

spirit challenge



Thousand Waves

Martial Arts & Self-Defense Center, NFP

What is Spirit Challenge?

Spirit Challenge, our annual spring fundraising event, offers Thousand Waves members and fitness enthusiast friends the opportunity to take on both physical and “fiscal” challenges in support of Thousand Waves. Participants sign on for athletic 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 children. We ask our members to make a sincere effort to fundraise a minimum of \$250 (\$300 for families with more than one training member) one time each year. A variety of resources for fundraisers is available on our Spirit Challenge website, including templates for emails you can use to solicit pledges. Also watch for videos you'll be able to link to that highlight TW programs. Senpai Pat Broughton, a professional fundraiser, will offer a **How to Fundraise workshop on Wed, May 20** after the 6:45 class (at 8:00 pm) at Cooper's to support your efforts. Pizza is on TW, drinks are on you!

Events take place all week from Monday, June 22 through Sunday, June 28. All Adult and Teen classes will be canceled for the week. Funds raised – the 2015 goal is \$75,000 – 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 easy!) and solicit contributions by email. Family groups can register together and create a single web page. You can also register and turn in pledges at the front desk.

**Registration Fee: \$35 until June 1st;
\$40 after
(includes t-shirt)**

Sogo Award

Sogo means “Best-All-Around Champion.” Winners' names are engraved on a permanent plaque housed at Thousand Waves.

To be SOGO you must complete: Either \$1,000 Fundraising Challenge OR the 30th Anniversary \$3,000 Fundraising Challenge and 5 or 6 of the following challenge events

1. One Board Breaking Event
2. Sparring Endurance OR Sparring Skills
3. Kata Endurance
4. Karate Boot Camp
5. Super Circuit Fitness Challenge
6. March with TW at the 2015 Pride Parade

\$1,000 Ultimate Fundraising Challenge

Those who raise **\$1,000 or more** will be invited to a private celebratory dinner at the home of Executive Directors Sei Shihan Nancy Lanoue and Jun Shihan Sarah Ludden, on Saturday, July 11th.

At the party, **six fabulous prize packages** will be awarded to the top fundraisers, three to the top individuals, and three to the top families. Prizes include a stay at a very flexible Timeshare with many domestic/international destinations for about a week, sporting event tickets, restaurant gift certificates, a sailing adventure, a certificate for a massage and other personal indulgences, an Apple Watch, and other great prizes. Check out the signage at TW for full prize information!

\$3,000 Fundraising Challenge

In honor of Thousand Waves' 30th Anniversary, several members have expressed an intention of setting a fundraising goal of \$3,000. In the spirit of inclusion and stepping up to a challenge, we thought we'd share the idea with everyone; our star fundraisers will definitely be outdoing themselves this year!



**“I’m taking the
30th Anniversary
\$3,000
Fundraising
Challenge”**

SCHEDULE OF EVENTS 2015

Monday, June 22

Light/Middleweight Sparring Endurance

Open to Adult ranked green belts & above
Coordinator: Sensei Rebecca
6:00-7:15 pm

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

Middle/Heavyweight Sparring Endurance

Open to: Adult ranked green belts & above
Coordinator: Sei Shihan Nancy
7:30-8:45 pm

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

Tuesday, June 23

Adult Color Belt and Jr. Black Belt Kata Endurance

Open to: Advanced White Belts and up
Coordinator: Senpai Yesica
6:00-7:15 pm

A rigorous group kata workout with core work interspersed.

Adult Shodan and Nidan Kata Endurance

Coordinator: Sei Shihan Nancy
7:30 - 8:45 pm

A rigorous group kata workout with core work interspersed.

Wednesday, June 24

Teen Sparring Endurance

Open to: teens green belt & above & jr. black belts all ages
Coordinator: Senpai Jordan
6:00-7:15 pm

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

Sparring Skills

Open to Everyone Age 12& up (H.I.I.T. It, Karate members and non-training supporters)
Coordinator: Jun Shihan Sarah
7:30-8:45 pm

A vigorous sparring workout comprised of activities covered in our Pre-Sparring and Sparring Skills classes.

Thursday, June 25

Super Circuit Fitness Challenge

Open to Everyone Age 12& up (H.I.I.T. It, Karate members and non-training supporters)
Coordinator: Sensei Alan
6:15 - 7:30 pm

A vigorous circuit training workout comprised of fun and challenging strength and endurance challenges.

Friday, June 26

Sandan and Up Kata Endurance

Coordinator: Jun Shihan Sarah
6:15 to 7:30 pm

A rigorous group kata workout with core work interspersed.

Saturday, June 27

Karate Boot Camp

Open to Everyone Age 12& up (H.I.I.T. It, Karate members and non-training supporters)
Coordinator: Sei Shihan Nancy
12:30-1:30 pm

A vigorous Seido karate basics workout.

Beg/Int Breaking Challenge

Open to Everyone Age 12& up (H.I.I.T. It, Karate members and non-training supporters)
Coordinator: Sei Shihan Nancy
1:45-3:00 (please do the boot camp event to warm up!)

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

Advanced Breaking Challenge

Open to breakers requiring no coaching
Coordinator: Sei Shihan Nancy
3:15-4:00 pm
\$10 Materials Fee

Come to the event with a plan to break 6 boards creatively and quickly. We will all hold for each other (don't plan your holders in advance) and setups will also be provided.

Sunday, June 28

Join Thousand Waves' Pride Parade Team

Coordinator: Sensei Eric Francque
Kicks off at Noon, information will be forthcoming about lineup time and Thousand Waves Team Coordination.
Open to Everyone Age 12& up (H.I.I.T. It, Karate members and non-training supporters).
Registration in spirit challenge is not required for children who are not participating in other Spirit Challenge events.

We're going back to our roots and participating in the pride parade for our 30th anniversary year. Join our team - participation options include marching and demo-ing, as well as participant support and distributing literature.

Fundraiser Reward Party – Barbeque at the Dojo

Coordinators: Senpai Todd Scales, TW Board of Directors
About 3:00-6:00 pm (after the Parade)

This reward party is for all who make a sincere effort to raise \$250 (\$300 for families). TW will provide everything except a side item you bring to share with the group.

