

What is the Spirit Challenge?

Spirit Challenge, our annual spring fundraising event, offers Thousand Waves members and fitness enthusiasts the opportunity to take on both physical and "fiscal" challenges in support of Thousand Waves. Participants sign on for athletic and martial challenges and set a fundraising goal for themselves. They train for the events they will be entering and solicit pledges from family, friends, and colleagues.

As a 501(c)(3) not-for-profit, Thousand Waves holds two major fundraising events annually: Spirit Challenge in the spring, for adults and teens, and the Punch & Kick-a-thon in the fall for juniors and youth. We ask our members / families make a sincere effort to fundraise a minimum of \$200 one time each year. A variety of resources for fundraisers are available on the Spirit Challenge website including templates for emails you can use to solicit pledges and links to video clips about Thousand Waves. This year, we'll also be holding a fundraising workshop on May 14th to provide fundraisers with additional support.

New Spirit Challenge format this year!

Events take place all week from Monday, June 13 through Sunday, June 19th. All adult and teen classes will be canceled. You will receive credit for one karate class for each SC2011 event in which you participate. Funds raised – the 2011 goal is \$60,000 – support Thousand Waves' Scholarship, Adapted Seido Karate and Violence Prevention Programs.

How do I register for Spirit Challenge?

The easiest way is online at www.thousandwaves.org. Click on the Spirit Challenge logo and you're on your way. You'll be able to set up your own web page (it's really easy!) and solicit contributions by email. Family groups can register together and create a family web page. You can also register and turn in pledges at the front desk.

Registration fee: \$35 on or before May 31st; \$40 after May 31st (includes technical t-shirt)

Ricky Byrdsong Race Against Hate additional registration fee (includes Race t-shirt) \$29; \$10 youth mile (age 12 and under). LAST DAY TO REGISTER FOR RACE IS 5/31!

Sogo Award

Sogo means "All Around Champion" and is often awarded at tournaments to the person with the highest overall scores on all events. Our Sogo for Spirit Challenge 2011 will be awarded to all who complete every event for which they are eligible, including the \$1,000 Ultimate Fundraising Challenge. Winners will have their names engraved on a permanent award housed at Thousand Waves. To be Sogo, you must complete all of the following:

\$1,000 Fundraising Challenge	Karate Boot Camp
Tameshiwari (either category)	Kata Endurance
Soul Survivor	Sparring (either division)
Art With Heart Performance	Ricky Byrdsong Race

\$1,000 Ultimate Fundraising Challenge

Those who raise **\$1,000 or more** will be invited to a private celebratory dinner at the home of our Executive Directors, Jun Shihan Nancy Lanoue and Kyoshi Sarah Ludden, on Saturday, June 25th from 6:30-9:30 PM.

At the party, **five fabulous prize packages** will be awarded to the top fundraisers, including a \$400 gift certificate to On the Route Bicycles, a week's stay at a fabulous beach house in Lakeside, Michigan as well as fun packages for free sports, cultural and dining excursions and other personal indulgences.

Monday, June 13th

Karate Boot Camp

Jun Shihan Nancy Lanoue, Coordinator
6:00-7:15 pm
Open to All Teens and Adults

Jun Shihan Nancy will lead the group in a vigorous Seido karate basics and conditioning workout.

Tameshiwari – Advanced (Beg./Int. see 6/16)

Senpai Susan Barney and Matt Birnholz, Coordinators
7:30-8:45 PM
Open to experienced breakers - you define experienced!

Participants each perform 3 breaks with little/no coaching:

- 1) Power break (2 or more boards or other materials)
- 2) Sequence (2-4 breaks in quick succession)
- 3) Specialty (suspended board, short distance, jumping, etc.)

Tuesday, June 14

Color Belt Kata Endurance (Black Belts see 6/18)

Jun Shihan Nancy Lanoue, Coordinator
6:00-7:15 pm Adv. White – Adv. Yellow Belts
7:30-8:45 pm Green – Adv. Brown Belts

Jun Shihan Nancy will lead a vigorous group kata endurance workout, including intervals of core work.

