is based on two traditional Japanese styles of karate, Shotokan and Shito-ryu, which are two of the most popular martial arts forms practiced throughout the world and two of the few karate styles recognized by the International Olympic Committee. Our program offers classes for students of all ages—from beginners to advanced students—and provides a great opportunity for families to share a health-promoting and beneficial activity. In addition to developing self-defense skills, martial arts training builds confidence and respect—both for oneself and for others. While fighting is a part of the martial arts, the primary goal of our children's program is not to teach children how to fight but rather how to respond appropriately when confronted with negative influences such as bullying, peer pressure, and gangs.

Finally, keep in mind that these goals cannot be met overnight and that it requires continued commitment to see great results. We recognize and respect the perseverance needed by each student to achieve advanced levels.

Sincerely,

John Fonseca
Chief Instructor

Elisa Au
Chief Instructor

What is Karate?

Karate-do is a martial art that originated in Japan. It has evolved over the years to incorporate modern athletic physical and mental training with traditional self-defense tactics. Karate is practiced by millions of people all over the world.

Karate is composed of three disciplines. Kata (forms) are a sequence of movements using combinations of basic karate techniques. Kumite (sparring) uses the same basic karate techniques in a combative method. Lastly, Kobudo (weapons) incorporates traditional Okinawan weapons with karate techniques.

New Beginning Karate Class Program Description

Beginning karate-ka (students) will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one's training. From the first day of class, values of respect, courtesy, control and disciplines are instilled in every student. Instructors will provide training that is interesting and challenging while reinforcing these important values.

Little Dragons (Ages 4-6)

The Little Dragons program is designed for ages 4 to 6, which are crucial years in a child's development. The program will enhance positive development in a fun and motivating environment. The curriculum focuses on improving children's basic motor and listening skills. Your child will learn how to work with others and follow directions from their instructors through positive social interaction. Little Dragons develop a more confident and enthusiastic outlook, which provides a strong foundation for the school years ahead.

Karate Kids (Ages 7-12)

In addition to developing physical fitness, self-defense and safety skills, our karate program will also help your child build confidence, focus and respect for oneself and others. Studies have shown that children who study karate often show significant improvement in concentration and self-discipline - both in school and at home. More than any other sport for children, karate and its inherent values counteract the "win at all costs" mentality so common in sports today. It is one of the few sports in which there are no "benchwarmers." Every child can fully participate at their own pace which makes karate particularly helpful for children who struggle with attention and behavior disorders.

Adult Karate (Ages 13+)

Regardless of whether you want to become a competitive athlete, learn self-

defense techniques or simply become more physically fit, this program will help you achieve your goal. You will develop increased endurance and muscle tone, improve balance, quicker reflexes, and most importantly, a greater sense of well-being. Keep in mind that no previous experience is required. And if you do have some experience in martial arts, this program is a great place to rediscover the many benefits of martial arts training.

Family Karate (Ages 7+)

Family Karate gives moms, dads and their children an opportunity to train together. Karate is an activity that people of all ages can do as a group in a safe and enjoyable way. The Family class is an excellent addition to the Karate Kids and Adult Karate classes.

Dojo Rules of Etiquette

The Dojo is any room, hall or space where you go to train in karate. The following rules should be observed when you are in the Dojo:

- Train Regularly. If you do not train regularly you cannot lay a good foundation in basics and progress. You also risk losing the rank that you presently hold and delay further promotions.
- Respect the Dojo. Bow when entering and leaving the training area, leaving your shoes outside. Always keep the dojo clean.
- Respect Instructors and Senior Students. At the dojo, bow to your sensei when entering the dojo and upon leaving the training area. The same etiquette applies at all karate functions (tournaments, meeting, etc.) While training, reply to feedback given by the Sensei or Senpai (senior student) with a spirited "Oss".
- Respect your Peers. Always bow to your training partner as a sign of mutual respect and appreciation. Always work in a cooperative manner with each other. Do not criticize others. Advanced students should help newer students learn various techniques and be a good example by modeling or demonstrating the proper technique or behavior in class.
- Timeliness. When class is in progress, students who arrive late should bow in, warm-up is necessary, then join the class in a quiet and orderly manner. If you must leave class early, please advise your sensei prior to the beginning of class. Do not leave class without notifying your sensei first.
- Let your Sensei know if you will be absent from the dojo for a prolonged period of time.
- In the Dojo, Karate is you only concern. Thinking about other problems will only divide your attention and make karate less rewarding. You will find that even strenuous workouts are refreshing when you concentrate totally on the karate experience.
- Proper Dress. Be sure to wear a clean white gi. Tie your belt neatly with both ends at equal lengths. Do not wash your belt. Keep finger and toe nails short and clean. Jewelry or watches should not be worn. If it is not possible to remove rings or earrings, they must be safely covered.
- Dojo Behavior. If you are early and waiting for your class to begin while another is in progress please refrain from all unnecessary talking while class is in session. No one should engage in free sparring without the supervision of an instructor. Parents and spectators should watch quietly and attentively. Young children must be accompanied by adults when observing a class.
- Training Etiquette. Stand or sit in a respectful manner.
- Never eat or chew gum in the Dojo. Your sensei will designate breaks for you

to drink water.

