



**FONSECA**  
MARTIAL ARTS

## Karate seminar

### You'll learn

Competition-winning techniques

Ring strategy

Strength & Conditioning drills

Tournament preparation strategies

Athlete advice from two of America's most decorated karate competitors

...and much more



### **JOHN FONSECA**

2X PAN AMERICAN GAMES GOLD MEDALIST  
WKC WORLD CHAMPION  
2X WKF BRONZE MEDALIST  
8X NATIONAL CHAMPION  
USA NATIONAL TEAM CAPTAIN

### **ELISA AU**

3X WKF WORLD CHAMPION  
WKC WORLD CHAMPION  
WOMEN'S WORLD CUP GOLD MEDALIST  
2X PAN AMERICAN CHAMPION  
7X NATIONAL CHAMPION

Date

---

Time

---

Location

---

Registration fee

---

Contact

---