



Fonseca Martial Arts Competition Team Program

2025 Season

What is Sport Karate?

Sport karate incorporates all the traditional aspects of karate into a competition setting. Athletes compete in kata and kumite events, both individual and in teams.

What is the FMA Competition Team?

The FMA Competition team is made up of athletes of all ages and skill levels, ranging from 6 year old beginners up to international athletes who are national team members. Based on the athlete's skill level, they will compete in local, out-of-state, national, and international competitions throughout the year.

FMA prepares and coaches these athletes at many key events. Athletes and their families quickly feel the camaraderie among teammates as they support one another in training and at tournaments. Currently, our families communicate via the GroupMe app.

FMA offers competition-specific classes to better prepare students for karate competition. If you or your child are at the entry-level point of competition, you will belong to the Junior Competition Team. Junior Competition team members do not have training requirements, only guidelines. Once an athlete advances to the next level, FMA Travel Team, there are specific training requirements.



How does the FMA Competition Team Work?

Level 1 - Junior Competition Team

Entry level for FMA students who are interested in karate competitions. Tournaments are local (including WI and IN), hosted by other organizations, and hosted by FMA. This level is open to all ages and skill levels. It is required that the student attends class at least twice per week.

Level 2 - FMA Travel Team

Athletes who have at least one year on the Junior Competition Team. To join the travel team, you must be selected by your instructor. Instructors will also select which travel team athletes go to each AAU or NKF event. The FMA Travel Team is open to novice, intermediate, advanced, and elite students of all ages contingent upon commitment to training. A competition membership is required on top of tuition at +\$50/month. It is required that the student attends class three times per week. Athletes on this team are required to attend all FMA Training Camps. FMA team members are not allowed to train or compete with any other organizations outside of FMA classes without the prior approval of an instructor. This includes informal training, non-FMA dojo classes, tournaments, and seminars run by other instructors/coaches.

FMA Travel Team athletes are recommended to follow a strength and conditioning program.

Level 3 - Youth Elite Team

Athletes who are trying to make the USA Jr National Team. The student must have at least two years on the FMA travel Team. They should be a National medalist and be recommended by an FMA instructor to join the Youth Elite Team. This level is open to advanced students only. It is required that the student attends class at least four times per week the whole competition season (Jan-July). Athletes are



required to attend all FMA Training Camps. Youth Elite Team members may participate at Nationals, but only at the invitation of their sensei. FMA team members are not allowed to train or compete with any other organizations outside of FMA classes without the prior approval of an instructor. This includes informal training, non-FMA dojo classes, tournaments, and seminars run by other instructors/coaches.

FMA Elite athletes must follow a strength and conditioning program.

Level 4 - Senior Elite Team

Athletes over the age of 18 who are trying to make the USA Sr National Team. One year of experience in the Youth Elite Team is required. Athletes are required to attend all FMA Training Camps. Senior Elite Team members may participate at Nationals, but only at the invitation of their sensei. FMA team members are not allowed to train or compete with any other organizations outside of FMA classes without the prior approval of an instructor. This includes informal training, non-FMA dojo classes, tournaments, and seminars run by other instructors/coaches.

FMA Elite athletes must follow a strength and conditioning program.

Fees

Junior Competition Team

- There are no additional fees to be on the Junior Competition Team.
- Competition specific classes are available to you but not required (+\$50/month on top of tuition)
- Athletes will need to pay their own registration fees for tournaments.
- Athletes will pay a coaching fee for local tournaments (where lodging is not required).
- For any tournament that requires staying overnight, athletes are responsible for their own lodging and meals.

FMA Travel Team + Above

- Competition classes required : +\$50/month on top of tuition.



- Athletes will need to pay their own registration fees for tournaments.
- Local tournaments : \$25 coaching fee.
- Out of state tournaments : Varies, please see competition schedule for details.
- North America Cup(Las Vegas) , USA Open(Las Vegas) and NKF/AAU Nationals : \$200 coaching fee.
- For any tournament that requires staying overnight, athletes are responsible for their own lodging and meals.

Choosing Tournaments

The attached tournament and training schedule will give you an idea of which competitions are suitable for your athlete. The list includes recommended tournaments that we believe are well-run, positive environments for our athletes. Additionally, we have included “optional” events that we do not necessarily endorse, but are not opposed to our athletes participating in. We encourage parents to communicate with instructors when making tournament decisions. We are happy to give you advice specific to your athlete

Equipment and Apparel

Unless organization patches (e.g. AAU, NKF) are required for competition, **athletes must wear FMA patches to all events.** We also recommend higher quality uniforms for competition.

Most tournaments require for kumite: mouthguard, fistguards, shin/instep protectors. Certain tournaments may require white equipment, headgear w/face shield, chest guards and groin cups. We will communicate specific requirements prior to every tournament.