- Do not lose your temper, especially during sparring sessions.
- Talk to your Sensei. When your spirit is low or you are losing interest, talk to you sensei first.
- These guidelines are meant for your safety and benefit of learning. Should there be etiquette problems please consult your Sensei. When possible discuss any issues with your Sensei before class.

Required Equipment

White, Yellow and Orange Belts

- White karate-gi (uniform)

Green, Blue, Purple and Brown Belts

- White karate-gi
- White Fistguards
- AAU approved headgear with faceshield
- Mouthpiece
- Shinguards with removable instep protectors
- Groin cup (males)

Recommended Training Equipment for Weapons classes

- Bo (staff)
- Sais
- Kaibo (ieku)

For all Belt Testing

- Application form
- Instructor signature
- Exam fee

Examinations and Promotions

In the early days of modern Karate, students donned a white belt (obi) as part of the traditional karate gi. As each Karate-ka became strong, powerful and proficient, their belts became darker with the accumulation of the toil from hard training. The Black Belt became the personification of hard work, sacrifice, loyalty and commitment. Today, achievement of each Belt Promotion provides the Karate-ka the ability to demonstrate individual development toward achieving a Black belt.

The amount of time it takes to become proficient varies and is largely dependent upon dedication to training. In addition, grading examinations are invariably nervous times and therefore they will be a test of your mental approach as well as your technical ability.

Belt Testing Promotions are generally held every eight weeks. Practice the techniques and katas that you learn in class and your sensei will let you know if you are ready for the next rank. Students must bring a completed belt testing application form with instructor's signature of approval and exam fee to the test day.

Shotokan Ranking

Little Dragons

Yellow Stripe

Orange Stripe

Green Stripe

Blue Stripe

Purple Stripe

Brown Stripe

Black Stripe

9-kyu Yellow Belt

8-kyu Orange Belt

7-kyu Green Belt

6-kyu Blue Belt

5-kyu Low Purple Belt

4-kyu High Purple Belt

3-kyu Brown Belt

2-kyu Brown Belt

1-kyu Brown Belt

Shodan-ho Black Belt (Provisional)

Shodan Black Belt

Shito-Ryu Ranking

Little Dragons

Yellow Stripe

Orange Stripe

Blue Stripe

Purple Stripe

10-kyu ho Yellow Belt

10-kyu Orange Belt

9-kyu Low Blue Belt

8-kyu High Blue Belt

7-kyu Low Purple Belt

6-kyu High Purple Belt

5-kyu Low Green Belt

4-kyu High Green Belt

3-kyu Brown Belt

2-kyu Brown Belt

1-kyu Brown Belt

Shodan-ho Black Belt(Provisional)

Shodan Black Belt

Terminology

Numbers:

one – *ichi*

two – *ni*

three – *san*

four – *shi* or *yon*

five – *go*

six – *roku*

seven – *shichi* or *nana*

eight – *hachi*

nine – *kyu*

ten – *jyu*

Other Terms:

bow – *rei*

teacher – *sensei*

senior classmate – *sempai*

junior classmate – *kohai*

training area – *dojo*

face area – *jodan*

middle area – *chudan*

lower area – *gedan*

ready – *yoi*

combative/guarding posture – *kamae*

begin – *hajime*

stop – *yame*

left – *hidari*

right – *migi*

basics – *kihon*

focus – *kime*

meditate – *mokuso*

belt – *obi*

school or style – *ryu*

kneel – *seiza*

front wall – *shomen*

attention – *kyotsuke*

hand – *te*

foot – *ashi*

please teach me – *onegaishimasu* or *oss!*

thank you very much – *arigato gozaimashita*

sparring – *kumite*

Strikes:

punch or thrust – *tsuki*
face punch – *jodan zuki*
chest punch – *chudan zuki*
low punch – *gedan zuki*
lunge punch – *oi zuki*
reverse punch – *gyaku zuki*
lead punch, jab – *kizami zuki*
back fist strike – *uraken uchi*