Wednesday, June 15

Soul Survivor Muscle Endurance

Senpai Sarah Kranz, Coordinator
6:00-7:15 PM
Open to all

Improve your muscular endurance by training for and completing a circuit of combined fitness challenges. Judged exercises in this event include full body push-ups, sit-ups and two static holds – V-sit, and Bridge. Either sets of repetitions or sets of timed periods must be completed with proper form. Judges will monitor and participants will be disqualified as their muscle endurance is maxed out. **Different this year**, we will combine judged challenges with brief simple fitness intervals. This event is a challenging but friendly competition to see who will be the "soul" survivor for each challenge.

Wednesday, June 15 (Continued)

Sparring Endurance – for the Larger/Taller/More Mobile

Jun Shihan Nancy Lanoue, Coordinator

7:30-8:45

Open to Brown – Black Belts, (Green/Adv. Green with Coord. Permission).

25 2-minute sparring rounds with 30 second rest intervals.

Thursday, June 16th

Sparring Endurance – for the Smaller/Shorter/Less Mobile

Senpai Rebecca Angevine, Coordinator

6:00-7:15 PM

Open to Brown – Black Belts, (Green/Adv. Green with Coord. Permission).

25 2-minute sparring rounds with 30 second rest intervals.

Tameshiwari – Beginner/Intermediate Breaking Workshop

Jun Shihan Nancy Lanoue, Coordinator

7:30-9:00 PM

Open to all ranks

Participants will learn the basic principles of breaking and will receive individual coaching as they attempt up to 3 breaks. No prior breaking experience is necessary

Friday, June 17th

Kickin' Café

Julie Swift, Coordinator

Snacks, Sandwiches, and baked goods will be available for purchase before and during the performance event. In your purchases, we encourage you to think ahead to your weekend breakfast needs! 100% of the proceeds from the sale will go to toward the Spirit Challenge goal. Contact Julie Swift at 773-348-8346 for information on how to contribute your goodies!

Art with Heart Performance Event

Senpai Kim Osgood, Coordinator

7:00-9:00

Open to all students, all ranks

Performance pieces should be from 3-10 minutes long, solos, duets, groups are all welcome. Ideas include choreographing kata or sections from kata to music, self-defense skits or demos, kata bunkai, weapons kata/partnerships, stylized, choreographed breaking, and humorous pieces. Pieces must be discussed with coordinator prior to dress rehearsal.

Rehearsal times available:

Sunday, June 5 beginning at 2:30 PM

Saturday, June 11 beginning at 4:00 PM

MANDATORY dress rehearsal: Sun., June 12, 2:30-5:00 PM

Saturday, June 18th

Kata Endurance – Black Belts

Jun Shihan Nancy Lanoue, Coordinator

1:00-2:30 PM – Shodan, Yondan and Godan

2:30-4:00 PM – Nidan and Sandan

Jun Shihan Nancy will lead a vigorous group kata endurance workout, including intervals of core work.

Sunday, June 19th

NEW EVENT FOR 2011!

YWCA's Ricky Byrdsong Race Against Hate (Evanston lakefront)

Senpai Marsha East, Coordinator

7:30 AM – 10k run (chip timed, age division winners) begins

7:45 AM – 5k run (chip timed, age division winners) begins

9:00 AM – Youth mile begins (ages 12 and under)

The Ricky Byrdsong Race Against Hate benefits the Evanston YWCA, whose mission it is to work for non-violence, empower women, and eliminate racism. Thousand Waves chose to partner with the YWCA for this year's run event because of their expertise at putting on a run event and the compatibility of our organizations' missions. We hope you'll join our team and represent TW in this race for a great sister organization.

Note there is a separate registration fee for this event (29\$ for 5/10k, 10\$ for youth mile), collected when you register for Spirit Challenge. Participants who register with us will be able to pick up runner packets (including a technical t-shirt) in advance of Race day at Thousand Waves.

TW Karate Demonstration

Jun Shihan Nancy Lanoue, Coordinator

Post-Race festival

10-15 minute demo of Seido Karate to increase TW's presence at the race and inspire others to take interest in our organization.

Post-Race Fundraiser Reward Potluck and Celebration

Sensei Sally Wigginton and Senpai Denise Coleman, Coordinators

10 AM – 12:00 PM

Location: Lighthouse Beach, Evanston
2611 Sheridan Rd.
Between Maple and Central

This reward party is for all who make a sincere effort to raise \$200. TW will provide everything except a side item you bring to share with the group.