In-House & Travel Team Apparel

- Athletes must purchase an FMA warm-up. These will be available to order at the beginning of the season. Supporters are encouraged to wear FMA apparel during competition days.



Etiquette

1. FMA team members are not allowed to train with any other instructors/coaches outside of scheduled classes without the prior approval of Sensei John or Sensei Jean Carlos. This includes informal training, non-FMA dojo classes and seminars run by other instructors/coaches.
2. FMA students may only be coached by approved FMA coaches. It is the responsibility of the parent to ensure that this rule is followed strictly. The only exception is when an FMA student is a member of a national team and is coached by national team coaches during that specific event.
3. Kumite teams: Will be formed and approved by FMA instructors.
4. Kata teams: Will be formed and approved by FMA instructors.



Competition & Training Schedule & Fees

Competitions

Date	Tournament	Location	Rules	Junior Team	Travel Team	Advanced and Elite only	Commit by	Coach Fee	Coach fee due
1/26	FMA Team Trials	Evanston Dojo		x	x		01/20	free	free
TBD	FMA Spring Challenge	TBD	AAU	x	x				
2/16	AAU Central District	Grayslake, IL	AAU	x	x		01/30	\$25	2/14
2/15-16	AAU Virginia State Championship and Seminar with Olympic Gold Medalist Luigi Busa	Newport News, VA	AAU			x	01/30	TBD	2/14
2/16	Garden State Championship	Lakewood, NJ	NKF			x	01/30	TBD	2/14
3/01	High Caliber	Denver, CO	NKF		x	x	2/20	TBD	2/26
3/02	NY International Open	New York, NY	NKF			x	2/20	TBD	2/26
3/08	AAU Indiana District	Brownsburg, IN	AAU	x	x		3/5	\$25	3/06
4/04-06	WUKF North America Cup	Las Vegas, NV	AAU		x		2/26	\$200	3/01
4/18-20	US Open & Junior Cup	Las Vegas, NV	NKF		x	x	2/26	\$200	3/01
5/04	AAU Super Regionals	Grayslake, IL	AAU	x	x		4/15	\$25	5/01



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6/6-8	USA Elite Training Camp/ Tournament	Pittsburgh, PA	NKF		x		5/15	TBD	5/30
6/26-29	WKF Youth League	Porec, Croatia	WKF			AAU or NKF National Team			
7/01-05	AAU Nationals	Ft. Lauderdale, FL	AAU	x	x		4/30	\$200	5/30
7/09-13	NKF Nationals	Fort Worth TX	NKF			x	4/30	\$200	5/30
8/07-10	WKF Youth League	Monterrey, Mexico	WKF			AAU or NKF National Team			
9/19-20	Orlando International Open	Orlando, FL	NKF			x	8/10	TBD	8/20
11/01	Fonseca Cup Tentative Date	Glenview	AAU /NKF	x	x		TBD		

* for any "TBD" coaching fee, coach travel expenses will be split evenly among athletes

* x marks tournaments that are highly suggested for each team, Junior Team Members may be invited to travel by a sensei.



Training

Date	Camp	Location	Time	Junior Team	Travel Team	Price	Unit
3/21-23	FMA Training Camp	Evanston Dojo	Various Fri-Sun		x	\$180	
6/09-13	Road to Nationals Week 1	Glenview Dojo/ Evanston Dojo	M-F 9am-12pm		x	\$300	for one week
6/16-20	Road to Nationals Week 2	Glenview Dojo/ Evanston Dojo	M-F 9am-12pm		x	\$550	for 2 weeks
6/23-27	Road to Nationals Week 3	Glenview Dojo/ Evanston Dojo	M-F 9am-12pm		x	\$1,000	for 3 weeks - includes coaching fee

*these training camps are designed with large scale travel events in mind, Junior Team members will receive their training during competition classes at their dojos.

*Travel Team members and above are required to attend training camps in order to attend major tournaments for which they are designated.



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ATHLETE PLEDGE

I, _____, understand the requirements of being a member of the Fonseca Martial Arts competition team. I will meet the training requirements that will best prepare me for competition. As a FMA team member, I will represent my dojo with utmost respect for other competitors, teammates, parents, and sensei. I understand that if I do not meet the requirements asked of me, I will no longer be a member of the FMA competition team.

Athlete Signature: _____

Date: _____

PARENT PLEDGE

I, _____, understand the requirements for my child in being a member of the Fonseca Martial Arts competition team. He/she/they will meet the training requirements that will best prepare him/her/them for competition. As a FMA team member parent, I will represent FMA with utmost respect for other competitors, teammates, parents, and sensei.

Parent Signature: _____

Date: _____