Blocks:

block – *uke*
rising/face block – *age uke*
down block – *gedan barai*
outside block – *soto uke*
inside block – *uchi uke*
inside block – *uchi uke*
knife hand block – *shuto uke*

Kicks:

kick – *keri*
front kick – *mae geri*
roundhouse kick – *mawashi geri*
side kick – *yoko geri*
back kick – *ushiro geri*
crescent kick – *mikazuki geri*
foot sweep – *ashi barai*

Stances:

stance – *dachi*
feet together – *heisoku dachi*
heels together, toes apart – *musubi dachi*
parallel shoulder width stance – *heiko dachi*
square stance – *shiko dachi*
hourglass stance – *sanchin dachi*
front stance – *zenkutsu dachi*
back stance – *kokutsu dachi*
cat stance – *neko ashi dachi*
horse stance – *kiba dachi*

Shito-Ryu Kata List

Kihon Kata 1-6

Pinan Shodan
Pinan Nidan
Pinan Sandan
Pinan Yondan
Pinan Godan

Naihanchin Shodan
Naihanchin Nidan
Naihanchin Sandan

Originating from Shuri-te (Shorin-ryu):

Bassai Dai
Bassai Sho
Chinto
Empi
Gojyu Shiho
Kosokun Dai
Kosokun Sho
Jiin
Jitte
Jyuroku
Jion
Rohai Shodan
Rohai Nidan
Rohai Sandan
Tomari Bassai
Matsumura ha Bassai
Matsukaze

Originated from Naha-te (Goju-ryu):

Kururunfa
Saifa
Sanseiryu
Seinchin
Seipai
Suparinpei

Other Kata:

Anan
Unshu
Nipaipo
Aoyanagi
Chatanyara Kushanku
Matsukaze Henka*
Fugetsu*
Annanko Henka*
Ken Sei Dai*
Shiho Kosokun Sho*
Denko Sho*
Denko Dai*
Kyu Jyu*
Hakutsuru*
Hakutsuru Ni*
Ryukun*

*Original to Kotaka-ha Shito-ryu

Shotokan Kata List

Taikyoku Shodan

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

Tekki Shodan

Tekki Nidan

Tekki Sandan

Jion

Bassai Dai

Empi

Gankaku

Chinte

Gojyu Shiho Sho

Meikyo

Jitte

Kanku Dai

Goju Shiho Dai

Hangetsu

Nijyu Shiho

Wankan

Jiin

Bassai Sho

Kanku Sho

Sochin

Unsu

Kobudo List

Bo Kata:

Bo no Kihon Kata

Syushi no Kon Sho

Syushi no Kon Dai

Rohai no Kon

Kobo

Sakugawa no Kon Sho

Sueyoshi no Kon

Soeishi no Kon

Sai Kata:

Sai no Kihon Kata 1-4

Rohai no Sai

Tsukken Shitahaku no Sai

Chatanyara no Sai

Hamahiga no Sai

Kai-bo Kata:

Kai-bo Ten no Kata

Kai-bo Jin no Kata

Kai-bo Chi no Kata

Ieiku

Tournaments

Fonseca Martial Arts students are encouraged to participate in competitions throughout the year. Your instructor can answer any questions or concerns that you may have about competing.

Dojo tournaments – This is a great opportunity for beginning students to learn about karate tournaments. Dojo tournaments are held at one of the Fonseca Martial Arts dojos and are only open to FMA students. FMA instructors are your “referees” for the 2-hour interclub tournament. Students compete as teams and everyone goes home with a medal!

AAU Registration and State tournaments – After students are comfortable with dojo tournaments, they are encouraged to try local tournaments. The Amateur Athletic Union (AAU) hold a registration and state competition every year. Visit our website for tournament dates. All FMA students are encouraged to participate at this level of competition.

AAU Regional tournaments – Students must participate at either the AAU Registration or State tournament to qualify for the AAU Regional Championship, typically held every spring. This tournament qualifies students for the AAU National Championships.

AAU National Championships – Those students who qualify at the AAU Regionals are eligible to compete at the AAU National Championships. FMA has sent a team to the nationals every year and have returned with great results. Joining the FMA competition team at this level requires commitment to training. Students will be required to attend team practices in preparation for the event.

International and World Championships – Several of FMA’s instructors and senior black belts are members of the USA National Team and compete in international competitions. These athletes are role models for younger FMA competitors.

Other competitions – Instructors will notify all students of various open tournaments held locally and nationally throughout the year. The All-Hawaii Championships are held every year during Thanksgiving weekend. FMA will send a team annually to this event.